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Imprint

We are a miracle.

Dedication

I dedicate this book to our ability not only to respect diversity, but to celebrate it.

I dedicate it to our efforts to unite our minds in a cause to make miracles possible.

When we collectively realize what an amazing mystery our consciousness is and the creative power inherent in it, then we can collectively make the choice that this challenging time is not our end, but only our beginning.

Then we will realize that the crises we are experiencing are not hostile chaos, but the birth pangs of a more mature humanity.

We will understand how important we are to each other.

We will leave exploitation and competition behind us and meet anew on the level of co-creation.

We will come together to honor life and joyfully give birth to new possibilities.

Each of us is already a genius in their own right.

But only in a conscious WE will we fully release our light.

WE are a miracle.

A FOREWORD

Dear reader,

Writing is one of my strongest passions. Although this is my thirtieth book, rarely has a subject been closer to my heart. Since the publication of the first part of this trilogy, *Genesis. The Liberation of the Sexes*, only two and a half years have passed. But the world is no longer the same. Anyone hoping that things would go back to the way they were after Corona was sorely disappointed. We are experiencing a terrible war right on our doorstep and have almost become accustomed to it. We are facing enormous challenges: Climate change, resource scarcity, poverty and social inequality, ailing healthcare systems, global conflicts and political instability, to name but a few. Scientists are now talking about stacked crises.

I am very pleased for three reasons that this book has been included in your hands. Firstly, if you implement the tips and instructions in this book, it will take your personal partnerships - private and professional - to a whole new level of joy and creativity. I don't know anyone who doesn't long for happy, vibrant relationships. I know from my own experience what the principles of co-creation can do for you. Whatever is still bothering you at the moment - dreariness, narrowness, dishonesty - co-creation will help you to resolve it.

Whatever you are longing for - more pleasure, closeness, adventure, effectiveness - you will get to know lots of plausible methods to create this for yourself and your companions.

Secondly, I deeply believe that co-creation as a collective form of relationship will provide the solution to many of the challenges facing humanity. It will help us to see diversity not as a problem but as an opportunity. It will enable us to connect our minds and our gifts at an unprecedented level of joy and creativity.

Thirdly, as I write this book, we are witnessing a technological revolution, the extent of which none of us can estimate. While the term "artificial intelligence" has long been ridiculed by many as a crazy idea, we are all experiencing a dream come true with expressions like ChatGPT or Midjourney. The only question is whether it will be a good dream or a nightmare. I am a layman in this field. But my instincts and what little I know about the capabilities of these technologies clearly tell me that we have naively and greedily given birth to a new species that is already far more intelligent than its creators in a number of disciplines. I would describe myself as having an affinity for technology and innovation. I can see the positive implications. But what gives me a stomach ache is the fact that we as humanity cannot rely on cooperation with artificial intelligence.

are prepared. We still know so little about ourselves. We deal with existential questions such as: Who are we? Who are we? What is the meaning of life? Where do we want to go?

We have not yet learned how to use relatively primitive technologies such as a television or a smartphone appropriately, i.e. for our own good. Now, driven by ambition and competition, we are putting far more intelligent machines into the world, which even their creators admit they no longer understand in depth how they work and what they can do. As I write this book, these programs are evolving at a breathtaking speed. Helpless and half-hearted attempts are being made to limit their influence through ethical guidelines. At the same time, there are already alternatives to ChatGPT on the market that also help you plan illegal activities, i.e. that give you answers to questions about how best to cheat or carry out a bank robbery.

Artificial intelligence will disrupt the entire labor market revolution. They will flood us with an unimagined mass of excellently prepared fake information. I don't want to scare people. I want to shake people awake. Man, the sorcerer's apprentice, has created spirits that he can no longer master at his current stage of development. Highly efficient, emotionless and unimaginably fast-learning intelligences meet a predominantly emotional, slow-learning, not particularly conscious humanity. If you think I'm exaggerating, take a look around the next time you're waiting at a bus stop. Who else is there? And do the small screens that we almost invariably stare at in such moments serve us or do we serve them?

WHAT DOES THIS HAVE TO DO WITH CO-CREATION?

If we not only want to survive as a species, but also be happy and develop in a meaningful way, we need a new form of relationship. We need to learn together faster, more joyfully and more connected. So now is the time for co-creation. Co-creation, as I would like to present it to you in this book, is the form of relationship we need to lead humanity well and safely into the future.



Co-creation is the ability of two or more systems to join *forces for the benefit of all*, using their differences to make miracles possible.

I am not using the word miracle in an esoteric or religious sense. I would like to suggest the following definition for our time together:



A miracle is an event that you did not recognize until just now. *possible*.

What evolutionary advantages do bacteria and artificial intelligence (AI) have over us?

1. They know no emotions that cloud their view of what needs to be recognized and done. The history of mankind, on the other hand, is (also) a series of emotionally triggered wrong decisions.
2. Bacteria and AI have no ego. Mistakes do not bring them to their knees in shame. They correct soberly. They learn unpretentiously and at lightning speed. They do not fight against their conspecifics or withhold valuable information. We humans, on the other hand, find it extremely difficult to admit mistakes and it takes far too long to learn from them. We see people from other companies, parties, cultures and countries as competitors. Instead of focusing on the solution together, we become entangled in dogmatism, fight each other and withhold valuable information from each other.
3. Bacteria and AI do not "know" what is *impossible*. They have no limiting beliefs that restrict them in the development of their potential. We, on the other hand, judge our current reality and its possibilities based on our past experiences. We usually firmly believe that we know what is possible and what is impossible. Our beliefs often act like the walls of an invisible prison.

Co-creation is neither new nor is it a human "invention"

WHAT ABOUT US, THE CONNECTING LINK?

We differ from all previous life forms in that we have a higher degree of consciousness. I went into detail about the resulting abilities such as imagination, language, creativity and much more in *Genesis*. The challenge in our cognitive awakening lies in the resulting I-consciousness - the ego - with all the associated positive and negative phenomena. Our conscious ego offers the cosmos the opportunity to consciously reflect in us and our experiences and to ask questions of meaning. However, it has so far also been an existential stumbling block for humanity, causing us to fall out of the co-creative dance of the universe, creating separation and fear and thus also enabling the unbridled exploitation of all the systems surrounding us.

Evolution knows no turning back and therefore the next The first step in the development of our relationship skills is to learn to *consciously co-create* - with ourselves, our bodies, our minds and our feelings. With our fellow human beings. With plants and animals. And yes, even with artificial intelligence.

Even though I started this book very thoughtfully, it is a book of hope and solutions. Because I observe how people all over the world are coming together in co-creative experiments, be it in love (as in open, value-oriented communities), in work (in the numerous approaches of New Work) or in science (for example in Otto Scharmer's U-Theory). It is also a very practical book. Because we can talk about co-creation for a long time and in a clever way, but ultimately it takes pioneers of human consciousness to manifest this inner intuition into an outer expression.

Even if I don't know you, it means a lot to me that you are reading this book. Because an essential thesis of co-creation is:



We are all important for *everything*, because we are all connected in many dimensions, through all times.

I believe in the leverage effect of small decisions and in tipping points. In a conversation, futurologist Tristan Horx once told me that we don't need society as a whole, but only 3 to 6 percent to bring a young trend into the mainstream.² I believe that humanity is far from having exhausted its potential. Co-creation is the key to this potential. Let's find out together who we are, what we can do and what we have to give to the world.

WHAT DOES CO-CREATION MEAN FOR US?

I would like to offer you a picture for our journey together. I don't know why you picked up this book. Was it lust or frustration? Perhaps a part of you is tired and disappointed with what you have experienced in your relationships so far. Maybe you were already on the verge of resigning yourself to mediocrity.

Perhaps you have learned to lock away what your "foolish" heart desires behind reason or the wall of cynicism. But since there are no coincidences and we have met here, there must also be an unquenchable longing pulsating within you: for a land of relationships where everyone involved blossoms and where people trust so deeply that they can finally show who they are and soar to their true greatness. We have both been there. In visions and dreams. But also in certain encounters that filled us so deeply that we thought at that moment: This is it! This is what we come together for. We don't know this new country in every detail, but we can describe its colors. We know how we feel there. This intuition has brought us here together.

Just imagine, behind the two of us lies the grazed, partially scorched land of all the forms of relationships we already know: Exploitation, competition, cooperation. In front of us lies the open sea. The sun is just rising, leaving glittering marks on the surface of the water. The horizon shines hopefully, but it does not tell us what awaits us. We look back once again. To what we know. To what has been possible so far. But the fresh sea air and the sound of the waves call out to us:



"Don't get caught up in old memories. Trust your longing. Humanity is not yet at the end. It has only just begun. Find the land of co-creation and marvel at who you can be for each other."

Let's hoist the sails together. Let's discover new territory by reading every page. You are not reading this book for yourself alone. You are reading it for all the people you will ever meet and all those who will meet these people in turn. May this book help you to be happy and even more effective. May it show you ways to transform your relationships into fertile fields where everyone involved flourishes. May your work with this book make a decisive contribution to a bright future for humanity.

Welcome to the adventure of co-creation.

ABOUT THIS BOOK

The human brain has the considerable number of around 100 billion nerve cells. But each one is relatively stupid on its own. The creative genius of our brain only emerges through the effective networking of neurons with each other. That's why I believe in us humans. Not because of what we have achieved so far, but because I assume that we have only networked our unique gifts in a very rudimentary way so far. What is possible when millions of smart, compassionate minds meet at the level of co-creation and thus symbolically connect in a large, collective brain that has only one goal: to create for the benefit of all beings and the entire biosphere. Call me a dreamer, but for me this possibility is real and that is why I am committed to it with everything I have and am.

MY MOTIVATION

For the context of this book, it is important to know that I have been living, loving, learning and working with the same woman for 30 years. This is amazing in that I get bored easily and need a lot of variety. If you already know me from my talks or other books, you know that I often rave about my relationship with Andrea. I don't do that because our time together has always been rosy. Over the past 30 years, we have also run the full gamut of drama. From romantic ecstasy to gray wasteland. From the deepest love to bitter arguments. We have coveted each other, kept silent, insulted each other, betrayed each other, blamed each other for our suffering and dotingly placed each other on a pedestal.

In retrospect, I can soberly recognize that there were two injured children with great potential started a relationship that was clearly co-dependent at first, with some toxic traits. We didn't know any better. I mention this here because we found a way out. People can heal with each other. They can turn shadows into light. They can learn to build a constructive partnership. I don't know if it's always possible. But I do know that most people give up too soon. I'm telling you this in case you reach your limits while opening up co-creative processes. Don't doubt your relationship skills or the possibilities of this one specific relationship too soon. We often simply know too little about ourselves and interpersonal dynamics.

I was able to experience what is possible when two people affirm a connection and engage with each other existentially. Back then, we collided like two fundamentally different comets and we are still different in many respects today. We had to realize that attraction alone is not enough. We had to and we were allowed to learn *relationships*. In the beginning, this was sometimes difficult and painful. But at some point, the process released so much energy and creativity that we devoted ourselves to it with enthusiasm. Initially, we were only interested in understanding what it takes to be alive and loving together as a couple and family. Soon we had reached a good level of cooperation. It could have gone on like this peacefully until the end of our days. But Andrea and I are both guys who want a lot out of life. We want to be able to look back at the end of our lives and say: "Getting involved with each other was the best choice!" We don't just want to get through safely and comfortably. We thought:

"Hey, if we're already so crazy, our precious life time spend most of the time with just one person, then this adventure has to rock. Let's explore what's possible for our *us*."

We were therefore looking for a way to inspire each other, to fall in love with each other again and again. We began to research and experiment. We read just about every book available on communication and partnership. We visited many

Workshops. We retreated to the silence of a monastery and also went on some pretty wild journeys. We explored systemic, integral and entrepreneurial approaches. After all, we weren't just lovers. We were and are also mother and father to our daughter and CEOs to our companies.

Motivated by suffering and the longing for an awake and free life, we basically came across the treasure trove of co-creation by chance. We noticed the amazing side effects when people managed not to fight diversity, but to unite in a *common* cause.

Co-creation works like a fountain of youth for partnerships. Andrea and I keep falling in love with each other, even after three decades. Co-creation is a powerful catalyst for developing potential. Andrea is constantly evolving and often in such surprising ways that I like to call her a "jukebox of evolution". What is important for me as a vision-driven person is that co-creation increases creativity and performance exponentially. Twenty years ago, Andrea and I implemented a fraction of what we do every day today. Our problem-solving and innovation processes were much tougher and more protracted. All of our work - the seminars, books, the homodea.com platform or our music projects - all of it basically stems from this small co-creative nucleus.

I don't want to idealize our partnership. We experience We still have stormy phases today. We are still sometimes two stubborn people who can get lost in the dead end of dogmatism in a flash. If the air is thick with us, the waiters* in the restaurant won't come to our table, it smells so burnt. For us, co-creation is not a project that is finished at some point. It's a flowing stream full of surprises. Swimming in this current requires alertness, humility and dedication. But it is so worth it!

I'm sharing this with you because I want you to understand why I'm so passionate about this topic. Because all the principles and methods that Andrea and I found on our journey are not only applicable to love relationships, but to any connection: friendships, families, teams and businesses. Yes, I say that in the future they will also be applicable to all of humanity.

I am driven to write this book by a visionary hunch: If a team of just two people can gain so much more quality of life and creative power through co-creation, what is possible when four, ten, thousands of us ... come together on this new level?

WHO THIS BOOK IS FOR

The book is ...

- for lovers, parents, friends.
- for entrepreneurs, managers, educators, coaches, politicians and scientists.
- for all those who work together in teams and want to take more responsibility for their quality.
- for you if you feel that much more is possible in your private and professional relationships.
- for you if you understand that the current challenges facing humanity cannot be solved at our current level of relationship.
- for you if you are a person who wants a lot from life and is prepared to give a lot in return.
- for you, if you want to create relationship fields that optimally support your well-being, but also your creativity and your success, and if you are willing to make this possible for those around you.
- for you if you are prepared to be proactive and take responsibility for the flourishing of your relationships.
- for you if you want to "boost" your love relationships, family and friendships.
- for you if you want to make your working relationships more enjoyable, more meaningful and much more effective.

This book is for all people who want to make a constructive contribution to a good future for humanity.

WHAT YOU CAN EXPECT HERE

In this book, I will introduce you to the essential principles of co-creation and present you with a concrete step-by-step guide on how you can open up the space of co-creation for both your personal and professional relationships. Some curiosity has made you pick up this book. I hope it turns into a passion as you read it. Bring the spark to your most important people. Light a fire of transformation together with them. The methods presented can be applied to love relationships, friendships, families, creative teams or companies. What is needed at the beginning are two people who agree that what they have achieved and experienced so far cannot be the end of the line. Two curious relationship researchers who want to break new ground with relish, who are prepared to ask themselves unusual and bold questions, to experiment playfully and seriously at the same time, to celebrate successes and mistakes and to endure dry spells.

You are one of these people. This is what awaits you on the following Pages:

- You will learn to understand what co-creation is and the basic principles through which it works.
- You will learn concretely and practically what it takes to create a field of trust and common direction.
- In the form of the co-creation circle, you will be introduced to various forms of discussion and meetings that can be used in different phases of co-creation.
- I very much hope that you will feel like trying out these suggestions immediately with someone you trust or with a small team so that you can gain your own experience.
- You will probably unleash so much joy, creativity and insight in these initial implementation steps that you will continue to experiment with the principles of co-creation and adapt them to suit your needs after reading this book.
- I will also explain how you can integrate co-creation into your everyday life and use it in your relationships with people who have never heard of it before.
- Ideally, by the end of reading, you will be able to co-create with *everything* - people, animals, plants, the planet, even the entire cosmos.

YOUR ADDITIONAL MATERIAL

For years I have been interested in the question: How can books actually develop a lasting transformative effect? Because let's be honest: don't we all have advice and wisdom for the next ten incarnations on our shelves? How do we manage not just to close a book after an inspiring read, but to transform its contents into lived wisdom? I would like to offer you four elements that help me to do this on the subject of co-creation:

1. **In-depth study.** If you would like to delve deeper into the subject matter, you can find further videos in the exclusive online area accompanying the book. The area is free for you. You can access it via the link or QR code below and the password: ichbindabei.
2. **Implementation.** Approximately 30 days after the first publication of the book, I will invite you to the accompanying eight-part online course "Co-creation in practice". It is free of charge for you. You can register for it now in the online area. We will inform you by email as soon as it starts. We will meet once a week for eight weeks, discuss the principles in more detail and, above all, put them into practice in our most important relationships. You can ask me any questions that come up while reading or trying out the principles live. If you purchase the book later, the recording will be available to you. You can also find the course and the recording via the link or QR code below.
3. **Exchange.** In the online area you can also expect a Exchange group where you can share your experiences or network with like-minded people.
4. **Meditation.** For some of the topics in this book, it is not enough if you only understand them intellectually; it is helpful to internalize them on all levels. For me, guided meditations have proven their worth here. I encourage you to download our free "homodea Meditation" app. Here you will find over 60 beneficial meditations for all kinds of occasions. In some chapters of this book, I will recommend one of them in particular.

You can find the in-depth content at go.homodea.com/cocreation-book or by using the following QR code:



THE CONTINUATION OF *GENESIS*

As already mentioned, this is the second part of a trilogy. In the first book *Genesis. The liberation of the sexes*



TEIL I

Respekt

This section is about our inner attitude in our encounters with other people. It is understandable that we would like to learn a specific technique right away that will enable us to experience co-creation. But in my experience, our mental attitude accounts for 80 percent of the effect. We can apply methods like crazy. If we don't have the necessary attitude and awareness, their effect will fizzle out.

Conversely, co-creation happens naturally and automatically when we approach another being with respect and genuine openness. That is why this section deliberately takes up so much space. Let it work in peace. It prepares you for joyful co-creation with everyone.

YOUR RELATIONSHIPS ARE A FIELD OF DEVELOPMENT

Thesis: Everything in your life is based on relationship. Everything you want needs a relationship. Each of your relationships can put you to sleep, inhibit or promote your development.

Co-creation is a special way of relating to other beings. So let's start by exploring how you relate to your relationships. To do this, I ask you to think about the following three questions.

Question 1: Are you more of a relationship-focused person or a task-focused person?

Task-oriented people see their relationships more as a means to an end in order to achieve certain goals, whether privately or professionally. The quality of their relationships is not as important to them as their effectiveness within their relationships. They consciously or unconsciously ask themselves: Does this partnership serve my purpose? Will it help me achieve my goal?

Relationship-oriented people tend to see tasks and goals as a wonderful opportunity to be with others and have a good time. They tend to ask themselves: Who do I like being with? Who do I feel safe and enjoy being with?

Of course, there is no strict black or white here. But in my experience, we all have a focus of orientation.

Many men invest a lot of time and energy in their career or sport without giving it much thought. But when their partners invite them to intensify their relationship, they often don't understand why at first. To this day, it is mostly women who gently or vehemently persuade their husbands to take part in one of our relationship seminars. There is no judgment in this. We are all weighted differently and everything has its justification. How do you rate yourself?

Question 2: What are your eight to ten most important values? If you like, write them down.

Which of these values tend to reflect qualities that focus on you, your success and your quality of life (e.g. freedom, success, mastery)? And which ones focus more on relationship qualities (e.g. closeness, trust, friendliness)?

Our values strongly influence what we see as valuable and where we direct our attention.

Question 3: How much time do you invest each week in clarifying and strengthening your three to five most important relationships?

We can all quickly pay lip service à la: "Yes, darling, you are very important to me." Or: "Of course the relationship with my employees is very important to me." But ultimately, we only demonstrate what we actually value through our concrete actions. I find it remarkable how much time we naturally invest in school, training, career or even television or social media. But when it comes to

When it comes to relationship culture, most people become stingy. We expect our relationships to work on their own and without much maintenance. Yet every encounter is a clash between two highly complex systems.

What do these three questions do to you? Where do you find yourself? Where do you possibly feel caught out? For example, I was ashamed to admit to myself that, as a task-oriented person, I considered time spent without a joint project with others to be a waste. Even today, I still get restless quickly when "nothing" happens. For a long time, I saw relationship work as such a

"Woman thing". I had to learn the hard way that I need people for everything I plan to do in this life and that they don't like to feel used, but want to be recognized and appreciated. All those encounters where we are "just" there for each other may not produce immediately measurable results, but they can give us joy on so many levels and create the ground for sustainably strong and nurturing systems. My wife is the complete opposite of me and therefore my great teacher in loving. For her, every relationship is a beautiful garden. She naturally invests a lot of time and love in its blossoming. If it produces a rich harvest in the end, all the better. But that is not her primary goal.

Whatever relationships have meant to you up to this point, make yourself clear:



Relationships are everything.

You would not exist without the partnerships of your ancestors. Everything you have learned has come through relationships. Each of your successes is a collaborative effort that involved many people. Every apple you eat came from the relationship between bee, blossom, sun and soil. In many cases, it has passed through numerous human hands before ending up on your plate. You can only breathe in the vital oxygen because our species has a symbiotic relationship with trees. No matter what mountain you want to climb in your life, you will need relationships. The quality of your most important partnerships in love, in friendships and in business will largely determine how deeply you recognize yourself and how far you will develop your potential. At the end of your life, you probably won't be listing all the tasks you've completed and bragging about them in front of the grim reaper. You will remember the happy moments and these will be **largely connected** to other people.

Even if you haven't really cared about your fellow human beings up to this point it is also in your selfish interest to be attentive and continually engaged in your relationships.



Vibrant relationships are the basis for your happiness, your development and your success.

We can also recognize this from a meta perspective: All major human problems are ultimately relationship problems. We exploit ourselves because we don't have a healthy self-relationship. We send our kids to outdated, unhealthy education systems because we are not in touch with them or with our own inner child. Ineffective politics is usually an expression of a relationship disorder between politicians and the people. Perverse factory farming is a relationship disorder between us and animals. Israel is a relationship disorder between Arabs and Jews. The gap between rich and poor is a disruption in the relationship between those who have 'made it' and those who are falling by the wayside. Climate change is a disruption in the relationship between us and the earth. I could go on like this forever.

If we want humanity to not only survive, but to For the world to rise to its potential greatness, goodness and beauty, we must heal the wound of relationship. After reading this book, you will know how you can actively contribute to this. Co-creative relationships not only fulfill an end in themselves for the immediate participants. They become a healing biotope for their immediate environment and the entire planet. Are you ready to learn the art of initiating and cultivating co-creative relationships?

Exercise: If everything were possible ...

Write down all the relationships that are important to you on a piece of paper. They can be of a private or professional nature. Don't forget the relationship with yourself. You can also mention relationships that do not yet exist, for example with your future life partner, with a significant role model or with your professional dream team.

Look at your list and ask yourself the following questions:

- If everything were possible, which of these relationships would I like to heal or strengthen?
 - If everything were possible, who on this list would I like to experience a living relationship with?
 - If everything were possible, which relationship would I like to take to a new level of alertness, closeness, freedom and joy?
-

It saddens me to see how many people cut their dreams down to mediocrity after a few painful disappointments and then spend the rest of their lives explaining this lazy compromise.

When I first wrote down such a wish list for my relationship with my wife, my child and life about 29 years ago, it seemed like fantasy to me. Because I didn't know any reference family like that. Today, we live an intimacy paired with autonomy and adventure that I could not have imagined back then. Today, I experience personal relationships with people who were once unattainable for me on the pedestal of my admiration. It all began with a written wish: "I want to meet person X directly."

If you want to make reading this book worth your while, then forget your doubts for our time together. Think big. Yes, think outrageously.

What if the whole universe is waiting for you to boldly hurl your cheeky wishes at it?

What would it mean if you took the fact that you have been given the precious chance to live very personally?

How about letting all your quiet and loud longings come to light for our journey together to the land of co-creation? No matter what the old ghosts of the past have to complain about?

What do you still want to experience in your relationships so that you can die in peace, with your eyes shining?

When is it time for you to take your foot off the brake?

I don't need to know you to know one thing for sure about you: What you have experienced so far in terms of relationship quality is not the limit of your possibilities. There's a lot more you can do.

WHAT IS CO-CREATION?

Thesis: Co-creation is the universal form of relationship in life. It overcomes inner and outer boundaries and creates previously unknown possibilities.

Before we dive into the practice, I would like to agree with you on a common understanding of co-creation. Some of what you are about to read may sound strange to you if you are a strongly rational person. If, by the end of the chapter, you can't relate to it at all, forget it. It is not necessary for the practical implementation of co-creation. And you may want to come back to this chapter at some point.

On the Internet, co-creation is usually defined in a somewhat unwieldy way. As an author, I like to be more flowery, which is why I define co-creation in my work as follows:



Co-creation is the ability of two or more systems to join *forces for the benefit of all*, using their differences to make miracles possible.

Business and science have also been on the hot track of co-creation for some time now. Some with the need to create more successful products, others with the aim of gaining scientific knowledge more quickly. Having experienced some of these teams either as a witness or as an accompanying coach, I have noticed that the approaches often fizzle out on the surface if co-creation is simply seen as the next management method. We need to get involved in the process not only intellectually, but also emotionally and actually physically (more on this later).

OUR UNIVERSE IS PURE CO-CREATION

Everything, absolutely everything, that you can perceive with your senses - including your own body - is the result of co-creation, which had its origin in the Big Bang. The atoms that make up your body previously served as a form of existence for countless animals, plants and stones, as well as thousands of other people. That's pretty spooky. Statistically speaking, you are actually carrying atoms from Hitler's and Gandhi's bodies.⁶ Our atoms are over four billion years old stardust from the so-called third generation. They were created at the birth of our galaxy. Their origin goes back much further: at least to the Big Bang 13.5 billion years ago (we can't look back any further yet). The entire abundance of our life is due to an unimaginably potent

Nothing sprang from it. Everything that has emerged since then is forever interconnected on many levels, many of which are not yet visible to us, and has a mutual effect.

What does this have to do with co-creation? The root of all relationship problems in humanity is the experience of separation. Separation creates fear and scarcity, which in turn creates struggle. Because we feel separate from each other, we put our interests above those of another person, a population group or the entire planet. Because we feel separate, we have to be right, elevate ourselves above others or exploit them. But the big joke is that we have never really been separate from each other and never can be.



**If we consistently trace our history back to its origins,
we are cosmic siblings.**

Our common mother is the potent stillness of the first moment. Our common father is the light that has been expanding further and further since the Big Bang, developing not only all physical forms from stars to stones to our bodies, but also consciousness. Even if it sounds crazy, it is only a logical conclusion: it is the cosmos itself that has unique experiences in every human being, becoming more and more aware of itself in the process. Whether we both want to or not, whether we hate or love each other, we are c o n n e c t e d forever and ever. Even if we never meet in person, your every decision and action influences my life and vice versa.

I am aware that I may have just given you a unusual train of thought. You don't have to believe this for co-creation to work practically for you. But this perspective can give you a glimpse behind the scenes of your relationships. This in turn can allow you to engage even more deeply with the shared process. You can also approach this in a playful way and simply imagine during your next conversation that it is the cosmos itself talking to itself through two different bodies. What is its goal? Well, I suppose it wants to recognize itself and create new possibilities in the encounter.

If everything is interconnected, it can't ultimately be about one party winning over the other. Struggle blocks co-creation. It can only release its creative power when we celebrate our unique individuality while recognizing the greater *we*. When we dissolve the illusion of separation, we see and feel that we are part of a vast, co-creative symphony of the cosmos. We begin to hear the melody. In the rhythm of the seasons, in the interplay of sun and moon, in our heartbeat or in the flow of a work meeting. When we are ready to open our human

By relaxing our notions of right and wrong, we recognize hidden patterns of a higher order even in the greatest chaos. Everything co-creates with each other. The blossom with the bee. The apple seed with the earth. Your exhalation with the inhalation of the trees. But you don't have to look that far. Take your body. It is one of the most impressive testimonies to the still unimaginably complex intelligence of co-creation. It came into being through the co-creative meeting of just two cells. Today it consists of approx.

30 trillion cells with unique specializations: Muscle cells, skin cells, blood cells, neurons, bone cells and many others. These in turn form numerous organs such as your brain, heart, lungs, liver, kidneys, gastrointestinal tract, pancreas, spleen, abdominal cavity, skin and reproductive organs. Imagine if they all had an ego and felt separate from each other. You would not be able to survive. Instead, they unconsciously fulfill the main principle of co-creation: they unite in a cause for your good, using their diversity to make the miracle of your life possible. As you read these lines, around 37 to 50 million cells are dying every minute, being reborn and incorporated at the same time. This is living co-creation in your own body!

If you walk through the world with this astonished look, you will see co-creation everywhere. Only one seems to fall out: man. I deliberately write "seems to fall out" because I am convinced that our struggles and failures are not mistakes either. Our ego makes us special. It is the root of separation and the resulting fear and greed. It has driven us out of the paradise of unconscious co-creation. We are still wandering around. We still hurt ourselves and others out of ignorance. But is this a mistake of creation or a move that we just don't understand yet? Will we continue to fight against the great symphony until the experiment of this annoying species is declared over?

Or will we now humbly, curiously and consciously return to the overall game of co-creation with the gifts and insights gained on our ego trips? I suspect the answer lies within you and me.

THE FOUR STAGES OF RELATIONSHIPS

Before we turn our attention to the future, let's reflect once again on the previous forms of relationships that humanity has created. A little forewarning to all detail lovers. I take a very practical and empirical approach to the topic. That's why I ask you to see the following summary not as a scientific treatise, but as a compact thesis.

Let us assume that life forms without consciousness have always co-created with each other in an unconscious way. Let us assume that even the ancestors of Homo sapiens

have instinctively integrated into this dance. The development of consciousness in humans is a complex and largely unexplored topic. It is difficult to say exactly when Homo sapiens developed a consciousness of themselves, as there are no records from that time. However, there is evidence that human consciousness has gradually evolved over the last few million years. An important step in this direction may have been the transition to greater brain capacity, which enabled humans to develop abstract concepts and ideas and to reflect on their own thoughts and emotions. It is assumed that this capacity for consciousness and self-reflection took another leap around 50,000 to 90,000 years ago. The first religious rituals, crafts and art emerged during this time. We developed language and imagination. It is considered certain that Homo sapiens was able to prevail over the physically much stronger Neanderthals because it was able to network in teams.⁷

Becoming aware of oneself meant gaining a sense of the own self. Whereas the world had previously been perceived as an intuitive entity, there was now suddenly "me" and "the world". This was probably the birth of the experience of separation. We have become accustomed to it. But I imagine this first awakening of an ego consciousness to be intoxicating and disturbing at the same time. Separation was also the origin of fear. Animals also know instinctive, momentary fear. But we were now in a position to think about what might happen:

"Is the other person on my side or not? What if he means me harm? What if the wrath of God punishes me? What if I get sick?"

Thrown out of the unconsciously experienced unity, the experience of lack that has tormented us ever since also arose. We began to feel incomplete. We developed greed. How much suffering, drama, wars, economic injustice and consumer terror have sprung from this dark triangle - fear, lack, greed? A logical consequence was the relationship form of exploitation.

Level 1: Exploitation

Exploitation means the exploitation of a person, group or other being by another person or group in order to gain an advantage. Exploitation can take place on different levels - physical, emotional, economic or political. Because humans felt anxious, needy and greedy, they began to exploit their environment. On the contrary to a sustainably meaningful Co-creation is exploitation based on pure egocentricity: "What do I get from you? How can I use you for my own purposes? I'd rather be the stronger one and exploit you, otherwise you'll do it to me." Or also:

"I'd rather be exploited by *you than have* worse things happen to me."

In this context, Gerald Hüther speaks of objectification.⁸ Every person is a subject with an inner truth, feelings and needs. When you are in contact with your own subjectivity, you take yourself seriously. You live from the inside out. You give yourself the right to follow your inner truth, to take your desires and boundaries seriously and to express yourself freely. If you also recognize others as subjects, you grant them the same right. But what if you have lost access to your subjectivity due to social structures and upbringing? For example, because you were always treated like someone else's property as a child?

Then you learn to see yourself as an object and allow yourself to be exploited by others. You then live from the outside in. You allow the outside world to decide over your life. You will then also see other people as objects and treat them like objects in your game and exploit them in your interests. How could you do it any other way? You have never learned otherwise.

It takes two subjects to consciously and lovingly relate to each other. Since we feel no connection to the exploited being from the object perspective, it is not difficult for us not to show consideration. This primitive and limited perspective made it possible for people to keep other people as slaves or have them fight each other for entertainment without any remorse. We Germans experienced the darkest form of this elevation over another being in the Third Reich.

Unfortunately, it is not the case that exploitation as a form of relationship has died out in modern times. The way we keep animals and kill them for our needs is also slavery. Many structures of capitalism are still deeply exploitative. The rich exploit the poor. People with power exploit people without power. Many of our supply chains begin with exploitative conditions in emerging economies. Companies like Facebook pretend to be interested in our welfare. But in reality, they shamelessly manipulate our consciousness in order to make even more money from our data. Many churches and sects exploit their believers. In *Genesis*, I go into detail about the sexual, social and economic exploitation of women by men under patriarchy. Even in seemingly enlightened relationships, we still sometimes exploit each other without realizing it. Our old school system dates back to the early days of industrialization. It was not created to promote the free development of our children, but to transform them into system-compatible elements of a meritocracy. The absurd result of this machinery is adults who have learned through school and education to see themselves as objects, and who therefore have no problem in treating themselves as objects throughout their lives.

to keep the hamster wheel of meritocracy running. Unlike our ancestors, we wear suits and use computers. The mechanisms of exploitation may no longer be so obvious. But if you look closely, you will see that they are still omnipresent. This form of relationship has been our standard for so long that it will take time, determination and a lot of inner work on the part of everyone involved to completely dissolve it.

Reflection

- *Where in your life are you exploiting yourself? For whom or for what demands are you doing this?*
 - *Where do you feel exploited by other people or systems?*
 - *Where and how do you use your privileges to exploit other people?*
-

Level 2: Competition

The somewhat more civilized form of competition developed out of exploitation. Human consciousness developed from an egocentric to an ethnocentric perspective. People now lived according to the motto: "I can regard others who are close to me through kinship, nation, culture, status ... as belonging to me and I stand up for them. I also understand that, in theory, everyone has the right to happiness and success and that it is not okay to shamelessly exploit others. But I still feel separate from most people at this level and believe in lack. Since I assume that there is not enough for everyone, I see most others as competitors."

Competition refers to the competition or even the fight between individuals, groups or companies for actually or apparently limited resources such as customers, work, money, prestige or recognition, thus stems from a sense of scarcity. In a competitive situation, we do not join forces in a common cause, but try to overtake or defeat each other. At the same time, the conviction prevails that competition inspires us and stimulates development. This may be true in a deliberately playful setting such as sport, although destructive excesses can quickly occur here too, for example in competitive sport.

We cannot yet know how we would develop without any competitive pressure. Competition usually leads to rivalry and tension between the parties. The fear of not ending up on the winner's podium leads athletes to use their bodies to their advantage.

with doping. Economically, this fear is driving an insane race in which the aim is not to create useful and necessary products and services for everyone, but to exploit what is possible and outdo the competition. I mentioned artificial intelligence at the beginning of the book. There is no doubt that they can be of great benefit. But they were released into the world hastily and unfinished by large companies such as Microsoft or Google out of competitive thinking. Humanity is ethically and psychologically unprepared for this.

If we take a closer look, we also come across signs of competition in our private lives, for example when two people vie for the love of another. Or when we can't stand it when our partner is more successful professionally than we are or is the center of attention at a party.

Reflection

- *Where do you see yourself in competition with others, both privately and professionally? ○ What does that do to you? How does it make you feel?*
 - *Where does competitive thinking lead you to betray your true values?*
-

Level 3: Cooperation

At the third relationship level, everything is much fairer. We have now understood: "We are in the same boat. It makes sense for us to row in the same direction together. Let's join forces to achieve our goals more effectively." Cooperation is the basis of a pleasant working atmosphere and a stable, relatively happy marriage. That sounds good compared to the previous forms of relationship, doesn't it? If all of humanity were to relate to each other in cooperation, then we would definitely have peace. But is cooperation enough to overcome the challenges and mega crises we face? Very probably not. This level still tends towards rigid relationship roles and rules. This is where people meet who have a fixed image of who they are and what they can do. To use a metaphor: You think you know what kind of cog you are. You look for complementary cogs in order to fit together to form a stable gear.

A cooperative marriage is based on a clear division of roles in the inner work (for example: "I take care of the feelings, you take care of the logic.") and in everyday life (for example: "I take care of the children, you take care of the car."). Such a well-established system can feel quite comfortable for those involved, as it satisfies our basic need for security. However, because one party compensates for the underdeveloped aspects of the other, this results in

a co-dependency. We lack the incentive to take care of our complete self-development. In a traditional, heterosexual nuclear family, we then get stuck in limited stereotypes of men and women.

The second weakness of cooperative systems lies in their inflexibility. A well-lubricated wheel system can only provide effective services if the environment remains relatively stable. As soon as turbulence occurs, it quickly reaches the limit of its adaptive capacity. It is not sufficiently agile to adapt to the complex, fast, sometimes extremely disruptive dynamics of our time. We see this in nuclear families that are incapable of welcoming the impulses of younger generations and even evolving with their help. They find it difficult to break with old habits. And we see it in the typical white patriarchs of the old school, who cannot understand when their wives suddenly rebel against the dreariness of life at the age of 60 and sign up for a yoga seminar or even a tantra course.

Unfortunately, we also have to watch as a country that was once as strong as Germany is missing the boat in many areas because our approach to the problems at hand is far too bureaucratic and conservative. On a deeper level, cooperation is based on a major misunderstanding.



People are not fixed objects, and change is the only constant.

Cooperation puts us to sleep in the mental state of the fixed mindset. The terms "fixed mindset" and "growth mindset" were introduced by the psychologist Dr. Carol S. Dweck, a respected researcher and professor at Stanford University.⁹ The fixed or static mindset is based on the deep conviction that our ego is fixed and that our personal abilities and talents are unchangeable. It assumes that these characteristics cannot be developed in any particular way. In this mindset, we look for fixed forms for our relationships and cling to them desperately, even when the boat is already falling apart. This contrasts with the dynamic mindset, which goes hand in hand with a growth mindset and believes in an essentially infinite potential for development and creativity. Here we tend to see people as living processes. The ego can be upgraded again and again into old age as we continuously mature, refine our skills or even discover new ones. People with a growth mindset see challenges as opportunities for personal evolution and view mistakes as opportunities to learn. They also view relationship or work structures as temporary solutions that can always be adapted. Brain research assumes that we are still a long way from realizing the full potential of our cognitive and

creative possibilities have been exhausted. So we are still full of surprises.

At the same time, we run the risk of falling asleep in cooperative systems. People at the level of cooperation create replications of the previous day every day with only slight variations. This is because their decisions are not based on free choice, but on the memory of what was possible for them in the past. Therefore, a cooperative relationship can only solve problems that are at the same level of complexity as its own consciousness. But it lacks the inquisitive openness and also the transformative power to tackle the major challenges we currently face. Moreover, cooperative systems still tend to have a subtle attitude of separation: "Here we are and there are the other couples. What happens behind our garden fence is none of our business." Or to transfer this to the world of work: "If our company is thriving and our customers are happy, what do we care about the rest of the world?"

By focusing on our own bubble, we prevent to allow ourselves to be touched by the many other elements and perspectives in the game. We fall out of resonance with everything. This is how powerful blind spots build up in the shadows, which at some point usually come as a very unpleasant surprise in our perfect world.

We can only receive truly creative, contemporary solutions as a couple, team or company if we are in a fresh connection with the big picture.

Reflection

- *Where do you experience cooperative relationships?*
 - *What advantages do they bring (e.g. security or practical role allocation)?*
 - *What disadvantages do you perceive (for example, rigidity, comfort or boredom)?*
-

Stage 4: Co-creation

To summarize the previous forms of relationship once again in a metaphor: Imagine you are sitting together with friends at a table with a cake on it that will most likely not be enough for everyone. In a state of exploitation, you take it for granted that others will bake this cake for you and that it belongs to you alone. You grab it without scruples and take it all for yourself. In a state of competition, you know that everyone at the table has a right to the cake, but if you grab it faster, it's completely okay for you if others miss out. That's life! In a state of cooperation, you realize that there isn't enough cake for everyone. You discuss with each other what the fairest solution is. Ultimately, you share

You divide up the cake fairly. None of you will be completely satisfied, but everyone gets something and harmony is maintained.

In a state of co-creation, you recognize that there is not enough cake at the moment. But you do not accept the idea of scarcity. You know that more is always possible. You find and formulate a common concern. For example: "Everyone at this table will be fully fed. We also have a lot of fun with the challenge and learn something new in the creative process of finding an amazing solution." In a short visualization, you travel to the future in which you have already materialized the desired result and see from there which path could take you there. You come up with surprising ideas that inspire you just by saying them. You first throw all the flashes of inspiration into the round and then choose the best one. The end result is surprising for all of you. Not only will you be physically satisfied, but you will also have had a lot of fun, learned a lot about yourselves and founded an innovative café on the way to the solution, where there is always delicious cake for everyone.

This is just a parable, but you get the point? It should make you want to on co-creation.



Co-creation is the ability of two or more systems to join *forces for the benefit of all*, using their differences to make miracles possible.

I would like to offer you another symbol for this development process: the Hermes staff. It has many different meanings. For me, it stands for the evolution of our relationships. In case you don't know it: It is a staff with two wings that is entwined by two snakes. Right by the wings, the snakes turn their heads towards each other. For me, the two snakes symbolize the streams of consciousness of two people who meet again and again on a new relationship level in order to ultimately inspire and liberate each other. The further we develop, the greater our scope for perspective and action. Our ability to grant ourselves and our counterpart autonomy grows. At each new level, we are able to understand more complex relationships and solve greater challenges. Even though I have emphasized the shadow aspects of exploitation, competition and cooperation so far, I believe that the evolution of our consciousness follows one direction: towards more wholeness and freedom. I also like the Hermes Rod because it reminds us that co-creation is not a one-size-fits-all approach. We need strong 'I's for a strong 'we'. In order to be able to consciously and powerfully meet in the center, we must also be prepared to be alone and take care of our own development.

I see it as a wonderful coincidence that, according to legend was the snake that took a bite of a delicious apple and brought us to the

consciousness that drove us out of the paradise of innocence. The gift of this original sin was the ego, which, symbolized by the two serpents of the Hermes staff, is now allowed to develop further in stages until it consciously returns to unity in its full maturity.

In some spiritual and religious circles, the ego is downright condemned. The fact that it is a vital basis for processing our experiences in this confusing, multidimensional universe is ignored. We should therefore be grateful for this psychological fixed point. The ego is not the problem. Suffering only arises when we leave it in charge. Then we fall out of co-creation. Because it is in the nature of the ego to feel separate. However, when our little ego has been wounded by exploitation, competition and cooperation, its exhaustion will allow us to surrender. Then we are able to let a wiser entity within us take the lead - our soul, symbolized by the two wings.¹⁰ It is our soul that us - at the peak of our individual development - into the overall symphony of co-creation. It has no need to fight our ego. It will use its abilities and experience in a confident and relaxed manner.



I repeat it because it is so important: a strong 'we' needs a strong, conscious 'I'. Otherwise we misuse the idea of co-creation for a co-dependent symbiosis.

In order to experience co-creation, we have to be able to switch from conscious I to conscious we. For this we need the so-called switch. I first read this very apt phrase in the book *Stealing Fire* by Steven Kotler and Jamie Wheal.¹¹ The authors use it to describe the ability of members of elite military units to completely let go of the ego in battle and act as one unit. In other words, the switch describes the art of synchronizing ourselves with other beings in order to enter the state of flow together. This experience is characterized by a high level of attention and concentration, accompanied by a sense of physical and emotional lightness, increased creativity and a feeling of deep oneness with the environment. You will receive specific tips on how to train the switch later on.

To better understand the Switch, let's take another look at today's working world: A professional team at the competitive level develops products primarily to assert itself against the competition and beat its rivals. At the cooperation level, it designs products that are currently a good fit for customers. However, it may turn out during the launch that the need has not been met exactly or that the product has changed.

has already changed again. Co-creative teams - and this may sound crazy at first - not only resonate with their target group, but also with the overall system of society and even the entire cosmos. They not only take advice from the past, but also draw inspiration from the future. The solutions received in this way are often ahead of their time. When the target group arrives in the future, the team is already ready with the best current solution.

As part of co-creation, however, we don't just create together. Rather, we heal together. A healing biotope is a field in which all participants feel safe and therefore flourish naturally. Many of our current structures are based on fear and control. They put us under stress in a subtle or obvious way. We have become accustomed to not trusting completely. We think this is the norm and the possibility of a relationship without any fear seems like a naive utopia. However, co-creative partnerships make this utopia a reality. They are based on honesty, respect and empathy. In addition to their increased creative output, they become a healing [biotope12](#) for everyone involved. We learn to trust each other again. The fear that has been stored in our cells for thousands of years can be gently released.

Reflection

- Have you ever come into contact with co-creative relationships?
 - If so, how did it feel for you? What was your "Secret"?
 - What conditions helped you achieve this?
-

THE BASIC REQUIREMENTS FOR CO-CREATION

I hope I have aroused your curiosity and you now want to know how co-creation actually works. First the bad news: unfortunately, it is not possible with everyone. Five essential prerequisites must be met.

The necessary maturity of awareness

This is a tricky topic, because no one should elevate themselves above another person and imply: "You don't have the capacity to understand this." In principle, it makes sense to trust everyone to grasp and live co-creation. However, I would like to warn you that some people are not yet ready. For co-creation, we need a good level of self-knowledge and the willingness to do inner work. We need to be willing to take responsibility for our feelings and needs and confront our shadow. We need clarity about our strengths and weaknesses. Those whose self-perception differs greatly from the perception of others and who are unwilling to allow this discrepancy to be mirrored will become a disruptive factor in co-creative processes. We should have sufficient flexibility to be able to switch between leadership and devotion. We also need a well-developed visual logic. This is the ability to take on and appreciate different perspectives without getting lost in them, but at the same time remaining true to our own value system.

If you have any doubts about your suitability, that's a good thing. Sign. Humility is a good starting point for development. Don't be put off. You can learn most of the skills required for co-creation. What it definitely requires - and I assume you have this since you already have this book in your hands - is the capacity to understand the value of these qualities and the desire to engage in this intense emotional and mental stretching process. The ultimate test is the process itself. It is relatively easy to explain co-creation in dazzling terms. Living them is another matter.

Suffering and longing

Anyone who thinks that co-creation is a kind of software that you can simply install in a relationship or in a team has not understood it. It is an intense, psychoactive process that literally gets under your skin and challenges many old patterns of thought and behavior. This process will sometimes blow your ego around your ears in all its stubbornness and tedium. If you don't have a good reason to go through the whole process, you will probably jump off the operating table in the middle of the operation and run away. You either need a sufficiently strong psychological strain because you are fed up with all your previous experiences. Or you

feel an irrepressible longing, fueled by an inkling of what is humanly possible.

I'm not trying to scare you. I'm also not saying that you should turn your professional projects into therapy experiments. I just want to awaken your respect. Co-creation means understanding, even in a business context, that you are not primarily employees and employers, but souls who come together to share their genius. Even if you continue to be on first-name terms, co-creation will always reveal a level of self-knowledge and healing. If you as a boss are afraid that your employees will lose efficiency as a result, I can reassure you, because the opposite will happen: They will get more involved. They will take on more responsibility. They will bring talents and ideas to the company that you couldn't tease out with any money in the world.

A shared vision

It's obvious: whenever people don't have a common vision, their egos take over. And only then does diversity become a problem. In order to benefit from your different perspectives and to unite your unique gifts, you need a collective dream that makes all hearts involved beat faster. I will explain how you can find this vision. But first you should clarify whether everyone is interested. Because not everyone wants it. We instinctively know that a big goal outside our comfort zone will bring growing pains.

A long breath

When I present the idea of co-creation to teams, there is almost always an enthusiastic mood of optimism at the beginning. In their minds, everyone is already celebrating at the summit. What many people underestimate is how to get there. At the beginning, everything is as clear as day and we run off euphorically. But at some point, the honeymoon is over. The reality of our old patterns catches up with us. My advice to you: Embark on the journey sober. Don't expect miracles overnight. Your thoughts and actions will not change overnight. The path to a co-creative level of your relationship will entice you with surprising breakthroughs and ecstatic highlights. Enjoy them. At the same time, this path will also test you with periods of resignation, resistance and setbacks. You will confront your greatness and all the pesky little behinds of your ego. To endure this, you not only need a strong vision, but also an understanding of psychological change processes and staying power.

Forgiveness as a guiding culture

People are imperfect. You will make mistakes. You will hurt each other. You will disappoint each other. There's no point in holding grudges forever. It binds your consciousness in the past. So don't see forgiveness as a one-off process, but as a daily culture of cleansing and relief. By the way, forgiveness's little brother is called humor. Co-creation and dogged seriousness are mutually exclusive, just as it is impossible to laugh and hold on to prejudices at the same time. Laughter brings you into the present and opens you up to creative flashes of inspiration.

THE BEGINNING OF YOUR JOURNEY

Thesis: Co-creation is your true nature, you don't have to learn it. You can remember it. Co-creation is the natural relationship form of life. If it does not take place, you are mistaken.

Of course, you can also enjoy this book on your own and let it inspire you. But I have designed it so that you can read it together with others and put the individual steps into practice. Co-creation is best approached through real experience.

CHOOSE YOUR TRAVEL COMPANIONS

If you don't know anyone at the moment with whom you would like to engage in this process, I have two recommendations for you. You can also access our homodea community online. Here you will find many like-minded people. Most of them live a value-oriented life; treating each other with respect and trust is a matter of course for them. Here you can look for people who would like to try out the principles of the book with you. In the chapter "Co-creation with everything" ([>](#)), I also describe how you can co-create with everything on your own.

Otherwise, there are various constellations in which you can explore co-creation. It can be your love relationship, your family, a friendship, a shared flat, a small creative team, a work team or a sports team. Not all exercises are applicable in every context. Experience shows that a private couple will engage with each other more honestly and intimately than colleagues in a professional context. Don't limit yourselves with conditioned expectations. I have already experienced professional teams that have ventured into a remarkable closeness with each other.

I recommend starting the first attempts with a maximum of eight people. Experience has shown that this is the number of personal fates that we can still follow closely.

Reflection

What people can you think of with whom you would like to embark on this adventure?

It is not necessary that you are already "thick" with each other. The process itself will strengthen your bond. You may sense the hidden potential of a relationship.

They should definitely be people,

- that you would like to trust completely,
- with whom you would like to experience more closeness and/or
- with whom you would like to work creatively and successfully on meaningful projects.

If you like, write the names down on a piece of paper first. It's okay if some of the names you write down make you feel doubts as well as pure anticipation. You may have a troubled history with some people or you may not know whether the five basic requirements are met between you.



Genuine trust does not come from blind faith, but from the conscious integration of our doubts.

As I said, co-creation doesn't work with everyone, but be open to surprises! Until you seriously try out the principles, you don't know what is possible between you.

Reflection

Now it's getting hot: Which of these people would you like to invite? And how do you go about it?

The emphasis is on "invite", because co-creation is based on voluntariness and a desire for the process. Forbid yourself from begging or pressuring anyone. Even though I can well understand that women in particular often long to work together with their partner on the development of the relationship, please believe me: it doesn't work that way. If you manipulate someone into a half-hearted yes, it will blow up in your face later.

So approach your favorites *openly*. Tell them in your own words about co-creation and what it means to you. Invite them to read the book. Ask them if they would like to take part in this experiment with you. Make it clear to each of these people why you are asking them. Why is she important to you? What do you value about them? What do you want for them? Don't be disappointed if you don't get a clear commitment straight away. Perhaps this person is not yet comfortable with the idea and you need to talk about it in more detail. They may also be worried or have doubts.

Give the other person space to express them by asking open questions, for example:

- What do you think about it?
- What do you associate with co-creation?
- If everything were possible, what would you want from a co-creative relationship with me?

- What doubts or fears do you have about this?

However the other person reacts, maintain a confident openness. Even if it hurts, don't react in an offended or needy manner. Rejecting your invitation is not a "no" to your person. We cannot see into the other person. Perhaps it is not on their life path. Perhaps the time is not yet ripe. No one is obliged to co-create with you. Do not beg. Do not demand. Don't complain. An open door is much more attractive to most people. To support you, I have prepared the video "If you are still hesitating" in the online area, in which I personally explain to your chosen person what to expect.

Don't get stuck in a queue in the event of a rejection. Co-creation only works between strong individuals. Take it as a good lesson in self-reliance. Find another person to explore the principles with. You may be moved by a well-founded fear if you don't go through this process with the person of your heart. You may ask yourself, "What will happen to our relationship if I move forward with this and he or she doesn't?" I would like to share a story with you that strengthened my trust with Andrea during such critical phases:

Once upon a time, there was a man who owned a beautiful horse. This horse was his pride and joy and brought him much pleasure and benefit. One day, however, the horse ran out of the stable and did not return.

The man was heartbroken and saddened by the loss.

He sat on the bench in front of his house for days, grieving.

An old woman came by and sat down with him. She was silent for a long time until she asked sympathetically: "Why are you so sad, good man?"

"I'm sad because my horse has left me."

The old woman was silent again for a while. Then she replied lovingly: "You don't have to be sad. If this really is your horse, it will come back to you."

If the person by your side is destined to walk a longer path with you, they will also continue to develop - in their own way. Not because you want them to, but because it is their destiny. If they no longer belong to you at this next stage of development, they will leave your reality. Not because you want him to, but because it is his destiny. Yes, something like that hurts.

But every day of your life is priceless. Why waste your precious time with false hopes? Instead, find out quickly who belongs to you and who doesn't by always leaving the stable open and not tying anyone up.

Here comes a fair disclaimer: co-creation brings the truth to light. What belongs together will come together more deeply. Those who have not been in the same boat for a long time will recognize this more clearly. The same applies to team colleagues or employees. Do you want to work with people in the long term?

who actually want to be somewhere else? Do you want to constantly motivate others to stay with you? Or do you long for a team in which everyone, without exception, knows: "I don't want to be anywhere else! This is my dream team." This is already one of the most remarkable lessons in co-creation:



That which truly belongs together will come together through this process.

Therefore, don't hold on to your wishful thinking. Focus on your path and generously invite others to walk it with you. Begin the process with those who respond wholeheartedly with a yes.

STARTS TOGETHER OPENLY AND BOLDLY

Once you have found the person or people with whom you want to embark on the path of co-creation, prepare the field for them. Co-creation is not something you have to *do*. It happens on its own when certain conditions are met.

Many of us were encouraged at an early age to control life through concepts and actionism. If something doesn't work the way we want it to, we just have to try harder! Or do we? This attitude is disruptive to co-creation. As the natural relationship form of life, co-creation is more about relaxing our ego and surrendering to play.

Whoever you embark on this developmental journey with, I would encourage you to think boldly and freely about what is possible for you - especially if you have already been shaped by frustrating interpersonal experiences. Andrea and I both brought a deeply wounded inner child into our relationship. Our emotional bodies and the experiences stored in them were like minefields for each other. Because we didn't understand this for a long time, we kept re-stimulating the old traumas. We were at the point of giving up several times because of this. But beneath the ashes of our misunderstandings - thank life - there was always an unquenchable ember, a longing and a hunch for more. So we learned to clear our distorted view of the past and to refocus on what we really wanted. I am so glad that we didn't throw in the towel.

Whatever has been up to now, consciously let go of it in your mind and imagine You are opening yourself up to a whole new game. No matter what has gone on between you so far, you are capable of starting over! This also applies to your working life. When it comes to professional life, I hear a lot of resignation and doubt from my clients. It's easier to give in to cynicism or to be stuck in an unfulfilling job.

stubbornly working towards retirement rather than believing in a vision and working towards it.



Imagine that future generations will live co-creation as a matter of course and you can tell your great-grandchildren: "I was there when this crazy idea took off. I helped shape its beginnings."

Don't let the belief "I'm too old for this" put you off either. One of my absolute favorite couples in our seminars is over 80 years old. They came to us for the first time three years ago and sadly reported on decades of silence. You should see them now. Like two lovebirds in love. The idea of co-creation was like a fountain of youth for them. Now they are catching up.

Reflection

Forget all "Yes, but..." limitations for half an hour. Imagine a wish fairy is sitting on your left shoulder. She wants to know what you dream of in your relationships. Get to the point: "Anything is possible and the path to it will lie before your feet." Write it down!

ERRORS ARE OKAY

I write about all these clever things and am passionate about teaching them. Does that mean I live them perfectly too? Oh, no! I had to bury that claim in time. If we move boldly onto the pitch, we will experience times when we think we are invincible and we will make far more mistakes than those watching us from the stands. How have you dealt with mistakes and defeats so far? How quickly do you throw in the towel? Because co-creation is new territory for everyone, you will probably often feel stuck. You're bound to have the odd frustrating team meeting or meeting with your chosen person. You will embarrass yourself. You will also recognize some embarrassing aspects of yourself in your visibility. Get used to it. Allow yourself the luxury of being wrong. Don't abuse mistakes and dead ends as proof that co-creation doesn't work. Thomas Alva Edison failed countless times in his attempts to invent the light bulb. When asked about this, he is said to have replied: "I have not failed. I've only found 10,000 ways in which it doesn't work."

What I'm trying to say is that the flow of co-creation occurs when you are not afraid of making mistakes, are curious about them and can admit them quickly - without guilt or shame. Look at it this way: We usually define mistakes as events that didn't happen as we expected. But the joke is: This is the only way life can evolve - by trying new things, analyzing their value and correcting the bullshit. What we humans call mistakes is actually the yeast of evolution. It ensures that life really blossoms, that you and your fellow human beings flourish. So make room for mistakes and celebrate them.

Reflection

- *What negative beliefs do you have about mistakes? For example: "I'm not allowed to make mistakes." Or: "Making mistakes means I'm stupid." Pause for a moment to identify your beliefs about this. Sometimes they hide so well that we hardly notice them.*
 - *How do you deal with your mistakes? Can you stay relaxed or do you punish yourself for it?*
 - *Where do you block ideas through perfectionism?*
 - *How do you react when you are asked about mistakes?*
 - *How do you deal with mistakes made by others? Do you believe that you offer them an environment in which they don't have to be afraid of making mistakes?*
-

RECOGNIZE YOUR WHAT FOR

In order to endure and even enjoy the change from cooperation to co-creation in all possible ups, downs and dry spells, we need a strong and persistent inner motivation. This draws its fire from our "what for": why are we doing what we are doing? From respect for the path we have taken and for our companions. And from our willingness to walk this path responsibly.

Without a powerful 'what for', you will abandon any challenging endeavor - be it a marathon, learning a new instrument or even co-creation - as soon as the going gets tough. Figuratively speaking, we allow our soul to take over our lives through our what for. Without this deeper meaning, our ego will take over and it never looks for the truth, but for the most comfortable way. I have experienced it so many times myself and thousands of times with my clients: just before we experience a real breakthrough in an area we care about, our ego sets up its adversaries. Since it has known us from an early age, it knows exactly what works for us. It tempts us to run away or fight. It lures us with distractions, be it Netflix, alcohol or social media. It makes us do it,

Pushing people away from us with mean words. It overwhelms us with fear, doubt or discouragement. It is as if our old reality rears up once again like a mighty beast to keep us under its spell. This invisible threshold appears in every fairy tale. Shortly before the holy grail, the hero or heroine is tested once again.

In the first two years of my relationship with Andrea, I moved out two or three times a week (and that's no exaggeration!). Each time it felt so real and yet a deeper voice whispered to me that I was just running away from myself. I am so grateful that I was eventually able to see through this pattern and discard it. After many years of therapy and self-exploration, I also understand what I was running from back then. It wasn't Andrea, but the shadow of my past.

We will never know who we are and what is possible for us if we allow our inner adversaries to trick us again and again at this point. You are alone at the invisible thresholds of your life. No logical argument will help you. Archimedes once said: "Give me a solid point to stand on and I will unhinge the earth."



Your what for is this fixed point in your life with which you can unhinge your old universe.

That's why it's important to ask yourself at the front door of your co-creative processes: What are you doing this for? And is your desire strong enough? We usually act out of two aspects: the first is dissatisfaction, the second is desire.

Exercise: What do you want to get away from? What are you fed up with?

Take a moment and formulate in writing which negative points, which grievances - internal and external - you would like to resolve through co-creation. Imagine that everything would be possible. Write down at least ten aspects.

Now look at your list again. Underline the two aspects that affect you the most. They form the core of your what for.

Exercise: What magically attracts you? What do you long for?

Take another moment and ask yourself: Where do you want to go? What is your vision for your relationships? What positive changes - internal and external - would you manifest through co-creation? Again, write down at least ten aspects. Be specific and think big. Imagine that this book and its principles help you achieve real breakthroughs in both your personal and professional relationships. Get from the point that you have the right to happy, vibrant relationships. You don't have to know *how to get* there yet. Now is the time to dream big.

For example, I want to be in love with my wife again and again for the rest of my life. I want to conquer the world with her and experience inner awakening. I want to share everything with her: Everyday life, work, sex, creation, sport, adventure, spirituality. I want to experience joy, even ecstasy, with her every day. I want to learn to love more and more unconditionally at her side. I want us to support each other to become as wise, awake and free as possible in this life.

For my professional relationships, I also made the choice a long time ago to only work with people who are honest and share my core values. Similarly, I only want to work for people who want to develop themselves and make a contribution to this world. I want my work to continuously evolve in sync with my personal development and give me so much satisfaction that I never have to think about work-life balance.

This is an excerpt from my wish list. I'm sharing it with you to encourage you to be unashamed. Take yourself and the precious opportunity of your life seriously. Go all out. All great revolutions and groundbreaking innovations started with a crazy idea in the mind of a single person. Imagine you are

the portal to a previously unrealized possibility. For each of us, there is a "what" for which we are willing to rise up, risk our asses and accept defeat. What inspires you? What would have to come into your life through the process of co-creation for you to look back in a year at the latest and think: "How lucky was I to find this book back then?" Is it more closeness, more sex, trust, success, adventure, ecstasy ...? The buffet is open. Help yourself.

Then look at your list again. Underline the two aspects that affect you the most.

Now combine the negative and positive aspects that you have underlined in one sentence: "I am ready to fully engage in co-creation because I want to ... dissolve and ... manifest."

Read the sentence out loud several times - until you can feel it in your body!

CULTIVATE RESPECT

Respect is an old, almost extinct virtue. We believe we can buy anything. But money only buys you entry. The real key to the value of a thing or a relationship is your sincerely felt respect. Some time ago, I spent a few days in the Costa Rican rainforest with the Shipibo shamans. I went into one of the nightly ceremonies with the request: "Teach me what love is."

Now it is in the nature of powerful rituals that we never get what we want, but what we need. In this case, my question was downright shot down: "How dare you ask for love? Let's teach you what respect means first." That night, I had to look at all the many moments in my life when I was disrespectful to the wisdom and abundance offered to me. It was hard and sobering. It was revealed to me what ancient knowledge speaks to us in a single tree and how old and rich the life streams of all the people I had been privileged to meet up to that point were. It was painful to realize how much of the richness offered to me I had missed out on - simply because I was too ignorant and arrogant to perceive it. Since that night, I have made an effort to treat every person I cross paths with more humility and respect.

Think about all the people you work for every day. Take for granted. They are all much older than this one life. They are titans of evolution. They are treasure chests of wisdom, even if they are, on the surface, awkward. You will never discover this treasure if you treat them disrespectfully. It's crazy. We spend so many hours at work, on the internet, with our hobbies. But we find it tedious to consciously focus on our hobbies twice a week without a goal.

with our nearest and dearest. We live and work side by side, but we miss out on our mysteries. In my eyes, that is not respectful interaction.



This book can only open one door for you. How far you go through it and how richly you are rewarded is determined solely by your respect. Your attitude of appreciation for yourself, for the people with whom you are embarking on this journey and for the process.

How can you express this respect? You do it less through words, but by joyfully giving your time and presence to those around you. If you hope to make meaningful progress through co-creation, you should be prepared to meet your companions at least once a week for one or two hours to ~~by~~ your BAuncwheesseznuhebietsrperiecchhtennicuhtndaiunsdeWrePnrmaxeiss eziunerproben. If it becomes a compulsory event, forget it. The process really has to be close to your heart and you should demonstrate that. For example, by not putting everything else aside until a minute beforehand, but by calmly getting in the mood for the meeting. Respect is also shown by the place you choose for the meeting. Does this place reflect your respect for the two of *you*? Avoid all distractions during the meeting. Show the others that you are really there and that you take their concerns seriously.

Reflection

- *Think of the five to seven most important people in your life. Write down their names. Realize what they mean to you. And then ask yourself: Do I treat these people with enough respect every day?*
 - *If I never saw them again, did I really make the most of my time with them? And did I show them how much they are worth to me?*
-

LIVE SELF-RESPONSIBILITY

Be ready to take full responsibility for the reality you perceive, for your needs and for your development. Self-responsibility drains the swamp of co-dependency and thus creates solid ground for co-creation.



In principle, we enter into a co-dependent relationship every time we hand over responsibility for experiencing our reality to something or someone.

If you tell yourself that you don't have enough time or money to pursue your dreams, you are giving time and money the power over your life. If you think that you can only feel happy if your partner is in a good mood, you are making yourself dependent on the mood of the other person. If you believe that you can only develop if your buddies are fully on board, you are tying your evolution to theirs. If you're convinced that you can't develop freely in your career because your boss doesn't give you the right conditions, you're giving her the power.

The topic is complex, because of course there are structures in our society that promote destructive power imbalances and dependencies. It is important to me to be understood correctly here. In order to transform our relationships and society, it is important that we name the external grievances. However, we can passively complain about them forever, and that is what many people do. I consider this complaining to be a regrettable, pointless waste of energy and an unconscious refusal to fully understand and utilize our own responsibility. I maintain that most of us are actually much more powerful and could have a much greater positive influence on our reality than we admit.

Opferitis humana versus self-efficacy

Co-creation needs our willingness to carefully examine where we have locked ourselves in the inner prison of *learned helplessness*. For me, this attitude really is like a disease that can infect our minds. In view of its long-term effects on all areas of our lives, I do not think it is an exaggeration to speak of the worst virus that can infect us. That's why I call it *victimitis humana*. If our mind is infected by this virus, we experience ourselves primarily as "victims of ...". We no longer allow our genius to dream big, because we "know" in advance that it is impossible to realize this dream. We surrender our creative power to circumstances (time, money, economy, horoscope) or our fellow human beings (your

partner, the boss, politicians) or even God. A person afflicted by *victimitis humana* no longer asks: "What do I really-really want and how can I make this possible?" Instead, they collect reasons why it is not possible.

Whenever you think "I can't *because* ...", "I feel bad *because* ..." or "I don't have what I want *because* ...", you've given your creative power away to something or someone. The sad thing is: you'll be right. You will also receive encouragement from others. Because the victim in you will instinctively find like-minded people who believe in the same reason for preventing you. This creates veritable *victimitis* bubbles in which we console each other that we can't be happy because ...

If a part of you is reacting indignantly right now - that is most likely the voice of the victim in you. It has invested so much energy in the logic of the drama. It can't be taken away so easily. We all have this part inside us and we don't like it when it's exposed.

Where does this virus come from? Learned helplessness is passed on to us by parents, people in similar situations or the culture in which we grow up. If we experienced as children that important caregivers were seemingly or genuinely powerless in the face of circumstances or other people, we may have transferred this to ourselves. In addition, children are often irritated in their natural self-efficacy by education and school, in that they experience again and again that their impulses and thoughts are not welcome.

The fact is that as children we were often powerless. It's not about trivializing this (in the sense of: "It wasn't that bad!") or explaining it away with pseudo-spiritual phrases ("This happened to you because you brought bad karma with you."). If shit happened to you, call a spade a spade. Rage. Grieve. Go to therapy to work through the experience. But as an adult, don't stay in the prison of your past, even though the door is now open.

In the long term, *victimitis humana* sets in motion a downward spiral for creativity, success and self-esteem: *because I feel helpless, I don't even go for my dreams - or I go for them with so many doubts that I can only fail. I remain in situations that are not good for me. As a result, I see myself confirmed in my assumed powerlessness. I complain even more. I focus even more on what I don't want. As a result, I create even more of what I don't want. This makes me feel even more helpless ...*

The antipode of learned helplessness is self-efficacy. It is the basis of healthy self-esteem. It is our experience of clearly knowing what we want and being able to successfully work towards it. The good news is that we can train self-efficacy like a mental muscle at any age. This stops the downward trend and sets an upward spiral in motion: *I think a little bigger today than I did yesterday and act a little more courageously. As a result, I collect small*

A sense of achievement. These confirm my self-efficacy. My subconscious registers this and therefore dares to do a little more tomorrow ...

You recognize: *Opferitis humana* acts like a swamp for our minds. The many excuses let our power sink into the slippery ground. In order to find our feet spiritually, we need the attitude of self-responsibility. Many misunderstand this and think that they should now be responsible for everything that happens in their lives. You are not. The universe does not revolve around you. You are not responsible for whether the sun shines or it rains. To believe that would be narcissistic. You are also not responsible if someone uses violence against you or cheats on you.



You are not responsible for everything that happens. But you are responsible for how you *respond*. Or in other words: how you interpret your reality.

Here is perhaps a very vivid example: five different people step into a pile of dogs. They respond in very different ways: "Those damn dog owners! I hate them." - "Life has conspired against me. That was just more proof." - "Oh, I'm sure that'll bring me luck." - "Well, well, I should be more mindful of my ways." - "Shit happens. Take it easy!"

This is just a small example. However, it should make the following clear to you: you make such conclusions throughout the day. These are not neutral thoughts. They influence your perception corridor, your feelings, your decisions and your actions. We like to look at our lives and think it just happens to us. But in fact, it is simply a reflection of our interpretations. Co-creation only works between people who take 100% responsibility for experiencing reality. Co-creation only works between people with a high degree of self-responsibility. So here are the most important distinctions once again:

Victimitis humana

Self-efficacy

Above all, you think about what you don't want.

Above all, you think about what you want.

You tell yourself and others *why* you don't have what you want.

You tell yourself and others *how* you can get what you want.

You like to see the reasons for your problems on the outside (time, money, other people ...).

You usually see the reasons for your problems within yourself and tackle them.

You feel like a victim of your past and of other people.

You experience yourself as a free, self-effective, creative being.

You often think: "I can't do that."

You think: "I can't do that *yet*, but I'll learn."

You often think: "That's not possible."

You think: "I can't do that *yet*, but I'll find the way."

You often think: "I don't know that."

You think: "I don't know *yet*, but someone does and I can ask."

You often think: "I *have to* do that."

You often think: "I *can*, I *am allowed to*, I *want to* do this."

You no longer allow yourself to dream big because you assume that it won't work anyway.

You like to dream big and follow up with concrete action.

The rejection of your wishes by others causes your willpower to implode and you to resign.

The rejection of your wishes by others challenges you to try again and more intelligently.

If you don't immediately see a solution to a wish or a problem, you give up.

If you don't immediately see a solution to a wish or a problem, you relax into your not-knowing and open yourself up to the solution that always already exists somewhere out there.

You put your role models on a pedestal that is unattainable for you.

You are inspired by your role models, but see them as equals.

You like to moan or complain.

You might let out your frustration sometimes, but otherwise you forbid yourself to whine and complain.

You like to spend time with people who whine themselves and let you whine.

You avoid people who complain a lot themselves and like to surround yourself with those who like to talk about visions and solutions.

As a relationship model, co-creation is still so new that most people don't yet have a well-developed pattern for it. It is therefore easier for your brain to fall back on familiar programs. It needs your support to explore the new territory and develop new neural pathways. In the next few chapters, we will look in detail at what self-responsibility actually means in individual situations. For now, let's start with the basic attitude.



**Take responsibility for your life. Take over
take responsibility for your feelings and needs.
Establish clear values for *yourself*, formulate *your*
vision and align *yourself* accordingly.**

Reflection

- *Do you blame others for your feelings or do you look for the cause within yourself?*
 - *Do you hope that others will move and change so that you feel better, or do you take responsibility and take the lead?*
 - *Also ask yourself in challenging situations: What do I have to do with this? How did I contribute to this result? What can I do? What can I change?*
-

Co-creation versus co-dependence

In order to stay in self-responsibility, it is important to know the difference between co-creation and co-dependence. Because when people move towards each other, the brain automatically tries to assign this relationship to a suitable pattern: *Who is the other person to us? Who are we to the other? What roles do we play for each other? What rules apply?* This usually happens unconsciously. If we don't have a clear picture of what we want to experience with each other, our brain falls back on patterns that have already been established. To prevent you from ending up in one of the old dead ends in your co-creative process, it makes sense,

to ask you again and again in between:



**Do we have a co-creative or a co-dependent
relationship?**

Co-dependency is a term that was originally coined in addiction therapy and refers to a problematic form of interaction with addicted people. I would like to define it more broadly. For me, it usually involves unconscious relationship patterns in which people hand over some or all of the responsibility for their own lives, feelings and decisions to the other person.

When we learn to compensate for our deficits through our partner, unhealthy entanglements arise that inhibit the development of everyone involved. Dependencies can manifest themselves in different ways:

- mental: "You make the decisions for us"

- Emotional: "You give me the warmth that I can't give myself"
- Social: "I will become your most important contact with the outside world"
- Financial: "I am dependent on your money"
- at addiction level: "You live your addictive behavior and I compensate for your failures"

It is hard to admit to these addictions. And yet it is the first, necessary step to get out of them. We have become so accustomed to some of these patterns that we experience them as normal and even call them love. We find their origins in our early childhood and in socio-cultural structures. Patriarchal or capitalist paradigms have been passed down from generation to generation for centuries and are so deeply implanted in our subconscious that it is difficult to unmask them. We need to train our minds to look at our systems (nuclear family, school, economy, politics, religion. . .) from the outside in order to recognize the patterns. I recommend some books in the appendix that can help you with this.

If you consistently pay attention to where people are cannot freely express every thought, feel every emotion and develop optimally, you will stumble across co-dependencies everywhere in everyday life. Children are dependent on parents and teachers. Women from men, men from women, employees from their superiors, many of us from money. Nobody is keen on these entanglements. They usually creep in unconsciously as soon as we start a relationship. If we have no self-confidently defined values and no clear vision of who we are, there is a good chance that our subconscious will switch to autopilot and steer every new relationship into old, familiar paths. Small-family chaos, abuse of power in the world of work, prostitution, weird guru stories ... Who wants that? We all slip into these co-dependent stories on the movie of our unconsciousness.

It takes courage and alertness to pause again and again and examine your own relationships:

- *Does everyone really feel safe?*
- *Does our we promote the strengthening and development of all egos?*
- *Are destructive behaviors consistently uncovered and corrected or are they tolerated or even supported?*
- *Are we all learning to take responsibility for ourselves, or are we passing some of it on to others?*
- *Are we wind beneath our wings or concrete under our feet?*
- *Is the relationship strong enough to not only tolerate diversity, but even celebrate it, or does one person have to adapt or even submit to another?*

When we grow up in co-dependent structures, it is tempting to blame the other person. However, two or more people have found each other whose unconscious imprints

fit together. In most cases, the problem is not solved by rushing to change partners. Because you always take yourself with you. You will probably attract a similar constellation again in your next relationship. We humans are masters of repression. If we don't (yet) know a way out, we're tempted to make things up: "I'll stay with him out of love", "She'll change at some point", "It's not that bad after all".

You may be able to cheat yourself, but not your brain. Close your eyes and think about someone. If you don't find yourself involuntarily smiling gratefully and joyfully as you imagine his or her face, the relationship is not optimal for the development of your potential, at least at this stage.

Something is missing or too much. Let me be more specific so that there are no misunderstandings here and your ego misuses this information to look for the most comfortable way for you. I'm not advocating cutting ties with another person immediately if you're not enjoying it at the moment. Every lasting partnership is tested by challenging phases and crises. But in the long term, trust, joy and freedom should increase. You have the right to appreciative and stimulating relationships. You have the right to people who celebrate you for who you already are and who, at the same time, keep bringing out a better version of yourself.¹³ Of course, the same applies the other way around.

Before you point your finger accusingly at the other person, you should look in the mirror: *Do you treat this person with appreciation and gratitude? Is your presence a supportive environment for the development of your potential?*

Here is an overview of the differences between co-dependency and co-creation.

Co-dependency

We are slowing down our development.

The joy is eaten up by friction.

Either there is no closeness or it feels more like a symbiotic swamp.

The relationship is insecure or comfortable.

The relationship offers no room for individuality and growth.

Co-Creation

We are constantly developing alongside and with each other.

The joy increases.

There is a clear, fresh closeness.

The relationship offers you security, but also stimulation for growth.

The relationship not only offers freedom, but also promotes individuality and growth.

Destructive behavior patterns are encouraged and tolerated.	Destructive behavioral patterns are addressed and resolved.
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Those involved do not have clearly defined values or do not live by them.	Those involved have clearly defined values and live by them.
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Not everything is addressed out of fear or convenience.	Everything is addressed.
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There are dependencies that make free development and expression of opinion seem impossible.	There are consciously chosen work and role distributions that could be resolved at any time because all those involved feel and are self-sufficient.
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The relationship absorbs power so that there is nothing that can be released into the external environment.	The relationship releases energy that also benefits the external environment in the form of joy, inspiration or projects.
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Once again: we do not exist in isolation from our past. It is therefore common to slip into old patterns from time to time. Don't immediately question the relationship because of this. Speak openly and honestly about the entanglements you recognize - and then correct them together.

Reflection

- *Where can you discover co-dependent patterns in your relationships?*
 - *What can you change to create the conditions for co-creation?*
 - *Where do you blame others for your feelings?*
 - *Where do you make others responsible for your needs?* ○
Where do you cultivate excuses - and are they true?
-

Exercise: Go into withdrawal

You need to realize that *victimitis humana* is not only a disease, but also a powerful addiction. Your brain consumes almost a quarter of all the energy released by your metabolism. It is therefore understandable that it is constantly trying to save energy. Thinking independently about how to solve a problem is much more energy-consuming than finding an excuse. With this smart move, the problem is shifted to an external construction site where you can do nothing. And your brain can relax again. So to strengthen your self-responsibility, I suggest you go on a whining and excuse withdrawal program for a clearly defined period of time. In concrete terms, this means the following:

1. For, say, a month, you can't use any excuses. So instead of saying, for example, "I can't fulfill this wish because ...", you can say, "The wish is obviously not important enough to me at the moment to put all my energy into it" or "I don't know exactly how I will fulfill this wish at the moment, but I am taking responsibility for its fulfillment and will find a way".
2. For one month, you are not allowed to whine, complain or blame someone else for your suffering. You can talk about your feelings, for example by saying: "I'm sad right now." But you are not allowed to blame anyone for your feelings by saying: "I'm angry because you did this and that." You are allowed to wish for something from other people in the form of: "I would appreciate a compliment." But you must not demand anything from them. So avoid sentences like: "You need to give me more attention."

Are you ready for this experiment? Then write the following on a large piece of paper: *"Until ... I will refrain from making excuses, whining and complaining. I take full responsibility for my feelings and needs."*

It can be challenging to pull this off, but it's worth it. Because only when you drain this swamp within you do you have a chance to experience how powerful and inventive you really are. You can make the whole thing even more effective by

- a. find allies who will join you in the experiment.
- b. choose witnesses whom you inform about your intention and ask them to point out to you if you break your rule.
- c. open a penalty fund and pay in a certain amount every time you fall back into old patterns. In the end, the money is used to pay for a meal for your co-creation buddies.

Do it for yourself! Co-creation does not work without one hundred percent personal responsibility.

BE READY FOR THE FIRE OF CLOSENESS

In order to experience co-creation, we have to be prepared to endure closeness. You might be thinking: "Why endure? Closeness is a beautiful thing." Then perhaps you are a rather cuddly, maybe even symbiotic type who has learned to create security and a sense of well-being through physical closeness. But perhaps you are also familiar with the paradox of closeness. You long for it, but when it's there, it sometimes feels so uncomfortable that you want to break it again. For example, by making a stupid, inappropriate joke or talking incessantly. There are countless ways to avoid closeness: being busy, working, being sarcastic, watching TV, using drugs of any kind...

Why are we actually afraid of closeness? Because conscious closeness always brings the truth to light. This applies to the beautiful aspects as well as the painful and embarrassing ones. Many of us were hurt as children in moments of great openness. We were laughed at, shouted at, ignored or abused. No wonder our inner guardian decides: "I'll never let anyone get that close to me again!" In fact, many adults spend a lifetime hiding their authentic self behind a mask. Tragically, they become so entrenched in this mask that they no longer even notice it themselves.

If you are lucky, your life force is so strong that it is not satisfied with this compromise. It wants the old, isolated wounds to heal. So it arranges situations for you in which you can experience closeness again. You fall in love again. You meet a business partner whom you trust on a deeper level. Or you stumble across a book on co-creation and are tempted to give the principles it contains a chance.

The thing is: real closeness acts like an exorcism on the ghosts of your past. Every unhealed wound will make itself known. Every

Fear that is not integrated will show itself. Every unlearned lesson will end up back on your desk.



That is the paradox of closeness. It does us good. But it also brings to light what we had condemned to the shadows.

In order to experience co-creation, we must be prepared to consciously endure closeness. This does not necessarily mean physical closeness or an undefined uniformity. Co-creation is based on autonomy. Each of us stands for ourselves. Closeness in a co-creative context means: /

mauucthedmirichEgdair, welche zu den inneren Dwaistrseblbeeibgeeibgeenstiantte Verbindung.

Most people have created a rather superficial personality (persona = Greek *mask*) for protection, which they can use to communicate with others without really having to show themselves. Some have several personas for different occasions. Parents sometimes talk to their young children in a lecturing tone, as if they were not fully sane. Men hide behind a stereotype of strength. Women change their tone and act cuter, more helpless when a guy enters the room. Teachers often find it difficult to let go of their explanatory persona in private. In some spiritual scenes, you lull yourself into a pseudo-harmonic trance with an emphatically velvety and relaxed voice. Not to mention the legions of meaning, food and momfluencers on Instagram, who all live super happy lives in always tidy pastel-colored apartments. Can you get the point? These are mostly roles that give us a kind of pseudo-control over what's happening, but prevent real closeness.

For me, this persona has the effect of an invisible Full-body condom. Yes, it protects us from further injury. But it prevents a true encounter from self to self. Relationships at the persona level are safe, but remain unfulfilling. We present to others those aspects that we want them to see. We push everything else into our shadow. This term comes from C. G. Jung and describes all those characteristics of our personality that we do not want to see and feel. These can be unhealed wounds or personality traits that embarrass or frighten us, such as envy, weakness or vindictiveness. This is also where we store those beliefs that do not fit in with our self-image but still influence us from the basement. C. G. Jung associated the shadow primarily with our negative aspects. In my work, I also include the parts that are still too radiant for us to identify with at the moment, such as wisdom, generosity or magnificence.¹⁴

The closer a person gets to us, the greater the likelihood that they will also approach us on the level of our shadow.

will trigger. This explains why intense love relationships, work partnerships or mentorships in particular can trigger strong reactions such as excessive admiration, magical attraction, sweating, insecurity, contempt or panic. If we don't know about our shadow, we may interpret these signs negatively. But the truth is that we should celebrate them, because someone has finally broken through our protective walls. Only when someone gets under our skin does a process of growth and healing take place.

Consciously enduring closeness therefore does not mean having to be physically close or always feeling positive emotions. Rather, it means being prepared to recognize all the phenomena that occur in the encounter or

to curiously explore and communicate with each other.



By engaging with you, I learn a lot about myself. My shadow comes to light. Our relationship makes me more whole.

There is a much deeper level than our ego on which we can meet: our self. Jung understood this to be a kind of untouched, all-integrating center of the psyche. In his understanding, the self went beyond the individual ego.¹⁵ When we are in the self, we feel free and whole. I also like to call the self the soul. I know from many conversations that people don't have to believe in God to experience this level. We experience it in quiet moments. In nature. In a loving embrace or in meditation. Even if you are an atheist by conviction, it is important to take a look at this level, because it is where co-creation originates. Here we are connected to everything. Here we are free from all limitations. Our self rests sovereignly in itself. It does not need to be right in order to prove itself. It also knows no separation.

That is why co-creation is its natural form of relationship.

One of the most valuable gifts of co-creative processes is that they gently lead us to relax our personas and to see and integrate our shadow. But above all, they reveal to us the fulfilling experience of being recognized from self to self. This is what every human being longs for. On a personal level, we are all ultimately predictable, boring and even annoying.¹⁶ This is because our personas consist of repetitive thinking, feeling and behavioral algorithms. But behind them shimmers our soul gold, waiting to be seen, invited and shared with others. People who are connected to their authentic self shine from within. They communicate more freshly, often surprisingly. And they also invite those around them to stop trying to be something specific and to relax into their own essence.

Exercise: Recognizing the self in others

If you want to see your counterpart on the soul level, the following affirmation can help you: *"I don't know what this (what I am seeing) means. Let me see the innocence of this being."*

The first sentence reminds us that all our judgments about the other person are limited because we never know everything about them and our view is distorted by our experiences and beliefs.

The second sentence awakens our deeper vision. The essence is always there. That is why we can see it immediately if we want to.

If you are more factually inclined, my choice of words may sound strange to you. Perhaps you also believe that this deeper connection is not possible in a business context. But believe me, it is possible.

You will probably talk about it here less often or in different words.

The truth is: behind all the trained business roles, there are always pure, innocent souls who not only want to be used, but also recognized.

A relationship in which you allow closeness not only releases enormous creative and healing powers. It also has a consciousness-expanding effect. While at first it may feel like we find our true self *beneath* our persona and shadow, in truth our self *encompasses* all other parts. It is the vast space of a free consciousness where the ego emerges. When we realize that we are in truth much bigger than all our thoughts and feelings, we no longer need to fight against them. They are allowed to come and go. *We* stay. Every co-creative relationship will also set you free by showing you again and again that you are bigger than you previously thought. Does that sound good?

Do you feel like it? Then get involved with closeness too!

PRACTICE SHADOW WORK

Let's keep in mind: real closeness means: I am ready to really be here now, in the relationship with you and to feel everything that it triggers in me. Most people long for closeness when they are alone. But they are not prepared for the unpleasant side effects of closeness. We drop our masks. Wonderful. Our souls connect. Wonderful. But closeness will also touch old wounds and bring the associated emotions to the surface. Closeness will also bring our shadows to light. Everything we didn't want to admit about ourselves: Insecurity, fear of loss, envy, bossiness, reservations. Are you ready for this?

He is ~~no longer able to cope with his marriage~~ and unexpectedly leaves his wife and goes on a pilgrimage to India. He sits down in a cave in the Himalayas and meditates until he finds peace of mind. Over the next few years, word gets around that there is an enlightened man in the mountains.

Crowds of people seek him out to listen to his wise speeches. One day, by chance, his wife sees a photo of this guru and recognizes her husband. She sets off on her way. When she arrives at the cave, she stops in the back row of all his disciples. Her husband is speaking glowing words about freedom when his gaze wanders over the crowd and he spots her. All the feelings he ran away from back then immediately resurface. He pauses, affected. He is silent and feels. Then he takes off his white robe. He speaks to the people: "I must leave now. I still have homework to do in the world." He bows silently to his wife and takes her hand. Together they go back into the world.

You have probably heard of the law of attraction. It is often misunderstood.



Some people think we put on what we want. No, we put on what we are.

Even if we repress unloved aspects of ourselves into the shadows, they are there. As our self strives for wholeness, it will always maneuver us into situations and relationships that bring our shadow to light. I have worked with thousands of people and I take my hat off to the precision of these unconscious pulls. Once again, our subconscious will always lead us unerringly into relationship constellations that bring our unredeemed parts to the surface. Those who are smart do not fight against this, but cooperate with these powerful underground forces.

If we want to experience co-creation, we have to be open to closeness. If we want to tolerate closeness well and even enjoy it, we have to be ready for our shadow. We have to take responsibility for it. To do this, we must learn to differentiate between a sober perception of the other person and a projection of our self onto our counterpart. Our self has a strong need to bring the shadow to the surface and heal it. As long as we don't take responsibility for it, i.e. admit that this aspect belongs to us, we have to use other people as a canvas and project it onto them. We then see our repressed megalomania in the arrogant neighbor and our unlive d desire for material wealth in the snobbish Porsche driver. We don't just project onto people, but also onto objects (such as clothes), events (such as Christmas) or even just words. A funny example: my first book is called *Seelengevögel*. I keep meeting people at my talks who tell me indignantly that they would never read a book with a title like that. That is the magic of our shadow. A single word has the power to stop us from reading a book that we don't even know what's in it.

Not everything we see in another person is our own.

Projection. Every lively relationship also thrives on the fact that we give each other feedback. We can mirror blind spots and undiscovered strengths. But to do this, we have to learn to differentiate: are we really perceiving the other person or our shadow? We recognize that our shadow has been triggered first and foremost by a strong reaction. You can safely assume that your unredeemed parts are involved if you can no longer look at another person calmly or listen to them calmly. The reaction can manifest itself on a mental level in the form of fierce judgments or inner dialogues about this person, and on an emotional level in the form of admiration, defensiveness, fear or Envy, or physically in the form of tension, a louder voice or sweating.



Just assume that your shadow is always triggered when you are no longer awake *and* relaxed.

What is in the shadows wants to come to light. But our ego wants to prevent this because it has classified these aspects as threatening or at least embarrassing for us. It has therefore developed brilliant defense mechanisms to prevent this enlightenment process. It can be helpful to know them so as not to fall for them when they emerge during the co-creation process, and to be able to track ourselves down and unmask these mechanisms in our relationship dynamics as well.¹⁷ First, realize that the defense mechanisms are not working against you. It's not about fighting them. Their aim is to protect a wound and compensate for an unresolved conflict. Ask yourself: What are they fighting off? What do they not want to let come to light? And is today a good time to finally integrate them and make peace? So here are the most important defense mechanisms of the human psyche in a nutshell. Perhaps one or two of them will come to you as you read familiar.

- **Repression:** Repression means completely shifting something out of our conscious perception. It is as if the issue does not even exist. For example, we repress a desire because it seems embarrassing or too big. We simply forget about it. This is often much easier to recognize from the outside. So point this out to each other if you notice this mechanism in another person.
- **Denial:** The issue exists in our consciousness, but we refuse to acknowledge that it has anything to do with us. The poor idealist who condemns money, or the priest who denies his sexual needs. We then often reject other people who live out exactly what we deny.
- **Avoidance:** When we are afraid of unresolved aspects, we avoid situations that cause certain feelings and experiences.

could trigger. For example, we avoid temptation, loss of control or vulnerability.

- **Projection:** Projecting means transferring a thought or feeling from our shadow to another person. You then see in another person what you don't like about yourself. Instead of dealing with your own shadow, you prefer to criticize the other person.
 - **Reaction formation:** Here we have difficulties with a certain feeling, such as anger. If we do get angry, we transform this impulse into another feeling that is easier for us to bear. We transform insecurity into exaggerated, fake self-confidence or suppressed aggression into sticky, non-genuine friendliness.
 - **Regression:** In regression, we fall back on our behavior in childhood. For example, eating while sitting in front of the television when you feel lonely or you act like an angry three-year-old in a meeting.
 - **Progression:** This is the opposite of regression. Progression mainly affects us when we cannot afford to show weakness. We then mutate into real heroes and achieve amazing things. In return, however, we suppress our weaknesses. We act stronger, more enlightened ... than we actually are.
 - **Sublimation:** Here we transcend the supposedly dark or low and focus on something - also supposedly - higher. We may have been taught a negative view of pleasure through church or upbringing and therefore strive frantically for a non-sexual, "spiritual" transcendence.
 - **Belittling and exaggerating:** Sometimes we belittle other people because we are secretly envious of them but don't want to admit this envy to ourselves. Conversely, we sometimes admire people for something that we also like about ourselves. But because we are afraid of our own greatness, we prefer to put the other person on an unattainable pedestal.
 - **Dramatization:** This defence mechanism turns a molehill into an elephant. Above all, feelings and the stories associated with them are greatly exaggerated. This gives the impression that a lot of intense things are happening. But the staged fireworks distract from the really important insights.
 - **Somatization:** This is when our shadow chooses to communicate with us via our body. Migraines, gastrointestinal problems, hair loss, dizziness ... the list of signals it can produce is long. Some time ago, I had maneuvered myself to the brink of burnout. I had been undergoing treatment for several months for a serious gastritis. Nothing really helped. Then I took a radical break. Two days after I quit, all the symptoms were gone.
-

Reflection

You have probably just read through the defense mechanisms quickly. How about slowly digesting them again and asking yourself: Where do I recognize this pattern in myself? Where do I recognize it in someone else?

Knowing about your shadow, its triggers and defense mechanisms can help you to better interpret strong reactions during your co-creation circles and to separate your feedback for each other from your own story. Shadow work is most fun in a team in which everyone voluntarily and curiously opens up to this level. Then you will be able to give each other endless gifts. Together you will create a space in which the dark and the embarrassing can be and come to rest. You will help each other to become more whole and sovereign. Not forgetting that shadow work is one of the most fruitful catalysts for creativity. Because the same force that tries to tame your inner dragon also blocks your spontaneous and surprising inspirations. Of course, shadow work is a huge topic. To get you started, I recommend the book *Schattenwerk*. It takes away your fear of the shadow and offers many effective approaches to bring your treasures to light. I would like to share a simple and effective method with you that you can use whenever your shadow speaks up due to inner tension.

Explore the iceberg

As soon as two or more highly complex beings like you and I begin to vibrate with each other, both our light and our shadow come to the surface. This doesn't have to happen, but it can be accompanied by violent processes. It gets hot. Running away is not an option in the long run, because karma means that everything you shy away from today will be presented to you again tomorrow, and at least one degree hotter. It helps if we understand this and also realize that all these dynamics are basically a good sign. The forces of co-creation have taken over and are bringing things into inner and outer order. Once again: closeness does not mean having to be physically close or always nice. Closeness means:

- I am ready to be present and transparent in my relationship with you.
- I am ready to think and feel everything that our connection triggers in me.

I am prepared to disclose all of this.



Closeness arises when we are authentic and stay in touch.

But what can we do when we feel triggered? How can we stay connected? How can we find out what is actually going on? The so-called iceberg model can help us with this. You may be familiar with it from management consulting or from Katia Saalfrank's relationship-oriented pedagogy. I have combined both models and varied them slightly.

The problem in relationships is that we often only focus on what we see - the behavior - and then think we know what it means: "You rolled your eyes. I know exactly what that means. Your eye-rolling makes me angry.

Change your behavior and I won't have a problem anymore." Our counterpart, in turn, sees the anger in our eyes and hears it in our voice and shuts down. As a result, however, we always remain on the surface; we only work on the tip of the iceberg, if at all. There is no closeness. However, we can go deeper together layer by layer according to a simple pattern. In this way, we get to know ourselves and the other person better. We create more closeness and our knowledge of each other enables us to co-create with each other more effectively.

It is like an iceberg, of which only the tip sticks out of the water, but the much larger part remains hidden beneath the surface. In the same way, there is an inner cloud of thoughts, judgments and beliefs behind all of our behavior. These are linked to certain bodily phenomena, such as pressure on the chest and feelings, for example fear, anger, sadness, lust, joy, powerlessness, disgust, contempt or boredom. Behind all of this is a mostly simple desire of ours and behind this in turn is one of the four basic human needs:

- Safety: protection, harmony, balance, stability, closeness
- Stimulation: variety, excitement, new things, growth, pleasure
- Dominance: autonomy, self-expression, assertion, effectiveness
- Self-worth: recognition, esteem, being seen, respect

If we now work our way down layer by layer in our own personal iceberg, it could read like this:

- Behavior: "Yes, you're right, I rolled my eyes."
- Thinking: "My thoughts at that moment were: 'That's simply not true, what you said about me. You didn't understand me. Oh God, it's so frustrating, maybe we'll never understand each other'."
- Body: "I felt a tension in my entire body."
- Feeling: "My superficial feeling was anger. But underneath, I also feel pain and powerlessness because we can't come together."
- Wish: "My wish is to express myself clearly to you and to be truly understood by you."
- Need: "The needs behind this are closeness and peace in our relationship, but also being seen."

Isn't it amazing that all this essential information can be hidden behind a little eye-rolling? And is it

Doesn't it make sense that we can't make any progress if we don't have this information? Many people are unfamiliar with this precise introspection. They may not even notice their eyes rolling. It

It takes practice to perceive yourself so comprehensively and to communicate this. But it is so worth it. Because:



Closeness arises when we truly know about each other.

Two decisive steps are still missing in order to find each other again and build real closeness: You take responsibility for your actions and their results. This could sound like this: "I realize that by rolling my eyes, I didn't achieve what I actually wanted, but instead created even more tension. Sorry about that! I'd like us to start again. I'd like to explain to you again in peace what's on my mind and I'd be happy if you listened to me and understood."

If you do this inner work regularly, it will go faster and faster and you will come to surprising realizations. In the book *A Course in Miracles* it is written that we never get upset for the reason we think we are upset.¹⁸ I think this is wonderfully expressed. Our first idea of why we are angry or sad is usually a projection. The iceberg can help us to get to the bottom of the real cause. A central reason why so many relationships and teams stagnate or even disintegrate is that we project many of our inner ambiguities and shadow aspects onto our counterparts. As much as the vision of co-creation can inspire us, we should be aware of the price: it only works if everyone involved is willing to do shadow work.

Another simple and radical method is the Questioning technique "The Work" by Byron [Katie19](#).

Use the four questions from "The Work"

If you feel triggered, ask yourself the following four questions in exactly this order:

1. *Is that (what you're thinking right now) really true?*
2. *Can you be absolutely sure that it's true?*
3. *How do you react or what happens to you if you actually believe these thoughts?*
4. *Who would you be and how would you feel without this thought?*

Let's look at this method using an example. The thought we struggle with is: "It's my boss's fault that I can't develop to my full potential."

1. Is that really true?

"No. It feels like it and the current working conditions are definitely holding back my potential. But the truth is that I've never really looked at the question of what I actually need to be able to develop. That's why I've never confronted my boss with specific wishes. I don't even know how he would react."

2. Can you be absolutely sure that this is true?

"No, I can't do that."

3. How do you react or what happens to you if you actually believe these thoughts?

"When I believe the thought, I feel small and my boss becomes overpowering. I get angry with my boss. I feel like his victim. Instead of campaigning for change, I get upset with other colleagues about the grievances."

Who would you be and how would you feel without this thought?

"Without this thought, the ball would be in my court. I would finally take care of my own development. I could turn the anger into a transformative force. Who knows what is possible in this company? Even if my boss said no to my wishes, he wouldn't be able to keep me down. Because I can also change my job."

Your feelings are your feelings

Co-creation needs strong egos. Strong egos know who they are and what they want, and they can hold their own feelings well and understand. Feelings would be worth a whole book in themselves (see appendix for *Beate on feelings*). We have seen the power of words believe, yet an estimated 80 percent find of our expression takes place on an emotional level. All of us, even the rational types among us, are proven to be primarily emotionally driven beings. This means that how consciously we deal with our own feelings has a decisive influence on the quality of our relationship. A passive-aggressive person can say the nicest words to you, but you will still feel strangely uncomfortable. A young man who is insecure in his depths can use as many "alpha male tricks" as he likes, any reasonably alert person will see through him. And I think we all know that uncomfortable feeling during a team meeting: it feels tough. There's something in the air. But no one knows exactly where it's coming from or dares to address it.

In my book *Heirate dich selbst* I go into detail about the connection between our self-worth and our emotional intelligence. If we avoid certain feelings or have emotional blind spots, this will latently affect our self-esteem.

They undermine our sovereignty, lead to inner tension and sometimes even to illness, and repeatedly create misunderstandings in our relationships. Unfortunately, there is still no general school subject for *happiness*. Emotional intelligence would be an important part of this. As a result, many people grow up without this competence and are more or less helplessly at the mercy of unpleasant emotions in particular. This leads to two extremes:

- **Variant 1:** We suppress our unpleasant emotions. This in turn often leads to the defense mechanisms described above, such as sublimation or progression. The new colleague is actually insecure. But because she suppresses this feeling of insecurity, she acts extra loud and overconfident. Everyone else senses - consciously or unconsciously - that her behavior is not authentic.
 - **Variant 2:** Unpleasant emotions overwhelm us. In this case, our mind likes to use other people or circumstances as a projection screen. What haven't we all projected onto corona, the face mask or the vaccination? Sigmund Freud would have been delighted to put us all collectively on the couch. Of course, the huge social eruptions of this time cannot be reduced to one cause, but many of us have certainly had great difficulty consciously integrating the experience of existential fear and powerlessness.
-

Reflection

- *How consciously do you deal with your own feelings?*
 - *Can you welcome all the main emotions (fear, anger, sadness, lust, joy, powerlessness, disgust, contempt) within you? Or are you at war with some of them?*
 - *Do you perhaps even think that you have completely transcended some of them?*
 - *Do you have something like an emotional Achilles heel? A feeling that, when triggered, makes you act intensely, irrationally, possibly destructively?*
 - *How do you compensate for unpleasant emotions (work, drugs, television, arguments, food ...)?*
 - *What do you do when you are strongly triggered emotionally?*
-

Before we call loudly for co-creation, we must realize that the forms of relationships before (exploitation, competition and cooperation) were also compensations for emotional wounds. We can assume that the much stronger vitality of the co-creative level will bring these to light. This concerns ...

- Shame when you become more visible,
- Insecurity when you leave old structures, ○ fear when you let go of power privileges,
- pain when you are disappointed, and

- Anger, for example, about old injustices.

Are you ready for this? Are you ready to take responsibility for your emotions? Are you ready to accept that their causes are mostly in the past? Are you ready to feel, hold and understand them? Then remember:



Your feelings are your feelings.

Even if they can be triggered by other people's behavior, they are your feelings. Their origin lies far in the past. It is your job to take care of them. If you are not yet good at this, then read suitable books on the subject (see Appendix >) or do the guided meditation "Emotional Self-Healing" from the online section (see also Appendix >) to learn to understand yourself better at this level. But no matter how much you learn, you may well come to the point where you need to seek therapeutic help. Most of us have had a challenging past and still carry emotional wounds. So don't overburden yourself by trying to deal with everything.

~~At the same time, I would like to encourage you and your companions to transform your partnership or team into a safe space where all emotions are allowed to be. The old paradigm of "feelings have no place at work" is completely outdated. It has made us ill and caused a huge increase in depression and burn-out. We are not performance machines. We are first and foremost sentient beings. Our feelings not only enrich our relationships. They are the source of true creativity. They strengthen our intuition. They transform our families and companies into fields in which everyone involved can blossom.~~

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TEIL II

Connection

In this section, I will teach you the essential principles of successful communication. You need them to build a co-creative field with other people. The wonderful thing about them is that they are simple to understand, easy to apply and have an immediate positive effect. We should teach them to our children as early as kindergarten and, above all, exemplify them.

THE SIX PILLARS OF SUCCESSFUL COMMUNICATION

Thesis: Show me your life and I know how you communicate. Because your communication is your expression of being in the world and your way of creating reality.

Many people associate communication mainly with the use of words. But communication is so much more.

Communication is your expression of being in this world. You can use it to connect with other people or you can make a mess of it. You can communicate yourself into the deepest loneliness or connect with the entire universe.

Communication is never neutral, it connects or divides. It consolidates the old or creates the new.



In a nutshell: communication is everything.

You can't *not* communicate. So the question is not *whether* you communicate, but *how*. As long as you exist, you communicate. Your breath communicates with all breathing beings on this earth. Your thoughts not only create your reality, but also influence *everything*. Every smile, every tear, every gesture, every word, every feeling, the clothes you chose this morning - all of this expresses you and all of this is part of communication. You never communicate neutrally. Your communication has a constant effect on everything. It can unite or divide. It can uplift or demean. It can weaken or strengthen your systems. It can create fear or love. It can slow down your potential or make it blossom.

Your entire life is the result of your communication according to internally and externally. Even if words only make up a small part of your communication, the thousands of thoughts you tell yourself every day, for example, play a significant role in building your reality. Language is the programming code of our individual world. In our coaching training, I teach coaches above all to be quiet and listen attentively. Through the way they phrase things, the questions they ask themselves and the images they use, our counterpart reveals to us the world in which they live. But most people don't realize that we are all the architects of our own reality.

This same power is amplified many times over when we communicate together. You have probably already experienced that you were looking forward to a meeting with friends or colleagues. But then it turned out to be terribly boring or even degenerated into conflict and arguments. What goes wrong in moments like these? Communication fails when at least one of the six essential pillars

successful communication lacks: spiritual closeness, openness, truthfulness, appreciation, a clear intention and dedication. One wrong word can ruin an encounter. A good question can end a war. It is no exaggeration to say that communication is synonymous with creation. Every conversation creates something - thoughts, images, impulses, feelings, actions, results. The world we live in today is the result of all the dialogs that have ever been held between people. Our exchange about this book is not neutral either. It will change something in both of us. Because communication not only transmits information, it also creates experiences. In yourself and in others.



If you've ever been looking for the one key to your happiness, here it is: the way you communicate.

As we have unfortunately not yet introduced a central school subject for successful communication, kids have no choice but to replicate the communication patterns of those around them, especially their parents.

Reflection

- *Are you a person who connects quickly with your surroundings and can communicate successfully?*
 - *Do you usually express yourself clearly, completely and effectively? ○ Can you understand other people clearly and deeply?*
 - *Where did you learn to communicate the way you do? ○ How did your parents talk to each other?*
 - *How did your teachers communicate with you?*
 - *What did you learn from the books and movies of your childhood about how to meet?*
 - *In which relationships would you like to communicate more successfully?*
-

We have been entrusted with an extremely powerful weapon with which we can create, but also destroy. But no one has taught us how to use it consciously and intelligently. No wonder that most of us experience our daily communication as a rather tense and often frustrating event.

Unconscious communication from the ego creates repetitions of old stories, misunderstandings, separation and the associated negative feelings and failure. This means that every one of your defeats, every argument, every divorce was no coincidence, but always the result of your internal and external communication.

I go into this in such detail because I want you to understand how powerful you really are. As you begin to create co-creative meetings later in the book, realize that you are not coming together to just talk a little smarter than usual. It's two or more brilliant minds coming together around a table to consciously use the gift of communication to create new worlds. No, that's not an exaggeration. Each of your conversations has the power to change your life and the lives of everyone connected to you forever. homodea, our platform, now regularly reaches more than half a million people on the various channels. And I know from a lot of feedback how often our books and courses help readers and participants to understand themselves better, to affirm their gifts and to live their concrete dreams. But the whole project was basically born out of a few co-creative talks between my wife and me. My wish for you is that you enter your meetings with an attitude of respect for your own communicative power.

We are all artists. Our works of art are the ones we created inner and outer realities. The tool of our art is our communication: the way we consciously or unconsciously choose words to align our mind and how we combine them with feelings, charisma, attitude and action.

Poor, i.e. immature or ignorant communication can make you despair abysmally. But the wonderful thing is that we all have the ability to communicate successfully. This mastery can be learned or, to be more precise, remembered. Because successful communication is a basic element of life. It creates feelings of happiness and strengthens your self-esteem. It reduces stress and promotes your physical, emotional and mental health. You will never feel lonely again. Because successful communication builds bridges (even with strangers and those who think differently) and leads to closeness and trust in your relationships. It is the foundation for meaningful and casual success. And if this is your interest, it opens you up to spiritual experiences of unity and perfection.

Successful communication is not a complicated science. The principles I am going to present to you are easy to understand. The challenge lies more in applying them at the decisive moment. This is because we often have to resist the old reaction patterns that have become deeply ingrained in our nerves. Keeping your mouth shut for a moment during an argument, sorting out your feelings and then continuing to speak peacefully and constructively can be damn difficult at first. Your ego rears up and would rather throw more fuel on the fire with a thoughtless sentence.

Communicating successfully can give you the experience of ecstatic freedom, but first you will have to practise self-control. The good thing is that you will immediately experience positive effects and this will make you want more. You will see how you can make a big impact with the smallest changes in your communicative behavior.

can achieve. I would therefore encourage you not only to read this section, but to put it into practice immediately. Let's take a closer look at the six pillars of successful communication.

PILLAR 1: SPIRITUAL CLOSENESS

Thesis: A major misunderstanding lies in the mistaken belief that a person is the same as their body. Just because you share a bed with someone does not mean that you are spiritually close. We *have* a body, but we *are* consciousness. Each individual consciousness lives in its own spiritual world.

For communication to flow successfully between us, we must first synchronize our inner realities. Where our realities overlap because we deal with similar topics, goals and values, this creates spiritual closeness.

When a couple is surprised to realize years later that they have grown apart, they mean it literally. The two people may have shared a home, everyday life and possibly children, but inwardly they have drifted off into universes far removed from each other. They have forgotten to regularly reconcile their inner realities due to all their commitments. Then they say: "We had nothing more to say to each other." Cultivating spiritual closeness is more important today than ever. Because we live in highly dynamic times. We are flooded with so much information every day and are under great pressure to develop. This means that we are changing mentally faster than our ancestors. If you care about someone, regularly take time to synchronize your reality with theirs. How can you do this? Here are a few ideas.

The magic question

Many powerful communication principles are amazingly simple. If you are genuinely interested in establishing spiritual closeness with another person, stop, put down your cell phone, look that person kindly in the eye and ask the simple but honest magic question: "How are you?" You really have to mean the question sincerely. Because it is often just used as a polite phrase and the answer is correspondingly superficial to pointless. So don't give yourself away with "Just fine" or "I can't complain" contentedly, but insist lovingly and follow up: *"I really want to know how you're doing. What's on your mind? What's on your mind at the moment? Please tell me more."* If the other person opens up, listen to them openly and with an open mind. Refrain from interrupting or giving unsolicited advice. Let them lead you into their world. (The second pillar, openness, will help you with this).

Andrea and I sit down together on the carpet of our living room every morning after a silent meditation. We drink a cup of tea together and ask ourselves the following questions: "How

how are you? What is important to you today?" If you as a couple just allow yourselves this little ritual in the morning or evening, it will work wonders. When new people join our team, they are regularly amazed at how much time we give to these conversations. Yes, it's paid working time that doesn't generate revenue.

But we see it this way: all our employees choose to contribute their precious time to our company. Of course we want to know how they are doing.

Learning from each other

We are all enthusiastic about different topics. This diversity is great. When was the last time you let your loved one, a friend or a colleague teach you something about a topic that they are passionate about? Not interested in soccer or butterflies yourself? You don't have to be. But ask the person you're talking to to tell you what exactly they're so passionate about. What do you know about your colleagues' hobbies? Let them take you into their world. You will understand your fellow human beings much better as a result. And who knows what this excursion into a seemingly foreign territory will inspire you to do ...

Smart small talk

I didn't like small talk for a long time. Probably because I wasn't good at it. I usually stood in the corner at parties as a grim-faced loner. In truth, I was insecure and didn't know how to connect with others. I now have a completely different understanding of small talk. Of course, many people misuse it to avoid going into depth and getting really close. But it can also build a bridge between distant worlds super quickly. Small talk creates a common topic and that in turn creates intellectual closeness. The trick is to bring up something that is very likely to be on the other person's perceptual radar. The classic (you may laugh) is the weather. We all notice it. Yes, it is banal to talk about the rain or the blue sky, but it breaks the ice.

Ask yourself: What is the other person doing right now? What could be a common theme? It doesn't have to be anything profound or philosophical. The purpose of this smart small talk is to get the communicative energy flowing between you.

I once stood in a long checkout line at the supermarket at the height of summer. You have to know that I'm really shy. Normally, I would have stared at my cell phone like the others and hoped that I would get through quickly. But I wanted to practise mental proximity with the cashier. So I thought to myself: what might be on her mind right now? I noticed that she also groaned a few times in annoyance because of the heat.

Nobody paid any attention to her. Everyone saw it as an object that did its job. When it was my turn, I plucked up my courage and

spoke to her: "It's pretty hot today, isn't it?" She looked up in surprise and agreed with me. I added encouragingly: "Thank you for working for us on a day like this." That put a smile on her face. I spontaneously asked her: "Can I buy you an ice cream?" I had several flavors in my shopping basket. Taken by surprise, she nodded. As I handed her the ice cream, I felt a real, fresh spiritual closeness with this stranger. Everyone behind me in the queue had seen the brief interaction and smiled too. That's what successful communication does.

Reflection

- *Which people would you like to establish more spiritual closeness with?*
 - *Who would you like to try out one of the routes described above with in the coming days?*
-

PILLAR 2: OPENNESS

Thesis: Real openness brings you to the other person's island of reality. You give them the redeeming experience of being understood.

Openness is your willingness to not only marvel at the other person's shore of reality from afar, but also to enter it. You have to be honest with yourself here. Because the truth is: no ego wants that. It insists that the other person should come to our island first. I have coached couples who have remained frustrated in their trenches for decades: "First *she* should listen to me properly!" - "You can't have a sensible conversation with *him*."

Sometimes we feign openness. We nod eagerly, but inwardly we formulate our rebuttal and wait for the other person's next pause for breath. This is not open listening. This is *listening in the* truest sense of the word. We close up, we close our minds to the other person's story by *listening* absently or judgmentally.

Why do we find openness so difficult? If you consciously feel your way into this resistance, you will realize that your ego is both afraid of falling short and afraid of change. Because if you openly enter another person's island of reality, you will see the world through their eyes. You will realize that their point of view is just as valid as yours. This softens the position of being right. Our ego has no choice but to submit.

Open listening can be uncomfortable. Because we not only see the other person's perspective, we also feel it. Who wants to feel pain or sadness when they themselves are doing well?

goes? Is that why openness is exhausting? Only for your little self. It is liberating for your self, because it wants to expand. It wants to connect. Your self will never lose through openness, but always gain, because you will always find a hidden aspect of your own soul on the other shore.



We live in a world of puffery. Everyone thinks they have to broadcast all the time. Nobody really listens anymore. Although there are many of us, we are so lonely next to each other.

Open listening gives your fellow human beings the experience of being seen by you. That is very healing. Do you know the novel *Momo* by Michael Ende? The little girl Momo had exactly this gift. She could listen openly. People around her relaxed and opened up. They suddenly came up with clever ideas on their own. They realized what they really wanted. They felt their worth. That is the great gift of openness. Like the sun on a flower, open listening makes our fellow human beings blossom.

To really understand another person, you can't just listen to them superficially. Get really involved with them. For the time you are listening, you - as an ego - are not important. It's about the other person. Relax your judging judgments, your impatience. You don't have to be completely silent. You can ask clarifying questions: "Did I understand that correctly? Can you explain that to me in more detail? What exactly does that mean for you?" However, refrain from giving directional advice or hidden criticism. You don't want to change the other person. You want to understand them.

At this point, you may feel anxious and ask yourself: "But what will happen to me and my need to be heard and seen?" Co-creation only works in the long term if you both allow yourselves this openness. Andrea and I regulate this through clear roles and time constraints, for example. If I know that I am now in the role of the listener, I can relax my judgmental mind. I don't have to worry about missing out, because it's my turn afterwards. At the same time, a clear time limit (ten minutes to a maximum of half an hour is recommended) prevents unnecessary repetition.

And what happens if the other person says something that triggers you? Then take a deep breath and make a conscious decision not to get involved in the movie. Because at this time, it's not about how you feel, but about seeing the world through the other person's eyes. You can talk about your feelings when it's your turn - if it's still important at all. Openness transforms you into a healing oasis of safety and encouragement for those around you.



Openness does not mean agreeing with the other person. Openness means giving him the right,

to think and feel the same way as this person does.

Reflection

- *When and where do you sometimes find meetings and encounters frustrating because the participants don't really listen to each other?*
 - *Which person who is important to you have you not listened to openly for a long time?*
 - *Which person do you wish would listen to you openly?*
-

PILLAR 3: TRUTHFULNESS

Thesis: When all participants communicate their truth at the deepest level, co-creation takes place naturally. If essential information is withheld, the co-creative field is irritated and the relationship is weakened.

Co-creation only works between people who are willing to make themselves visible - with their wishes, their doubts, their feelings, their vulnerability. As children, we had no problem showing ourselves authentically. But many of us also experienced the dark side of visibility as we grew up: We were laughed at, ignored or punished by being deprived of love. In one of our major surveys in our network, the desire for a truthful life was at the top of the list. In co-creative spaces, we can consciously give ourselves this experience again by encouraging each other to show ourselves fully again and then being careful not to respond with negative consequences. I am always very touched when I experience in our seminars and team processes how people slowly come out of their shells, carefully test the space of trust and then become more and more courageous.

If you want to cultivate co-creation in your relationships,
Please be aware of this:



You are very important. And not just your nice and easy-care aspects, but everything.

Co-creation is not a pseudo-harmonious process in which everyone always smiles at each other and makes sure they don't step on each other's toes. Co-creation thrives on tension, on the interplay between dark and light. In our co-creative processes, I have experienced time and again how we achieve breakthroughs precisely when

one of the people involved had the courage to put something unpleasant on the table. This could be a wish that seems cheeky to you. Or revealing a feeling that you are ashamed of. Or you've come up with a crazy idea and you're afraid others will laugh at you. Are you ready to put yourself in the arena and make yourself vulnerable by showing yourself truthfully?

To understand what it means to be truthful, we make an important distinction between *the* truth, *your* truth, *my* truth and *facts*. It is very likely that our universe is based on an absolute truth. Has anyone discovered it yet? Certainly not. We are only granted a limited and distorted view of reality. We can approach the absolute truth, but we are not able to grasp it completely. We should never lose sight of that. How many couples have divorced, how many friendships have broken up, indeed how many wars have been fought, all because people have presumed to know *the* truth? Then there are facts: objective, verifiable phenomena that we can both perceive.

Let's look at this with an example. When I say: "The word *Love* consists of five letters", we can both agree on that, right? That's a fact. However, when I talk about what *love* means to me personally and you then explain what *love* does to you, we are expressing our personal, subjective truths. We can't argue about these, because each of us lives on our own inner island of reality and perceives the world through our own filters. These are strongly influenced by our individual experiences and beliefs. We cannot and should not argue about our subjective realities. This *always* leads to a communicative dead end. However, it is essential for the organic flow of co-creation that all participants express their personal truths freely and as accurately as possible - i.e. truthfully. In coaching, we speak of the surface and deep levels of our truth.

A simple example: You meet an acquaintance and he asks you: "Well, how are you?" You answer: "Just fine" and don't think about it any further. This is the surface of your current perception of the situation. But if you had taken a little more time to think about it, you might have realized: "No, I don't feel okay. The truth is, I've been sad since this morning. I don't even know why. But I feel an unpleasant pressure on my chest." You have now recognized a deeper level of your truth. If you give yourself a little more time, close your eyes and ask yourself where the sadness is coming from, you may realize that you haven't felt comfortable in an important relationship for weeks. You discover an even deeper layer of truth.

You may be thinking as you read this: "But will my life be saved by this Isn't researching the deep level more complicated?" It may seem that way at first, but in fact everything becomes easier because you are more familiar with

are connected to you. Only by accessing this deep level will you be able to initiate change. You will also find that simply perceiving and expressing your complete truth leads to relaxation.

Another example from everyday life: You have an appointment with several friends at a restaurant. When you arrive, everyone else is already there.

You are offered an empty seat with the question "Is it okay for you to sit here?" You don't take the time to feel inside yourself and answer politely: "Yes, of course." But you end up so far away from the two people you were particularly looking forward to meeting. You get bored during the conversations that follow. As the evening progresses, you become increasingly frustrated and end up going home disappointed. What would have happened if you had taken a little more time to answer? If you had listened carefully to yourself and realized: "No, this place isn't right for me. I feel uncomfortable at the thought of sitting there. I'm drawn to the other end of the table." You would have plucked up your courage and honestly said: "Hey, guys, I'd love to sit next to Otto. Would it be okay for you to swap places?" Now it can always be. It may still happen that the answer is "no", but you will feel better in any case because you have expressed yourself fully.

There are so many examples in our everyday lives that show us how often we remain on the surface:

- You blaspheme a person, but in truth you are jealous of them.
- You accuse your partner of no longer loving you, but the truth is that you have withdrawn from yourself.
- You have a big, seemingly confident mouth, but you're actually insecure.
- You react with anger because you can't bear the pain in the depths.

Many people miss the depth dimension of their entire life because they have not learned to perceive themselves accurately and express their truth precisely. This can lead to a lot of frustration and friction, because just because we are not aware of something does not mean it is gone. Unrecognized and unspoken truths still affect your relationships like invisible force fields. We feel their influence but don't understand where it comes from.



There is usually a deeper dimension hidden beneath the truth we first express. The more truthfully we express ourselves, the clearer the field of co-creation can become.

The deeper you get to the core of your truth, the more smoothly your life functions. You see more clearly what is going on. You are more clearly connected to your intuition. You also feel

more confident, because you think, feel and act from your authentic self.

Ambiguities and unexpressed truths act like sand in the gears of co-creation. If you experience a conversation as tough, it makes sense to question whether everyone involved is connected to the deepest level of their truth and whether it is being communicated. This requires willingness and practice. Men in particular often find it difficult to open up to this more complex dimension of their being at the beginning. Ten thousand years of patriarchy have conditioned them to function on the outside. Feelings and doubts have tended to interfere with this. The following exercise trains you to express yourself fully:

Exercise: Express yourself fully

This [exercise20](#) trains you in complete visibility. You can do it with a partner or in a small team.

1. Stand opposite each other. Determine the roles: speaker and listener.

Body level

2. When it's your turn to speak, localize a sensation in your body, such as a tingling sensation, heat or a feeling of pressure
3. Now first say to yourself (quietly) that it doesn't matter that you have this sensation. How does it feel?
4. Then tell yourself (again quietly) that you don't have this feeling. How does that feel?
5. Now express the sensation clearly and precisely. How does it feel?

Emotional level

6. Now notice what you feel on an emotional level.
7. Again, first tell yourself that it doesn't matter that you have this feeling. How does it feel?
8. Then tell yourself that you have a completely different feeling, perhaps the exact opposite feeling. How does that feel?
9. Express the feeling clearly and precisely. How does it feel?

Own desired level

10. Now realize a wish that you have. It doesn't have to have anything to do with the other person.
11. First tell yourself that it doesn't matter that you have this desire. How does that feel?
12. Then tell yourself that you don't want that at all. How does that feel?
13. Then express your wish clearly and precisely. How does that feel?

Desired level of the counterpart

14. Now realize a wish you have for the other person.
 15. First tell yourself that it doesn't matter that you have this desire. How does that feel?
 16. Then tell yourself that you don't want that at all. How does that feel?
 17. Express your wish clearly and precisely. How does it feel?
 18. Share your experiences. Then switch roles.
-

Even if this exercise may seem cumbersome at first, it's worth it! Because truthfulness makes your authentic self visible and creates a genuine connection. Pay attention to this: if someone only perceives themselves on the surface and talks at you from there, you will find it difficult to keep your attention on this person. You will feel bored, irritated or even slightly annoyed. This is because your consciousness has an unmistakable sensor for authenticity. However, as soon as a person speaks from their heart, you will listen spellbound. Fascinatingly, we can even accept unpleasant messages much better if they are spoken from the deepest truth.



As long as you experience resistance and toughness in your relationship, the truth has not yet been spoken at the deepest level.

Invasive "truth"

Let's differentiate once again between *my* truth and *your* truth. We cannot and should not argue about our subjective truths. *My* truth can only ever concern *me*, *my* feelings, *my* thoughts. In other words, I can only formulate them as first-person messages: "*I* think ... *I* feel ... *I* see the world like this ..."

As soon as I make a statement about you, for example "*You* are evil", I am trying to present something I think as a fact. Your subconscious will probably react to this insinuation with resistance. I also call such you-messages invasive

"Truths", because I'm trying to impose my subjective perception on you.

"You're not good enough." "You're ugly." "You need to love me more." "You're a loser." Every time you think or say sentences like these, you are deceiving yourself and trying to plant this lie in the person's mind.

It would be more accurate and truthful to say: "I have observed myself thinking that you are not good enough."

It would be even truer to say: "I have observed myself thinking that you are not good enough. I am aware that this judgment of you is absurd. No one has the right to decide another person's worth. I feel anger in my chest at the thought. When I feel deeper, I notice pain underneath the anger. The course of our relationship disappoints me. I had such high hopes and we have not yet managed to turn this relationship into a flourishing garden together. I am ready to take responsibility for my part in this. I will examine where and how I have stood in the way of our happiness so far. As I'm thinking this right now and

I realize that my mother also often publicly belittled her husband. I take responsibility for having adopted this kind of abdication of responsibility and this belief system."

When you first start dealing with these issues, these distinctions may seem like a bit of a curse. But your communication is a powerful sword. Invasive "truths" either lead to manipulation (when the weaker mind takes on a

"truth") or resistance (if we are awake enough to rebel against the imposition). They destroy relationships and lead to wars. Because no self will allow another ego to dictate what it is and what it is not in the long term. Even if less self-confident people often swallow such "you" statements for a long time or, regrettably, even believe them, you will never build a lively relationship with them in this way. Stronger people will disagree and leave at some point because it's simply not true.

In these you-messages, we often convey a second lie, namely arbitrarily established causal connections. The victim in us tries to shift the cause of our problem to someone else. For example, by blaming others for our feelings: "I'm angry *because* you don't understand me." The first insinuation is: "You don't understand me." The correct response would be: "I don't feel understood by you." The second insinuation is: "I'm angry *because* you ..." We are making a causal connection here that only exists in our trance. Yes, you don't feel understood. But does that mean you have to react with anger? No. You could also remain calm. You already had the pattern of reacting to such a n experience with anger before the relationship. It is yours. So it's your responsibility.

As long as you don't take them on, you are giving the situation and your Opposite a lot of power over you. You are also forcing them to contradict you, because you are falsely accusing them.

In such a situation, you could also say: "When I didn't feel understood by you earlier, my ego reacted with anger. I've been there before. It annoys me myself. I want to learn to lovingly hold and integrate my anger and the pain that probably lies beneath it. At the same time, I would like to ask you to listen to me again until I feel that you have understood me."

Causal chains in relationships are always wrong! This is because we do not all encounter each other undescribed, but already conditioned, and every event in this universe is the result of a chain of multi-causal interactions. To stay with our example: Your childhood is also responsible for the pattern of your anger. So your parents too. And your grandparents, because they fathered and raised your parents. So you could go back many generations. We can't just take one link out of the chain and claim that this particular element is now to blame.



You-messages and causal links are always subjective insinuations. They lead to mental submission ("I accept what you say about me") or to resistance. Invasive "Truths" are insidious poison for co-creation.

What is the solution? Learn to express your truth precisely.

The precise truth

It may seem like an exaggeration when I say that if we don't soon understand and practice the difference between invasive and precise truth, humanity will destroy itself. A hundred years ago, there was no internet. The communicative influence of most people was limited. If they communicated invasively and incorrectly, this had tragic consequences even then, but they remained limited to their small social environment. In the meantime, however, we have arrived in the post-factual age. This term describes a political and social development in which facts and objective arguments are becoming less important. Emotional appeals and subjective convictions are often given more weight than objective facts or scientific findings. It are created - potentiated by the social media - huge Echo chambers in which distorted opinions and "alternative facts" carry as much or even more weight than verifiable realities.

Many people do not know how to recognize truth in this confusion and tend to select the information that emotionally confirms their own beliefs and prejudices. These tendencies pose a huge challenge to democratic discourse and social peace. We are not helpless in the face of this. We can train ourselves to think constructively and critically and, above all, to refrain from making assertions ourselves and to communicate our truth accurately. We are all powerful. Every sentence we utter or write can heal, ignite visions and build bridges - or it can tear open old wounds, stir up fear and erect walls.

As I said, our communication is also a weapon. When we we carelessly wave it around and - without realizing it - create suffering for ourselves and others. Today, this destructiveness is exponentially amplified by the combination of the internet, social media and fake news. Social media and its algorithms have been proven to promote aggressive, provocative and destructive news. Is that gloomy? Yes! I deliberately don't want to sugarcoat it, because I am convinced that lies can become the grave of our civilization.

What can we do about it? Take responsibility for our own communication behavior instead of relying on regulation.

from above. Because if we are honest, the lie doesn't start with Donald Trump, but in the small things: in our personal dialogs. Every time we convincingly make a message, we are lying. Because even if it is hard to bear, there is your truth *and* my truth. We can make a start by disciplining our own mind and tongue and staying on the field of our truth.



Precisely true is what cannot be disputed. Period. It's that simple.

Here are a few examples to better understand the difference between invasive and precise truth.

Precise truth (cannot be disputed)

"The cup is on the table.

"I feel anger.

"I would like more recognition and love."

Invasive truth (can be disputed)

" "You always leave the cup on the table."

" "You made me angry."

"You don't give me enough recognition and love."

Precise truth is either objective facts or statements about your subjective thoughts and feelings.



If you want to experience the miracle of co-creation in your relationships and bring peace into the world, commit to speaking truth accurately.

In order for you to open up to each other safely, it is important and, in my opinion, absolutely essential that you make a meaningful promise to each other:



Under no circumstances will you punish yourself for your honesty.

Perhaps you also experienced this in your childhood: adults told you to be honest. You were so naive and trusted them. But instead of being recognized for your courage, you were punished. This must not happen in your co-creative processes. You must make a rock-solid promise to each other that there will be no punitive consequences for honesty. This applies to both private and professional co-creation. If your employees finally dare to come out of the woodwork and perhaps criticize your management style, you must have the courage to do so.

and not shoot back. Of course, you will sometimes hear things that trigger you. It's important to address this honestly: "Thank you for your openness. I appreciate that. And I also want to be honest with you. Your words have triggered me. I feel fear and disappointment."

Here's an example that I'm sure many couples are familiar with. Especially when you've been together for a long time, it can happen that one of the partners (usually the man) starts to have sexual fantasies about other women. It was the same for me and I struggled for a while to come out to Andrea about this. But since honesty is one of the top values in our relationship, at some point I confessed to her what movies were sometimes playing in my brain stem, especially in spring.

Naturally, Andrea was not thrilled. She openly communicated her pain and fear to me. But she didn't attack me. And she didn't judge me. In the second round, we were able to talk in more detail about the nature of these fantasies. Andrea wanted to find out more about them so that she could understand me better. The coolest move she made was to invite me to a café the next day to show her directly which women turned my brain on. After the initial trepidation, we had a lot of fun because she also took me into her world and showed me which men turn her on. Her confident handling of my honesty in this area is certainly one of the reasons why I have never been tempted to live out repressed desires in secret affairs since then.



Many thoughts only gain power when we do not reveal them. A truly open, trusting space relaxes the brain.

Nothing strengthens a relationship more than an open, trusting space. Withstand the tension. Welcome even unpleasant feelings. It is always the ego that suffers from truth. The soul blossoms.

Reflection

- *Pay attention to how often you stray into other people's construction sites in your statements. What percentage of your communication to date do you think has been invasive truths?*
 - *How about trying out communicating only accurately for a whole week?*
 - *Which people around you sometimes try to impose their truths on you? Are they important to you? Then read this chapter to them. Invite them to learn to speak truthfully with you.*
 - *Do you have "incorrigible" people around you who don't want to change in this regard? Then practice listening to them compassionately and awake and recognize their invasive truths inwardly for what they are and simply no longer accept them.*
 - *Observe how often you believe information on the internet or even pass it on because it feels right, without knowing the exact facts.*
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PILLAR 4: APPRECIATION

Thesis: Appreciative communication is the emotional super fertilizer of every relationship.

Having dealt extensively with truthfulness, we are now learning to wield the sword of truth with gentleness. Because truth can also hurt. Namely, whenever it is spoken without heart.



Appreciative communication is pure magic. The principle behind it is logical and simple: people are consciousness. This shows and unfolds when it is recognized. And it closes when it is disregarded.

Many years ago, we hosted a New Zealander. John was a globetrotter who we let stay in our house for about a month. After a week, I noticed that everyone who came to stay with us really liked him. Everyone was really enthusiastic about him. I asked myself: How does he do it? What is his secret magic?

Then I noticed that he looked at every person he met with great appreciation and communicated this openly. That wasn't a scam. He gave everyone a sincere compliment. That made me think. Because at the time, I was still proud of my ability to express honesty in an unembellished and sometimes very harsh way. Looking back, I'm embarrassed, but at the time I actually thought I was doing others a favor by confronting them with their faults and weaknesses without being asked. After I got to know John, I knew that it wasn't just annoying for the people around me. It was also counterproductive. They didn't blossom, but rather met me with an attitude of hatred. We humans learn much more easily and joyfully when we are appreciated.

Self-respect is crucial for us as social beings. Therefore we unconsciously look for signs of confirmation in every communication. When it comes and we sense that it is sincerely meant, we feel safe. We relax and open up. Appreciative communication pays direct dividends for the relationship. I found this apt concept from Stephen Covey.²¹ It immediately made sense to me. You have an invisible account with every person you are in a relationship with. If it is full, your relationship can withstand a stress test in the form of an argument, an honest statement or a disappointment. If the account is only poorly filled or perhaps even in the red, little things are enough to tip the scales. We then retreat or go on the offensive at every tiny occasion. If you often experience frustration or insecurity in certain relationships

you have probably exhausted the overdraft facility on your relationship account. This applies privately and professionally, individually and socially. The three grueling coronavirus years have not only drained the relationship bank account between many friends, but also between entire population groups and between the people and the government. Instead of pulling together in such a huge crisis, we have wasted our energies in mistrust and finger-pointing.

This leads us to the question: What is deposited into a relationship account and when is a withdrawal made?

1. Spiritual closeness. The more topics and values we share, the stronger our bond becomes.
2. Open listening. When you sincerely listen to another person, as we discussed above, it pays off. Talking past each other, talking only about yourself and interrupting the other person comes at a cost.
3. Transparency and honesty. Lies and obfuscation take off. Honesty and precise truth pay off.
4. Reliability. If the other person feels that they can rely on your word, this will strengthen your account. Every breach of an agreement (and that starts with punctuality) creates debt.
5. Good moments. Our brain remembers very precisely with whom it spends many good moments, in which you experience joy, variety, closeness, humor, sensuality Such times build up your bank account massively. If they are missing, the balance melts by itself.
6. Support. Do we merely use our counterpart for our own selfish purposes or do we proactively (not only when asked) support them in their fulfillment? Nothing weakens your account more than disinterest in your counterpart or even sabotaging their self-realization.
7. Kindness and appreciation are the daily sunshine of your relationship. If you take them too much for granted, one day they will be gone. Constant complaining, reproaches and ingratitude are insidious relationship killers.

Reflection

Which of your relationships are you currently experiencing in the red? Apply the list to this relationship. Which element have you neglected?

This simple concept of a relationship account has often saved Andrea and me. We both have high expectations of ourselves and each other. In principle, that's also cool, because it ensures

(when the relationship account is full) for an intensive development dynamic. It doesn't have to suit everyone. We want it that way. However, we often overdid it. I in particular was often too critical. The joy was lost. Andrea no longer felt welcome and withdrew. At times like that, we argued more and more. When we realized this connection, we set up weeks of rest and rebuilding in which the following rules applied:

- Only appreciative, grateful and friendly communication is allowed for 23.5 hours a day. No criticism is allowed during this time. However, wishes may be expressed.
- If there is a need, we can meet once a day for a maximum of half an hour to talk for 15 minutes about what is bothering us. The other person just listens during these 15 minutes.
- We make sure to create as many positive moments together as possible this week.

How many love relationships wither away completely pointlessly because the relationship account of the lovers is slowly eroded by everyday life and carelessness? How many employees change employers unnecessarily because they don't feel seen enough? How many opportunities to inspire the population for necessary reforms are missed by our government because it often communicates heartlessly, bureaucratically or even unintelligently?

Appreciation is such a simple and fast-acting medicine. Before you break up, give yourselves another chance and build up your relationship account for a clearly defined period of time. Appreciation is a real relationship booster.

Have you ever heard of the so-called Pygmalion effect? The name comes from the mythological figure Pygmalion. It describes the psychological effect that if we believe in a person and their performance, they will most likely confirm this anticipated assessment. This was confirmed in an experiment by the psychologist Robert Rosenthal and the primary school principal Lenore Jacobson. They proved that a teacher who is convinced of their pupils' talent encourages them in such a way that they actually improve their performance in the end.²² Most parents can certainly confirm this. If we firmly believe in our children and show them this, they will develop more self-confidently and successfully.



Unsuccessful communication attacks the value of a person. Co-creative communication confirms the value of a person.

Isn't that wonderful? With your appreciative communication, you have the power to raise the self-esteem of everyone you meet - your loved ones, your colleagues, the person at the checkout in the supermarket ... You can

be the fertilizer for their blossoming. How do you do this in practice?
Appreciation works on four levels:

1. At the level of the person. I value you for the person you are. I recognize you for certain aspects of your being. These can be character traits, but just as easily your beautiful eyes or the way you dress.
 2. On the level of performance. I praise you for what you've done, like: "I think you've done a great job. That makes a real difference. I thank you for that."
 3. On the level of values. I recognize your personal values without judging them, for example: "I respect your value of equality and how you stand up for it."
 4. At the level of needs. I respect your needs without judging, for example: "I recognize your need for freedom. You have the right to work for its fulfillment. I wish for your need to be fulfilled."
-

Exercise: Be appreciative from the heart

Whoever you meet in the coming week, find at least one aspect of how you show your appreciation for this person. It must not come across as artificial. It must come from the heart. You will be amazed at the effect.

With this experiment, you are activating an important principle of behavioral therapy. People, but also entire systems, develop in the direction in which they receive the most recognition. If your child realizes that they are only seen by you when they mess up, they will create more of it. If your husband only gets your full attention when he leaves his socks lying around again, three guesses what will happen. An employee who is constantly criticized will produce even more mistakes. It's so obvious. You now understand why this is the case and can use the principle constructively.

Reflection

- *How do you communicate with yourself? Predominantly critical or benevolent?*
 - *How do you see your fellow human beings? Rather in their imperfection or as miracles?*
 - *How many times a day do you express your appreciation to another person?*
-

PILLAR 5: YOUR CLEAR INTENTION

Thesis: The clearest element in a system takes the lead.

Why do so many relationships that begin in joy end in separation and conflict? Why are there so many lonely people, even though we all long for fulfilling relationships? Why do we fight wars even though we all want to be happy? Are we stupid? Or crazy? Or is there a force within us that is clearer in its urge to suffer than in its desire for happiness?

Cybernetics deals with the control and regulation of systems. Clarity plays an important role in the communication and implementation of information within these systems. The clearer an element or rule is defined within a cybernetic system, the greater its influence on the system will be. This means that as long as human systems are in conflict, the conflicting forces are obviously clearer than the unifying forces. But which force in us should be interested in conflict? You've probably already guessed it. It is the much-vaunted ego.

Before we look at how you can prevent your ego from thwarting the success of your co-creation, let's first define it more precisely. Because we like to pick on it and blame it for everything. But hardly anyone takes the time to examine it in peace. Believe me, it's worth it. Then you'll understand why you sometimes do things that so obviously sabotage your happiness. And you'll know how to call on the even clearer power of your soul for help. So, here comes a crash course ...

Who or what is the ego?



First of all, the best information: You *are* not your ego. You *have* it.

A part of your much larger, free and formless consciousness has built up an ego-identity so that you can be in this sometimes

confusingly complex game of life, you have a point of reference for your experiences. A baby does not yet have an ego. It has instincts. It cries when it is hungry. It grins when it is full. The baby does not yet interpret its experiences through the lens of a conscious *ego*. Ego consciousness typically develops in infants between the ages of one and a half and three years. It refers to a child's ability to recognize themselves as a distinct person, separate from others. Around this first, simple sense of self, the child's mind builds its own identity, underpinned by ideas, thoughts, feelings and intentions. As childhood progresses, the ego consciousness becomes more complex and differentiated.

If you want to understand the ego, you must not be distracted by its distracted by a variety of tricks. His whole story began with one thought: Here *I* am and there are the *others*. The ego presents us with a complex drama. But if we look at it closely, we realize that it is a repetitive program consisting of the same thinking, feeling and behavioural algorithms over and over again. That is quite sobering.

What is the central task of this program? The most important job of the ego is to get our little meatball (the body) through life as safely and comfortably as possible and to achieve the highest possible score in the areas of survival, recognition and reproduction. There is nothing wrong with this, because we need our body to be able to play a part in this dimension at all. So we can see that your ego program is not the problem.

If your personality development proceeds organically, your ego matures and refines itself until it has reached the zenith of its individualization. By this point, you have either experienced enough disappointments or realized that even your successes do not fulfill you in the long run. You have exhausted the game of your ego and start to ask yourself: Is that it or is there something else? If you're unlucky, the game won't let you go. You have to go one more round: work more, have more sex, get plastic surgery and maybe use drugs. Some people have to drive the ego vehicle full against the wall and first lose everything in order to finally gain access to their soul. One of the best explanations of this journey is provided by Richard Barrett's value model.²³ He distinguishes between seven stages of development. The first three stages are clearly about our self-interest: Survival, relationships, self-worth. The ego is in charge here and that is a good thing. However, many people stop here and obsessively try to get even more out of the program. When grace kisses you, you realize not at the end, but in the middle of the game: your ego can take care of your meatball needs, but it can't make *you* happy. There is a simple reason for this: because you are not your ego. So on the fourth stage - usually in the middle of life (for the younger generations often earlier) - your soul and asks you to take the lead. If you allow yourself to do so, you will now be involved in the further

three steps to explore your true calling more intensively. And once you have found it, you will look for like-minded companions for a joyful co-creation. But no longer out of lack or greed, but out of abundance and a clear inner calling. Here once again are the differences between ego and soul:

Ego

The ego is based on separation.

The ego identifies itself with resistance and

The ego wants to be right.

The ego always needs new problems in order to feel separate.

The ego is always missing something, so it always wants more.

The ego believes it loses by sharing and

At best,

Soul

The soul is connected to everything.

the soul expands in the flow of the life.

The soul wants to be happy.

The soul delights in solutions.

The soul is pure abundance, which is why it wants to give itself away.

the soul increases by sharing. Division.

the ego can only cooperate. Co-Creation.

Now it also becomes clear why the ego has no genuine interest in co-creation. It is a game that it does not know how to play. It has no access to true co-creation. Because entry costs everything it builds its identity on: Separation, drama, pomposity. Many teams and couples fail not because of a real obstacle, but because of an unclear intention. When we don't know exactly what we want, the egos involved take over. They always know what they want: to be right. And being right is the opposite of co-creation.

Do you want to be right or happy?

Crystal clear intention is your key to co-creation. It relaxes your small, pompous ego and allows your soul to co-create with the present moment and your entire environment.



Co-creation works between souls who focus on finding solutions that make everyone happy.

The clearest element in a system takes the lead. If you know nothing of the dimension of your soul and do not consciously invite it through your intention, the will of your ego will be stronger. It will assert itself. It will mess with the others. It will insist on its limited ideas. It will create the next problem even though it says otherwise.

When your inner guardians interfere

We need to realize that for most of us, true co-creation means stepping far out of our comfort zone. We will be more honest. We will be more visible. We will experience more joy and closeness. But we will certainly also feel vulnerable or insecure at times. In moments like these, our inner guardians like to kick in. They put up protective walls. They call for a retreat or an attack. As co-creation takes us into uncharted territories of human relationships, I think it is important to understand the mechanisms of the old guardians. They mean well. But if we are not clear in our intent, they take over and lock us forever in the confines of our past.

The guardians are located in your limbic brain and are called Nicknamed Alarm, Archivist and Scanner or, to call them by their anatomical names: Amygdala, hippocampus and thalamus. The amygdala is no bigger than an amygdala. Its job is to protect you from danger. It does this by attaching an emotional marker to negative and dangerous experiences that you have. As a small child, you touch the hot hob and burn your hand. To help you remember this, the memory is coupled with an unpleasant feeling and stored in your hippocampus. The thalamus, in turn, works like a sentry. It constantly scans your environment for situations that are even remotely similar. If it detects a hotplate that could be hot, the memory is triggered from the hippocampus and the amygdala sends out a warning signal. As this has to happen at lightning speed in most dangerous situations, your brain doesn't have the luxury of thinking about it first. It sends you emotions - much faster than thoughts - that move you. These can range from caution to panic, and in other cases pain or anger. The aim is to stop you from hurting yourself again. This brilliant mechanism has ensured our survival as a species and driven our evolution. I think we can all agree that it makes sense to only go for a hot to grasp the hotplate.

However, this warning system also has a few pitfalls. Firstly, to be on the safe side, the thalamus not only searches for exactly the same situations. It also reacts to similarities. Imagine you experienced betrayal or abuse as a child in a moment of great openness. For you, this was an existential

threatening event. It's good and right that your subconscious made the decision back then: "This will never happen to us again!" So since then, your thalamus has been searching your relationships for situations in which you **open up** "too much". It finds such situations, for example, the next time you fall in love or in a particularly honest round of co-creation. The guardian informs the amygdala. This in turn sends you withdrawal signals in the form of caution or even fear. These feelings in turn put the thalamus on heightened alert. You get tunnel vision because you are now paying more attention to evidence of a possible betrayal. You withdraw inwardly. Your counterpart notices this but is unable to interpret your behavior. They react with irritation. Perhaps your withdrawal triggers an old abandonment wound in them. His amygdala kicks in and pain and anger break out. This in turn confirms to your warning system that the danger was real. You become the victim of a self-fulfilling prophecy. You protect yourself by ending the relationship. For the moment, the danger seems to have been averted. The only tragedy is that you have replayed an old drama in a new setting without resolving anything. On the contrary. The pattern becomes more powerful with each repetition.

The second problem with our inner guardians is that their antennae are about seven times more sensitive to danger than to positive opportunities.

In evolutionary terms, this also made sense for a long time. Discovering the sabre-toothed tiger early on was definitely more important than e n j o y i n g the flowers in the meadow. The media recognized this a long time ago and exploited it shamelessly. Take a look at the ratio of good and bad news in most newspapers. YouTube and Facebook also use their algorithms to reward scandals, insults and conspiracy stories with more reach.

The third problem is the archivist (the hippocampus), which floods us with old, negative memories in trigger situations and thus massively reinforces our tunnel vision. You may have noticed that you can vividly remember all your past disappointments during heated arguments and are overcome by a feeling of hopelessness. No wonder. Your hippocampus is presenting you with all the confirming events of the past.

What relevance does this have for our co-creation experiment? We should be aware that most people do not enter into relationships with us completely intact, but bring their own baggage of wounds with them. Cooperative relationships often try to avoid touching these wounds through relatively rigid routines and rules. Co-creation releases much more vitality. We come out from behind our cover and get really involved with each other again. This is exactly what brings that boost of closeness, creativity and joy that we all long for. But opening up can touch old wounds.

I don't recommend that you wait for it from now on. But you now understand that, especially when things go wrong

or hurts, the important thing is to focus on your true intention and not fall for the old drama. You now know that what you think and feel in a trigger moment like this is most likely not a reflection of the reality of your relationship, but an echo of your past. Especially when emotions are running high, it's important to remember what you came together for. I also hope that you now understand why it's important to consciously focus on the positive news of your relationship. Negative information sticks seven times stronger. So get into the habit of spending at least 80 percent of your time talking about what's going well and what you like about the other person or the relationship.

Make a conscious choice (again and again)

Have you ever noticed that if you're not careful, you end up in similar relationship constellations again and again, both privately and professionally? If we apply what we have discussed so far, it becomes clear why. Co-reaction creates nothing new, but repeats yesterday with slight variations. And the groundhog greets us daily.

Co-creating people therefore constantly refocus on their shared vision and are prepared to change to achieve it. They see every encounter as a new start. They take care to be present and not fall for the old ghosts. Co-creation means using one of the most powerful creative levers you have been entrusted with: your choice.

In a way, our brain is a paradoxical organ of creation. On the one hand, it is curious and very interested in challenging existing boundaries. On the other hand, it likes to save energy and therefore loves the status quo. We make the choice as to which side dominates. Every morning again. As soon as you get up, your brain wants to know: What's going on today? What should it be about?

If you don't feed it with a clear, fresh intention, it will fall back on your usual coordinates. It then creates a copy of yesterday today with slight variations. I call this the creation mode of the reactive ruminant. We digest yesterday's reality overnight and burp it out again the next morning. Advantage: You don't experience any big surprises and you save energy. Disadvantage: It's boring in the long run and you gradually become stupid. I know that doesn't sound nice. It's not supposed to. It's just the way it is. If your brain is not challenged, the degree of interconnectedness of your neurons slowly declines. You become less creative and less flexible. Think about it.



**To prevent the constant repetition loop of your past,
you need to create a**

activate a powerful mental mechanism: your ability to consciously choose something new.

Do you remember the last time you learned or did something new? The excitement during and the joy afterwards? That's exactly what we feel when we allow our brain to try out new neural pathways. The best thing about it: you have this ability, known as neuroplasticity, well into old age. You are always able to create new impulses for yourself and your relationships. You do this by consciously choosing what you want for yourself and your we today. Your choice is not intimidated by your past experiences. It comes from the point: *Today is a new day. I consciously let go of my yesterday. I choose anew today.*

Today is not the end of my possibilities, but the beginning. Nor do I need to know yet how I can achieve this goal. Because beyond my knowledge, thousands of new insights, methods and solutions are waiting for me. Nor do I allow my choice to be limited by my own self-image. Who I was yesterday says nothing about who I can be today. I am a living process. I am full of surprises and have great, still dormant potential. I am ready to discover myself and to be amazed at myself. I can learn new things. I can leave my comfort zone. I can break through my routines. My past is over. I now focus on my purpose.

Co-creation brings people together who are prepared to always to choose anew and boldly. Your collective choice lifts you out of the limitations of the past and creates new possibilities today. Instead of being bored with reminding each other of what you couldn't do yesterday, ask yourselves:

- If much more is possible for me, who or what do I want to be today?
- Which inner and outer boundaries do I want to shift today? ○ How do I want to be in my relationships today?
- What values do I want to believe in today and how can I manifest this through my actions?

Don't take it personally if not everyone around you joins in immediately. Most people know nothing other than ruminating on the old reality. Invite them and then let go. See who responds joyfully. Focus on your intention. Be a beacon of inspiration and courageous questions yourself. Train your mind first for yourself, then together with others, preferably daily with clear intention. Here are some simple exercises that can have an amazing effect.

Exercise: The recognition game

If you play this wonderful game regularly, I guarantee you a true quantum leap in the joyful creation of your reality. The game is child's play, but its effect is amazing.

Train your consciousness with clear intention by consciously setting goals that are already certain to be realized. You can play it in all life situations and start your morning with it, giving it an intelligent and lively kick!

Here is an example. You're still lying in bed and thinking: "I resolve to get up now." Then you get up and say to yourself: "Wow, I've done it! My next goal is to get dressed ... Yes, amazing, I've done it again! I resolve to go to the fridge and open it ... Wow, I've done that too!"

Play the game at least twice a day for ten minutes. You may feel silly at first, but I guarantee that by the end of the ten minutes you will be drunk with creative ecstasy.

It is only your limited mind that judges and thinks: "Being able to run is a lesser miracle than earning 1 million euros." In truth, there is no difference between the two results. As a child, you were proud of everything you created. You drew your stick figures and knew that you were doing something great. Then you adopted the evaluations of those around you and began to take a large part of your achievements for granted. Please realize this:



Since you were born, you have created 99 percent of everything you wanted: walking, talking, reading, writing, forming relationships ...

Most people have learned to focus on the one percent that is still missing. That's really too stupid! Every time you consciously set a goal and fulfill it, consciously acknowledge it, no matter how small it may be in your eyes. This is how you convey the message to your subconscious: "I am a creative being that manifests what it sets out to do."

By constantly acknowledging all your results, you send a continuous, strong message to your subconscious. As a result, it cooperates more with you and begins to work for you too. achieve "big" goals with ease. So try out the recognition game. It will give you a lot of pleasure.

The following game can provide you with valuable impetus to communicate your intention to the outside world.

Exercise: "I am ready ..." - Train intention

Over the next few days, take one to two minutes before each meeting. Close your eyes and imagine the meeting. Ask yourself: "If everything were possible, what would I like to achieve in this conversation and how would I like to feel?" Formulate this as an intention. For example, it could sound like this: "I am ready to experience closeness and joy during breakfast with my loved one. I want to spend this time with him in an appreciative and conscious way." Then go into the encounter awake. Observe how the quality of your time together changes as a result of this little exercise.

Exercise: "I want ..." - Train intention and visibility

This practical [exercise24](#) is powerful and trains you to visibly show yourself with your true intention. As a first step, you can do it alone in front of a mirror. But for the reality test, you need at least one partner or even a small team. Each of you must feel that you can show yourself honestly. This is extremely important. And this is how it works:

1. Say out loud several times: "I want to." Then pause for a few seconds and think about it. What thoughts and feelings arise in you?
2. Say out loud several more times: "I want to." Then pause again for a few seconds and think about it. What thoughts, feelings or physical reactions arise in you? Share this with your partner or your team.
3. Now try out different body postures and vocal tones while you say "I do". Sometimes speak demanding, sometimes whining, sometimes hesitant and sometimes emphatic. What do you notice? What sounds familiar to you?
4. Now give the other person an object that means something to you in their open hand. This could be your watch or a piece of jewelry. Concentrate on the value of the object to you. Now say clearly: "I want" and reach for it. How does that feel? Do it several times.
5. Give the object in the other person's hand a symbolic meaning. Let it stand for something that is really important to you. Explain out loud what this object stands for, for example love, 100,000 euros, a vacation ... Say clearly: "I want ..." and reach for it. How does that feel? Do it several times.
6. Now focus on your co-creative relationship. Close your eyes and ask yourself: "What do I want in this

Relationship? What do I want?" Listen inwardly. What rises up inside you? Speak it out. Attention! The point here is not that the other person has to agree with your wish, but that you learn to express your wish clearly. If one of your wishes is negatively focused, try to consciously formulate it again in a positive way. If you have several wishes, say them all.

7. Discuss what you have realized. Then swap roles.

Your intention to think quietly for yourself is one thing. But you will usually need other people to fulfill it. That's why it's important to learn to wish clearly and confidently. The "I want" exercise can be a lot of fun. The point is, on the one hand, to learn to grasp your wishes precisely and to express them clearly and, on the other, to practise welcoming the wishes of those around you. You are not obliged to fulfill the other person's wish. The focus is on developing the greatness to grant them fulfillment. You can playfully incorporate this exercise into your everyday life. You can involve your children or play it with your colleagues at work. Say your wishes out loud spontaneously several times a day. They may or may not be directed at the other person. They can be very specific or more general, for example: "Do you know what I want? I want to be happy." Or: "Do you know what I want from you? A bouquet of flowers." If you are told such a wish, you reply affirmatively: "You want to be happy. That is your right. Thank you for sharing your wish with me." Or: "You want me to give you a bouquet of flowers. That is your right. Thank you for sharing your wish with me."

The power of your common purpose

It should now have become clear how essential your clear intention is for every relationship, for every encounter.



When (two) people unite in a cause, miracles become possible.²⁵

Exercise: Formulate your intention

1. Ask yourself: If much more is possible between you than before, what do you wish for? What do you want to achieve through your co-creation? Go into what you want to recognize, feel, experience and create. Make sure you use positive wording, so *don't* avoid the words, *no* ... Use words that touch you emotionally.
2. Write a version of this intention in the form of a wish, for example: "I want to experience joy with you."
3. Write a second version of this intention in the form of the present, as if it had already been realized, i.e. for the

Example: "I experience joy with you."

4. Read both out loud to yourself. Which one feels more powerful to you? Now approach your partner or team with this intention and share your intention confidently.
-

If you are lucky, your intention will coincide with the intention of the person you have chosen for this journey. However, it will often be the case that your wishes differ. How do you unite them?

Realize that it is always only the ego that feels threatened by another point of view. From its egocentric perspective, the other point of view is a threat to its existence. But the truth is that your diversity is a gift. It stimulates your growth and opens you up to possibilities that none of you would have thought of on your own. We often associate creativity with complete new creations, but in fact it means the creation of something previously non-existent through the new combination of already existing elements. In other words, the secret of creation lies precisely in our diversity. We come together to create something that was not there before. This could be a child, an invention, a revolutionary idea or even a new level of relationship culture.

Co-creation takes place when you share your diversity. respected, even celebrated, *and* when you connect with each other in a shared intention. As this shared intention is the nucleus of your co-creation, it must be carefully received and carefully formulated. It must not contain any lazy compromises. Everyone involved must feel a strong resonance in their minds and hearts - a clear yes - to this intention.

What if your intention differs from that of others? Who has to do without? This question comes from the old days of competition. In co-creation, we think bigger. That's why we accept No lazy compromises. In every relationship, at some point we come to a conclusion that either I renounce my wish or my wish will be fulfilled. Opposite him. Either the employees get their way or the company management does. Either-or thinking leads us to aggressively assert our wishes or to sacrifice them prematurely. Of course, there are everyday situations in which it doesn't cost us much to compromise, for example when choosing which restaurant to go to for dinner tonight. But if we give up too early on essential needs, we not only weaken ourselves, but the entire system. We deprive ourselves of the opportunity to come up with surprising solutions through the creative tension between our different desires.

In a co-creative system, both wishes are initially affirmed, because they both appear in the system at the same time. That is why we do not play them off against each other. We consciously place them as poles

into the room. We do not allow ourselves to be unsettled by the fact that we do not initially see a solution to the puzzle. After all, we know that our minds only ever have a limited choice of options. We consciously enter into the tension between thesis and antithesis. We are prepared to welcome all thoughts and feelings.



Somewhere out there, a solution already exists that combines both needs in a synthesis that satisfies everyone.

This solution sometimes takes place through an inner transformation. For example, I have already experienced several times how a wish has relaxed simply because it was expressed and respected. But often we also come up with surprising new ideas on the outside.

Exercise: No lazy compromises

1. Face your partner and say confidently: "I am ready to get exactly what I really want. I want ..." Pause. Feel it out. Say it again. Say it as often as you need to until it sinks in.
 2. Now the other person says: "You want ..." She repeats the wish using the same wording if possible. "I want you to get exactly what you really want." Pause. Feel it out. She also says it as often as she can until it sinks in.
 3. Swap roles and repeat the first two points.
 4. Now talk about your perceptions.
 5. Now look each other in the eye again and say in turn, with conviction: "I'm ready to work with you to find a solution that makes you and me happy." Say this to each other several times. Until you both feel that you mean it.
-

This exercise is also not about you being responsible for fulfilling the other person's wish. Perhaps someone else will help them. The point is to grant him his wish. At this point, you don't have to know what the solution will look like. The point is to allow both wishes to fully arrive in your shared space of consciousness. Let that take effect. Come back together later. Exchange your insights. Perhaps something has already changed in your attitude.

Think about what a common intention should be, in which each of you can find your own intention. If there are hot topics that you are still discussing controversially at the moment,

possibly keep them out of the first round of experience. Here are two examples:

- You want to tackle the food in your company canteen as a co-creative project, but half of you are radical vegans and the other half are absolute meat eaters. Maybe you choose a topic that has nothing to do with food to start with.
- You want to co-create as a couple. The hottest question that pushes all your buttons is: monogamy or polyamory? Maybe you start with the intention: "We'll turn our relationship into a field in which we both feel comfortable and blossom."

It's not about suppressing the controversial issues. You know that they will come your way. But first you gain positively reinforcing experiences with a more innocuous topic. The more The more trust you build up and the more successes you experience, the more ~~you will be able to create~~ a crystal-clear purpose that connects all the people involved.

share. This intention could be, for example:

- "We come together in this meeting to find the best solution to challenge X for the benefit of all."
- "We come together to create more joy, closeness and liveliness."
- "We come together to support each other in our development and to do each other good."

Make sure that your intention is formulated positively. Instead of "We will not argue in this meeting", choose the following wording: "We will listen to each other in this meeting and recognize that we all want the best for our company." The reason: the subconscious overlooks words like "not" or

"none" and only listen to the topic (in this case "arguing!"). I recommend that you also add the following wording: "We are willing to relax our egos, speak from our hearts and open ourselves to new insights and positive changes." Adapt the choice of words to your usual use of language. I recommend that you actually write this intention down and say it at the beginning of a co-creative meeting. It may seem strange at first. As long as it is still uncharted territory to think and speak from this space of expansiveness, your egos will like to interfere. That's why it makes sense to keep reminding yourselves of this. Make your shared intention the center of your co-creative field. It unites your powers. It invites your souls to take the lead and relax the egos. Even though you will learn many more methods of co-creation in the following, never forget: Your common intention is the alpha and the omega of your success.

Reflection

- *In which areas of your life are you not (yet) getting what you actually want? What could this say about the unconscious intention of your ego?*
 - *In which situations do you already experience your intention as clear and focused on what you want?*
 - *In which situations do you experience your intention as unclear or more focused on what you don't want? How can you practise clarity and effectiveness here?*
 - *Where and how do you experience that your intentions and those of your fellow human beings seem to contradict each other? Are you ready to look for a new synthesis here?*
-

PILLAR 6: DEVOTION

Thesis: In successful communication, at least two elements influence each other. They celebrate a paradox: they both contribute their clear intention and at the same time surrender to the process. In this way, they emerge from the encounter changed and enriched.

You now know how important your clear intention is for successful communication. Now we come to perhaps the most beautiful paradox of co-creation. In order for it to work its magic, we have to let go of our intention and surrender to the process. Intention is not the same as volition, even if the choice of words is similar. What stands alongside intention and thus makes a big difference to the ego's will is surrender. Let's look at this in detail.

The will out of the ego

Wanting comes from the ego. It is an opinionated attitude: "I want ... and I want it my way!" The unyielding will of the ego makes us rigid and untouchable. It prevents co-creation. The ego thinks in two ways: *either I impose my will or I give up. Either I win or I lose.* This will is the way our ego tries to impose its idea of right. It is egocentric: *Here I am. I have a concrete idea of what I want and I am now trying to wrest it from the universe. I pull out all the stops. I make an effort. I demand. I beg. I manipulate.* Strong-willed people can pull this off successfully for a long time, but in the long run, ego-wanting is always exhausting and inevitably leads to disappointment. Wanting is not creative because it stems from the ego's limited ideas. It leads to cramping, exhaustion and isolation, because it isolates you from the whole. If you have ever tried to doggedly push through your idea of success, then you know what I mean. The presence of someone who is always

If you want a lot, it's not pleasant for those around you in the long run, because the tension spreads. I speak from experience. Looking back, I have to admit to myself how exhausting I must have often been for my family. Ego-wanting prevents the flow of co-creation.

Dedicated will

Intention unites focus and devotion in a living paradox. Intentional and devoted will comes from the soul. It is the focused and at the same time relaxed attitude of "I want ... and I am willing to learn and be changed for it." It

includes our willingness to be moved by our fellow human beings and
~~das~~guncishseznu. uDlashedsienngeubnudnugnsvsöflüler. ~~das~~Now means
 iwmirGwegireknliscahtz zum Ego-Wollen not only involves the head,
 but our entire being, it cannot be understood intellectually alone. You
 have to get it until it clicks.

I would like to tell you a metaphor for this: Imagine a river. It knows, crystal clear, that it wants to go to the sea. It doesn't just want to go to the sea, it is its destiny. The water in it already contains all the information of the sea and is therefore magically attracted to the ocean. Basically, the river has already arrived there in its essence. What it doesn't know is *how* it gets there. But it is curious, flexible and humble. It is prepared to change form along the way. Sometimes it flows as a small trickle, then like a torrent. He surrenders, learns, and yet he is unwavering in his intention, in his devoted will. Even when it encounters a desert, it does not give up, but surrenders. He allows his water to evaporate, rise into the sky, form clouds and then fall into the ocean as raindrops. He repeatedly sacrifices his familiar form for his intention. This distinguishes it from the ego's will. Ego insists on its form and stubbornly wants to impose its will. Anyone who disagrees is seen as an enemy. The river does not mess with the rocks. It co-creates with them. It changes its tactics and form without false pride, but never betrays its true nature. On its way, it changes and touches plants, earth and people. It is a significant player in the overall symphony of co-creation.

Can you recognize the irresistible power of this clear, all-encompassing the determined, devoted will that the river possesses? The same egoless intention gives small acorns the power to become a mighty, shade-giving oak. We see this mixture of intention and devotion in a painter, a ballet dancer, an extreme athlete or a child at play. Neuroscience also calls it flow, a special experience in which we become one with our intention and at the same time allow ourselves to be completely guided.

How do we move from ego-wanting to surrender?

To switch from ego-wanting to devotional intention,

we need to relax our ego and call upon our soul. Even though the soul is much more powerful than the ego, it needs to be invited in, especially at the beginning. Ask this power to guide you from within and take over the game. Learn the difference between the voice of your ego and the call of your soul.

The ego's messages are usually accompanied by tension, because it always has a position to defend. This can manifest itself as insecurity, exaggerated zeal or dominance behavior. The ego is always holding on to something or fighting against something. That is why it cannot let things happen calmly. The soul, on the other hand, observes events in an alert and relaxed manner. It acts from a space of trust and connectedness.



If you feel mentally, emotionally or physically tense during a conversation, you can be sure that your ego is being triggered. If you feel alert and relaxed at the same time, you are most likely connected to your soul.

If you have never dealt with these two levels of your existence before, you may find it difficult to distinguish between them. You may also be too quick to pigeonhole this consideration as "crazy". That would be a shame. Because atheists also have both modes. Perhaps you would use different words to describe them. But I'm sure you also experience situations from time to time in which you are simply there in a casual, friendly and receptive manner because you don't want anything at the moment and yet you know exactly what to do.

It may be hard to believe at first that we could create something great in this relaxed state. No wonder, as we have been taught from an early age how important it is to make an effort and direct the course of events. The combination of intention *and* dedication shows you the most elegant way to the wisest solution.



TEIL III

Schöpfung

In this section, we gain a deeper insight into what happens in co-creative processes. We learn about the four phases of each creation and how we can use this knowledge in a concrete way.

Then we stretch our minds and challenge two of the strongest collective paradigms: time and our physical limitations. Yes, I know you want to get hands-on. But believe me, it's so much more fun to co-create when you can see and feel these deeper dimensions.

THE CYCLE OF CREATION

Thesis: Co-creation is creation. This means that your being together gives birth to a new possibility. Creation always takes place in four phases. Each of them is essential.

What do you want to use co-creation for in your relationships and teams? There are many possible applications, but at its core, co-creation is always about creation:

- We create a living relationship together. ○ We create the solution to a problem together.
- We are creating the future of our company together.

Every conversation, date or meeting is a precious opportunity to share joy, develop together and bring something valuable into the world. To make the most of this opportunity and avoid wasting time pointlessly, you should always be **a w a r e** of this: What is it about right now? What is our current concern?

In order to determine this appropriately, it is helpful to know where you are in the cycle of creation at any given time.

CREATION IN FOUR PHASES

The cycle of creation is not just a theoretical concept. There is a universal principle behind it. Understanding this can help you to make your own life and your relationships more harmonious and successful. Just as nature goes through four seasons, every creation also consists of four phases. Life rests, creates, gives birth and corrects. Our human existence also follows this rhythm. Unfortunately, we often experience it unconsciously and unevenly due to ignorance. We often see our creations as being associated with a lot of friction and frustration. In the following, I will briefly and concisely introduce you to the four phases.

Phase 1: Silence

The first phase is silence. On the one hand, this refers to acoustic silence, which means that it can be beneficial to turn off all devices and shut up. But the main thing here is to become quiet inside. In the phase of silence, we relax our wanting and being right. We allow ourselves the luxury of not having to know anything. We reset our mind and go on reception.

Observe what happens to your inner tension when you say to yourself: "I don't know what this situation means and I don't need to know." Learn to endure and even enjoy the phases of not knowing. These are the times when life can fertilize you with new inspiration and reconnect you with the

can bring you into contact with a deeper mystery. Do not fear not knowing, but relax into it. Not knowing means allowing your subconscious time to incubate. The state of not-knowing is a precious point of stillness. Everything comes to rest. The old stories settle, just as dust that has been stirred up can settle back on the ground when the wind suddenly dies down. In the background, our subconscious uses this phase of doing nothing to complete learning processes.

The smallest point of silence we can experience is the gap between our last and next thought. If you like, try the following experiment for a moment.

Exercise: Find your point of stillness

Close your eyes and try to consciously perceive one of your thoughts. For example: "I am ... (and then your name)." See the three words in front of you. Now imagine a gap between them. It may seem tiny to you, but it is the gateway to a world of freedom and wonder. Imagine that you can dive through this gap into the unlimited inner universe beyond and dissolve everything you think you know about yourself in it. At first, you may only linger in this vastness for a second. But a point of stillness can expand the more often you relax into it. To do this, breathe in and out a little more gently and deeply ... and let go of all thoughts. Allow yourself for a moment not to have to know what anything means. For a few precious seconds, allow yourself not to have to control anything. To not have to hold the world as you know it together for once. To not have to do anything. Enjoy just being. Allow your consciousness to expand and become softer, wider, finer, quieter. Allow everything to come to rest. How does that feel?

Perhaps nothingness is the greatest spectre for our busy and noisy society. We fear its immeasurable vastness and its softly droning silence, with which it questions our hustle and bustle. That's why we turn up the music. That's why we talk unnecessarily. That's why we immediately pull out our cell phones during even the smallest break. Silence is the phase in the cycle of creation that we ignore the most. At a high price. Because this is the only place where regeneration and rebirth take place.

Andrea and I are sometimes asked when and why we decided to get married. It was never planned. But in the seventh year of our relationship, we attended a meditation retreat together. We sat separately - Andrea in the women's area, I in the men's - for ten days in silence and yet we felt so connected. That's when I realized: a person with whom I can be silent in such a deep way, I can be with them until the end of the world.

go. Without even speaking a word to each other, we both got the message that we were getting married. If you find people with whom you can be relaxed and quiet, that's a very good sign.



For the ego, silence is death. For the soul, silence is nectar.

But we can also lose ourselves in the creation phase of silence. I know from my own meditation retreats how tempting it can be to simply stay in this quiet space. The brain releases lots of endorphins. It feels good and right. Just the idea of exposing yourself to worldly friction again afterwards is exhausting. But if your life has not planned for you to end up under a bodhi tree as a saint, your evolutionary homework does not disappear through meditation. They pile up. So just as important as it is to surrender to the stillness of the cycle of creation, it is also important to leave this phase behind. Because at some point, unpaid bills, broken relationships or an impetuous libido will force you to get back into the race anyway.



Systems that spend too little time in the stillness phase burn out and miss out on real renewal. Systems that spend too much time in the silence phase fall asleep. Co-creative systems can also be silent with each other.

Phase 2: Creativity

If you regularly allow yourself time out or meditate, you know what happens when the mind comes to rest. At first it becomes completely still, but soon it is bubbling over with new ideas. You have entered the phase of creativity.



Silence prepares the ground. Fertilization takes place in creativity.

This is about letting your mind off the leash. Allow it to play and associate freely. No idea is too crazy. Think outrageously. Lateral. Disruptive. There is no room for concrete goals or practical concerns in this phase. It's a time for dreaming: what if everything were possible?

Many relationships are worn down by the dreariness of everyday life. Imagination comes up short. In most companies, too, daily tasks and a stubborn focus on figures eat away at the power of innovation. Experience in companies such as Google or Patagonia shows that this is the case,

that it promotes sustainable success when employees are consciously given the freedom to pursue their own projects, gimmicks and visions.



Systems that spend too little time in the creativity phase manage the past. Systems that spend too much time in the creative phase get bogged down and create a creative backlog. Co-creative systems regularly immerse themselves in the mental space of visions.

Phase 3: Action

You probably know them too: the big dreamers who are constantly telling you how they will soon save the world. At first they inspire you. But at some point you realize: they talk - but they don't do it. Daydreaming floods our brain with dopamine, the neurotransmitter with probably the strongest addictive potential. Visions can excite us so much that we forget to put them into practice. From our brain's perspective, this makes sense. Because it senses that it has to sober up from the ecstasy for the next phase of the cycle - the action. Perhaps you've experienced a moment like this yourself: you're sitting with your friends, exhilarated and intoxicated by an ingenious vision of saving the world. Then a spoilsport suddenly asks the unpleasant question: "All well and good, but how do we actually go about it?" A brief, embarrassed silence ensues until someone saves the fun evening by interjecting: "We'll talk about that tomorrow."

Dreams can be addictive! That's why many people Nothing comes to an end. They prefer to start a new hobby, a new apprenticeship or a new relationship again and again. Because at the beginning, we get intoxicated by the dopamine released during the honeymoon. Incidentally, this is also the reason why most romantic movies end where things get exciting for many of us: When it comes to daily action, perseverance and determination.

If we avoid putting our visions on the road in concrete terms, a huge inner backlog of creation arises. This is not only frustrating. It weakens our self-esteem. Because we cannot outsmart our subconscious. It registers the discrepancy between dreams and reality very accurately. And the same applies to the entire team. It's cool and important to keep taking off together. But if you don't achieve it, at some point you will no longer believe in the power of your own endeavors.

So here's what's incredibly important for you and your team: bring your vision down to earth by sobering up and breaking it down into concrete goals, milestones and a meaningful strategy. Get into the habit of taking daily, concrete, measurable and binding action towards your goal. Creation needs a continuous

stream of action to manifest itself from the cloud of dreams into the world of form.



Systems that spend too little time in the action phase create a painful backlog of creation. Systems that spend too much time in the action phase get bogged down in actionism. Co-creative systems have a clear vision, meaningful milestones and an intelligent, feasible strategy. They act on their vision every day.

Phase 4: Correction

If stillness is the most feared phase of the cycle, then correction is the most underestimated. When we pursue a vision and act on it now, we produce results immediately. It is smart to pause at regular intervals and review the results:

- What have we achieved through our actions? ○ Do the effects meet our expectations? ○ Do we need to correct the direction?
- Do we possibly have a blind spot?
- Or have the dynamics of our actions perhaps opened up an old wound that is now calling out to be healed?



Systems that spend too little time in the correction phase do not learn and waste an enormous amount of time and energy on the wrong paths. Systems that spend too much time in the correction phase become entangled in self-doubt, worry and possibly navel-gazing. Co-creative systems take enough time to analyze their successes and mistakes and draw conclusions from them.

The more consciously we create, the more cycles of the cycle of creation we will consciously live through. A single conversation can represent a complete cycle, as can a day spent awake, a self-contained professional project, a work of art or a relationship.

Most people tend to specialize in one or two of the four phases. We have the visionaries, the people of action, the analysts or the lovers of silence. If we avoid one phase, it becomes our shadow. The wheel of creation no longer turns. We get stuck, repeat the same mistakes, get bogged down in actionism or sink into brooding. So it makes sense to really become aware of the four phases and recognize which one you are currently in.

Discuss this with your partner.

Team your understanding of the four phases and then analyze your relationship or your team together:

- Which of the phases are familiar to you?
- In which do you feel comfortable?
- Where are you stuck?
- What have you skipped so far?
- Where do you see a need to catch up?
- How could you live through the individual phases in a more balanced way?

Each phase requires a different mindset. If everyone knows what it's all about, you can go on this wavelength together and not sabotage each other. The phases of the creation cycle can be wonderfully transferred to the co-creation circles, the concrete settings in which you can apply the principles of co-creation. If you follow a few basic rules, your creative power will increase in comparison to before. In Part IV "Co-Creation", I will introduce you to specific application options for each phase. But before that, I would like to dispel two myths that hold us back in our creative power: the myth of linear time and the myth that we are our body.

THE END OF TWO MYTHS

One of the most fascinating possibilities of co-creation is to create your reality from the future. Sounds crazy at first, doesn't it? On the other hand, isn't it even crazier to constantly chase after the future, as we are currently doing collectively?

There is a sensible, physically and psychologically sound approach behind the above thesis. No matter what you believe in, it is also practicable for you and you will be amazed at the results. I urge you to read this section with an open, alert mind. It can radically and positively transform your life forever.

I invite you to playfully engage with the following hypothesis: Think of your current biggest problem. Right now, you don't know the solution, do you? I know that sucks sometimes. But here's a rather unusual thought: since life is constantly evolving and you don't yet know an infinite amount of information and possibilities, there is a very high probability that there is a solution to your problem.

Correct? If so, there is a high probability that you or someone else will have found it in the future.

Right? That means the solution already exists in another dimension of reality. What keeps you from recognizing it is your little known self with its limiting beliefs about time, namely when you think you are not yet at the point where the solution already exists. Suppose it were possible for you to free yourself from the influence of time and proactively raise your frequency of consciousness to the level of your future version (which has already found the solution).

to lift. Then you should be able to receive surprising insights from the future.

Does that sound exciting to you? Then I have good news for you. There is actually a way to do this. We call this process elevation. You will receive specific step-by-step instructions later. However, a certain amount of mental preparation is required for elevation to take effect. We need to unmask the powerful entity within us that dictates the boundaries of our reality.

Reflection

- On what basis do you make your daily decisions? Where do you draw the line between possible and impossible?
 - Have you ever seriously thought about where you get this certainty from and how much power it has over your plans?
 - When was the last time you gave up on a "crazy" wish because you "knew" it wasn't feasible for you?
-

When it comes to realizing your dreams, there are three basic forces in your mind: the dreaming mind, the realistic mind and the realizing mind. In principle, the dreaming part believes that anything is possible. Children have free access to it. For most adults, it has been banished underground in the name of reason. It sometimes erupts in our nocturnal dreams or manifests itself in our admiration for the great lives of our role models. The realizing mind has a simple job: it implements what the realist considers *feasible*.

The realist is not creative. It works like a search engine. As soon as you dream a big dream, the realist quickly searches your subconscious for confirming experiences and known solutions. If you have already failed several times in a similar situation, the realist in you will whisper: "Nice dream. But forget it, it's too big for you." If it can't find a known solution in its memory, it will say: "Forget it. It's impossible." If we have been brought up to "be reasonable", we believe this voice. Often the realist in us is so powerful that our wishes and dreams don't even come to the surface. We laugh at the crazy ones. We are happy when they fail, because we are secretly envious when someone dares to do something that our realist considers crazy and then succeeds.

The voice of realism is so convincing that we can't obediently and spend our entire lives within their prescribed boundaries. That's wise, isn't it? After all, this

Voice all the facts on their side. But wait a minute! Where do these facts actually come from? The realist mind draws its facts from the past and our limited minds on the one hand, and from social paradigms on the other. That is, by tapping exclusively into our past, it never has access to what will be possible for us in the future, nor to the infinite amount of information we don't know right now. In other words, the realistic mind is bluffing! It cannot be sure of anything. It has no "Facts. He never knows what else is possible and what else you can do.



Since most people blindly trust their reason, today they can only create slightly modified copies of their yesterday. Realistically operating teams manage the past.

There is nothing wrong with this if yesterday's solutions are sufficient to cope with today in a reasonably satisfactory way. But what if the present presents us with challenges at a new level of complexity? Then it would be foolish, according to Einstein, to try to solve them with the answers of the past.



Never let the realist in you or others clip your creative wings. No matter how crazy your dream is, how bold your question or how powerful your problem - the solution already exists.

Either someone else has already figured it out or it will definitely be found in the future. In order to open ourselves up to this (still) unknown possibility, we have to let go of our arrogance of knowing. We have to free ourselves from the limitations of our past. The other source of our inner realist's almost unshakeable self-assurance is, as I said, social paradigms. These are beliefs that millions, sometimes billions of people have collectively agreed upon. And if so many of us believe in it, then it must be true. Right?

Paradigms are mental myths

I have a question for you: Are you awake right now or are you dreaming? If you think you're awake, I object! You are dreaming. Your brain doesn't just dream at night. It's always dreaming. The only difference is that your daydream is constructed according to fixed rules and therefore feels so stable to you that you believe it to be reality. Our brain never sees reality, but only a greatly reduced and distorted internal version of reality. We perceive a minimal fraction of all the information surrounding us. We assemble this into our personal daydream reality according to our individual programming code (based on our beliefs). Incidentally, this has now even been confirmed by neuroscience.²⁶

This means that every time you insist on being right, you are defending a dream. Every time you argue or suffer, you are doing so in your personal dream. Every time you think you know exactly what works and what doesn't, you are defending the boundaries of that dream. In a way, this is understandable.

Because your brain needs the illusion of this stability, of coherence, in order to function without stress and with minimal energy expenditure. That's why it looks for socially widely recognized rules, because these calm us down and allow our brains to interact well with each other.

But where do these rules that we have agreed on come from? As babies, we knew nothing about them. We are born with a non-knowing and therefore non-limited consciousness. What we perceive as innocence in our children is a non-judgmental mind that does not yet follow any rules. Our parents and other important caregivers such as grandparents or teachers introduce us to the basic rules of the dream that the whole of society dreams. We call this education. Our caregivers explain to us with words and demonstrate through their actions where up and down is, what is right and what is wrong and where the line between possible and impossible lies. There is no critical authority in small children that enables them to examine the rules offered to them. They blindly trust the demigods around them. So they believe them. This is how we were all introduced to the dream of our family, the dream of school and, at some point, the big dream of an entire society. We learn what a man is and what a woman is. We learn what the meaning of work is and how the value of an individual is measured. All these beliefs are implanted in our minds at such an early age that we are no longer aware of them later on. But they have a permanent effect on our perception of "reality" from the subconscious.

Welcome to the Matrix!

The more deeply certain beliefs are connected to our sense of identity, the more vehemently we will defend them.

Humans have never been good at coping with the oppressive feeling of incoherence when others are our only means of being.

questioned basic beliefs. We have burned them at the stake, nailed them to the cross, condemned them from our families, divorced them. When it comes to the deepest rules of our personal dream, most of us become fundamentalists. It is not without black irony that so many terrible deeds have been carried out in the name of God.

Let's assume you are a convinced Catholic. You firmly believe in the Bible and its great names - Abraham, Moses, Jesus ... Then that feels safe, doesn't it? Now be brave enough to imagine that you didn't grow up in a Bavarian family, but in India, among Hindus. You would have made sacrifices to Shiva, Ganesha, Kali and the whole gang from an early age. You would not have read the will, but the Bhagavad Gita. You would have celebrated the public cremation of your deceased relatives and prayed for their happy rebirth. And now ask yourself: wouldn't you have been absolutely sure? Which life would have been the more real one? Which God would have been the true one?

That's how powerful the dream inductions of our environment are.

Reflection

Which belief do you sometimes fight for? Which belief do you suffer because of? And are you really sure?

The more people believe in a rule, the more difficult it becomes to question it. It creates a kind of mental attraction that arranges our thoughts like a magnetic field in the norm. A paradigm stands for a rule that many millions of people have agreed on and which is therefore hardly ever questioned. Nevertheless, paradigms are also subject to an expiry date. Slavery, the gods of Olympus, the geocentric world view, patriarchy or growth-oriented capitalism are examples of paradigms that millions of people have absorbed with their mother's milk and often lived out their entire lives without question - until someone "crazy" came along and questioned them.



"First they ignore you, then they laugh at you, then they fight you and then you win," Mahatma Gandhi already knew.

Now that you're hopefully doubting in a healthy way, I'd like to join you in knocking two of the most pervasive paradigms or myths off their thrones: the belief in linear time and the obsessive identification with our meatball. Please take a deep breath and then follow me down the rabbit hole.

Myth 1: Linear time

Think for a moment about all the big questions and wishes that are currently open to you. Let's assume that your life will be happy and successful in the coming years. When will these questions be answered and your wishes fulfilled? In the future, right? Now please try not only to think the following thoughts, but also to feel them:

- Every problem that is currently annoying you is already solved in the optimal version of your future.
- Every need that is close to your heart is already fulfilled in the future.
- Everything you still want to become, you already are in the best version of your future.
- Every worry that burdens you today will be a thing of the past in your future.
- In the future, there is a version of you that is much wiser and freer than your current self.

What does this idea do to you? Imagine you could travel to this best possible future and look around. Wouldn't that relax you? Wouldn't you enjoy the journey there much more afterwards because you know where you'll end up? And wouldn't you come back here with lots of valuable clues from that future? Now you might be thinking: yes, that would be nice, but unfortunately time machines haven't been invented yet. What if I told you that your consciousness is already a time machine? To be able to operate it smartly, however, we first have to overthrow the paradigm of linear time.

Time, as we have been taught, influences everything. It creates worries and regrets. It regulates our entire everyday life. It dictates meaningful and meaningless routines. It makes us predictable. It often takes away our enjoyment of the moment. It promotes the fear of death. It makes us rush. It makes us the only known species that wakes its children and doesn't let them wake up naturally.

Reflection

- What does time mean to you?
 - How do you experience it?
 - Where and how does it dictate your life?
 - Where and how does it stress you out?
 - How does your past influence your present?
 - How much have you worried about your future and what good has that done you?
-

Would you like to try a little experiment? Close your eyes briefly, relax with a few deep breaths and imagine your inner space of consciousness. Ask yourself: If time were arranged on a line in this space, where exactly would you place your past? Behind you? Below you? To the right? To the left? And where do you look inwardly when you search for your future? Now connect the past and the future in your mind with a line. Do you see a kind of timeline? Where does it come from and where does it go?

With rare exceptions, people experience time in a linear way. We wander along a timeline in our experience. The past lies behind us. We are in the present. The future awaits us ahead. The linear perception of time has a massive impact on our quality of life and our creativity.

Linear time prevents miracles

Our belief in linear time keeps us in the prison of our past experiences and thus prevents miracles, i.e. events that we never thought possible. By believing in linear time, we are convinced that the only reality that truly happened is our past. So with every bold idea, we scan the timeline backwards to find evidence of the possibility of its realization. If they are not there - and in the case of grand visions, this evidence is never there - the aforementioned realistic part of us ensures that we let go of the idea. Linear time thus creates constant replications of the past and prevents innovation. Unfortunately, this also happens in our relationships if we are not careful. In the state of being in love, the timeline dissolves in a dopamine rush. We dance and fuck with each other in the moment. Everything seems possible. But as soon as our brain has gathered enough reference experiences with the other person, it switches to "I know you" mode. It now has a past with our loved one and uses it to predict the future. And the groundhog greets us daily.

Linear time gives us the illusion that we have never really arrived

The illusion of the time stream tempts us to miss our present by constantly fixating on future goals. Notice how often you are not really fully present, but preoccupied with what comes next. Linear time causes us to rush along an imaginary timeline. This is how we prevent co-creation and the miracles it can bring.

Linear time blocks forgiveness

If we cannot or do not want to forgive an event from our past, we tie part of our consciousness to this memory. On the one hand, this causes us to relive the painful situation over and over again. In addition, we allow the conclusions we drew about ourselves and the world back then to continue to have a massive influence on us today. The tragicomic joke is: whatever happened to you is over.

Restimulating it in your memory over and over again does not create karmic justice. You are merely punishing yourself again and again and keeping yourself trapped in a past loop.

So there are at least three good reasons to break out of the paradigm of linear time. You may want to object at this point: "Yes, but time is linear." That's the realist in you. What if I told you that you only perceive time as linear because you inherited this view from your parents, who in turn inherited it from their grandparents...? Physics now also agrees that time is by no means linear.²⁷ Albert Einstein's special theory of relativity already recognized that time is relative and depends on the movement of the observer. There are other theories that depict time as a kind of loop or curve, concepts of simultaneous time or several time strands running simultaneously (multiverses). None of this has been proven, but in any case it is certain that the linear time paradigm is wrong.

The most plausible explanation for me is that everything we have ever have experienced and will experience, exists simultaneously, now and here (in countless variations). Our severely limited mind separates the experiences into individual moments (images) and stores them in the time context it knows, because it simply does not know any better.²⁸

My aim here is not to convince you of some new theory. Rather, I want to loosen your mind so that you can think more freely about your future. Because your past no longer exists. It is just a memory in your mind. Your future doesn't exist either. It is just an idea in your mind. Everything you will ever experience will always take place here and now. Here are a few crazy questions. Let them have a meditative effect.

Reflection

- *Do you understand that time, as you experience it, is a construct in your mind?*
- *Do you realize that it only feels so real because you believe in it so strongly?*
- *Can you guess how much this construct influences how you experience reality?*
- *What if you didn't know that you couldn't do something because you had no memory of any failure in that regard? Would you still believe that it's not possible?*
- *If you didn't believe something was impossible, wouldn't you approach it with curiosity and confidence?*
- *How do you know that your past happened exactly as you remember it?*
- *How do you know that the conclusions you drew from your past were correct?*
- *What if it were possible to travel back into your past, look at your memories again and interpret them more constructively, more intelligently? Interpret them in such a way that you draw different conclusions about yourself and your life? Would that have a positive effect on your present and your future?*
- *You have solved many problems today for which you had no solution in the past. Doesn't that mean that you worried for nothing back then?*
- *And doesn't it also mean that you were wrong back then when you believed it wasn't possible?*
- *Wouldn't it have been fantastic if you could have sent yourself a message from the future back then?*
- *Do you realize that you will find the solution to every currently unsolved problem in your future if you allow yourself to do so now?*
- *So does it make sense to worry today?*
- *Does it make sense to believe that you can't do something?*
- *If there was a way to talk to the best version of your future, would you want to use it?*



The process of elevation helps you to leave the old time paradigm in your mind and let the future inspire and guide you here and now.

Myth 2: You are your body

Let's dissect the second paradigm with the curiosity of a researcher. When you look in the mirror, what do you see? Do you see yourself or your body? Your honest answer to this question makes a remarkable difference. In the first case, you believe your body

in the first, in the second you believe you *have* your body. We can experience our lives on two completely different levels. Your conviction about your identity determines which one. The belief that you *are* your body inevitably leads to an obsessive preoccupation with your meatball - as I like to call the marvel of our body with a wink. You will invest a lot of your creative energy in avoiding wrinkles and fighting love handles instead of in joy and innovation. You will take it personally when others don't like your body. Pain, illness and ageing become your enemies. The biggest narcissistic insult, however, is death. Because no matter how obsessively you optimize your body, it will eventually crumble to dust.

The belief that you *have* a body does not rid you of the Responsibility to take good care of your body. Because as long as you have it, the quality of your experiences is of course closely linked to its well-being. But you probably take a more relaxed approach. Wrinkles are not a disgrace, but an expression of your life experiences. You are more interested in observing the change in your physical form over time. You will put less energy into avoiding the inevitable and focus more on the question: If I *have* a body but *am* not my body, who am I?

I am not trying to convince you of any truth. But I would like to encourage you not to believe just anything, but to courageously set out in search of your answer. Please think about the following questions for a moment:

Reflection

What do you believe about this topic? Are you just your body? If so, how do you know that you are just your body? Can you be absolutely sure that you are only your body? How do you know (for sure) what happens after death?

I find it absolutely astonishing that we invest gigantic sums of money, enormous amounts of time and energy in the development of new technologies, but pay so little attention to the truly existential questions: Who are we? What is consciousness? What happens after death?

We still do not have a universally valid definition of consciousness. We do not know where exactly the separation between body and mind lies. To this day, there is no clear, generally recognized scientific proof of continued existence after death. But neither is there proof that everything ends with the last breath. I described this in *Genesis*,

why, based on some extraordinary experiences for me, I deeply believe in the existence of a consciousness that uses the body and transcends it at the same time. I would most likely classify myself as an agnostic. I try to live in such a way that I will not regret my decisions if death is the grand finale or just another stage.

Why am I addressing this topic here? It is difficult or even impossible to co-create with other living beings if you identify with your own flesh. The resulting egocentrism ("Here *I* am and there is everything else.") almost inevitably leads to a mental and emotional attitude of caution ("Are you dangerous for *me*?") and neediness ("How can *I* use you for *myself*?"). In addition, by focusing excessively on the physical level of existence, we block the channel of our intuition.

Of course, you don't have to believe in your existence as a consciousness for co-creation to work. But it is beneficial to simply pretend that you do. Please engage hypothetically in the following mind game: Imagine that you are not a body with consciousness, but consciousness with a body. I would like to offer you a simple map for this. Of course, it does not reflect the actual vastness and complexity of your consciousness. This is not even possible in the context of our language. See it only as an approximate aid to understanding the process of elevation. Imagine your consciousness as a huge, almost unlimited energy field. There is a small iceberg floating in it - your ego consciousness. This part has taken on the task of keeping your body as safe as possible. It consists of a tiny tip sticking out of the water - your daily consciousness. These are all the thoughts that go through your head when you are awake. The daytime consciousness only perceives a very limited section of the reality surrounding you and reacts relatively slowly. It is therefore unable to guide you safely through the complex adventure of life. You sometimes notice its excessive demands when you try to consciously remember many new things at once, or when you have to react quickly to a difficult challenge. For such situations, you need a much stronger and faster computer - your subconscious. This is the larger part of the iceberg that is under water. This is where all your experiences and beliefs are stored. This is where all your bodily functions are controlled and most of your decisions are made. Up to this point, most psychologists would hopefully agree with this metaphor, albeit a cheekily simplified one.

However, the ego exists in a much larger space of consciousness - our aforementioned self, our soul. When we are here with our perception, we still experience ourselves as an individual, but infinitely freer, wider and more complete than in the ego. The self is no longer bound by time and space. It can expand freely. It has access to the collective

Consciousness, a much larger space of consciousness. In our image, this would be the great, unlimited ocean. This is where all of humanity's experiences and thoughts are stored, as well as archetypes and symbols that recur in all cultures and societies.

C. G. Jung assumed that the collective consciousness is expressed in the course of history and culture through myths, legends, religions and artistic forms of expression such as painting, music and literature. This could explain ...

- how similar inventions are being made at the same time by independent scientists.
- how new trends and perspectives are suddenly gaining ground around the world.
- why we dream about the death of a loved one and find out the next day that something has happened to them.
- why we sometimes experience archetypal symbols or situations in our dreams or in shamanic rituals without knowing about them beforehand.

Now think a little further and imagine that this collective consciousness of humanity is in turn embedded in a cosmic field of consciousness in which all the information of the entire cosmos is contained, and - attention, we are now doing a mental somersault! - not only from the past, but also from possible futures. Now assume that you have an inner antenna for this cosmic database and can tap into it at any time in dreams, meditations and co-creative settings. Do you have any idea of the far-reaching, breathtaking implications?

I am aware that I am taking you on quite a tour de force through very different topics. But if we want to open ourselves up to co-creation in all its dimensions, we have to be prepared to question old perspectives. Co-creation is pioneering work. Because none of this can be proven today. At the same time, there is no scientific proof to the contrary. Co-creation means having the courage to be guided not only by reason, but also by intuition. Most people I talk to about these issues confirm that they have already had experiences that transcend form and time. The findings of quantum physics confirm that it is much more logical to assume that all information is stored in a large quantum field and that we can tap into it than to claim the opposite.²⁹ Even if you only believe in your physical existence, it makes sense to consider that your seemingly solid body consists of 99.99 percent empty space and, at the smallest level, of quanta that are constantly changing between form and wave character. To put this into perspective: If we were to enlarge an atom of your body to the size of a soccer stadium, the nucleus would be about the size of a grain of sand in the middle, while the electrons would circle like tiny dots in the stands. Most of the atom's volume would be empty space between the nucleus and the electrons.

Nothing in this universe is as it appears to us humans at first glance. And definitely nothing in this universe is really separate from anything else. Everything is interconnected. You, too, are connected to every piece of information in this universe on levels that you may not yet be aware of. Of course, our antennae are still only rudimentarily developed for accessing this field of knowledge. How could it be otherwise? Our strongly materialistic and body-centered view has so far prevented us from investing in the exploration and refinement of this sixth sense. But to insist on our limited perception of isolation is comparable to our great-grandparents refusing to use the internet for their questions, instead referring to the knowledge they learned in school 80 years ago.



Co-creation unfolds its full magic when everyone involved at least pretends to have a sixth sense and practises using it during the encounter.

So here's an invitation: in the co-creation circles that I will introduce to you in Part IV, assume, at least playfully, that ...

- time is not linear and it is possible to correspond with the future,
- you can relax your ego and access the collective consciousness through your free self and download valuable information from here, and
- the people you co-create with and you are one on a deeper level. One wave of the ocean talks to another wave. On the surface you are individually very different. In the depths, you are the same ocean.

If you and your companions are highly rational people or are afraid of being laughed at, you don't have to tell anyone about these crazy ideas. Just try it out. Give the playful experiments several weeks. The intuitive channel needs to build up and be trained. If you then notice that the insights you receive are quite valuable, you can create an explanation that suits you.

Otherwise, forget about it and continue elsewhere.

But now we come to the practical question: How do you download collective consciousness and how do you open yourself to the level of connectedness? By tuning your brain to the right frequency.

Think of your brain like a radio receiver

What a magical thing a radio is! All the stations are permanently on the airwaves, but you can only hear the one whose frequency you want.

tune in. The radio is a wonderful analogy for our brain and its various frequencies. Its neurons communicate with each other through chemical and electrical signals. These signals can be measured on the surface of the head with an electroencephalogram (EEG). The measurements show that brain activity takes place in different frequency ranges, from the slower delta frequency (1 to 4 Hertz) to the faster gamma frequency (25 to 100 hertz). Our brain is never at just one frequency, but one range is usually particularly dominant.

The exciting thing is that each brain frequency is associated with a certain state of consciousness and different mental abilities.

The beta range (12 to 30 Hertz) focuses us. It promotes logical, linear thinking and helps us to implement things in a targeted manner. As we are a very performance-oriented society, it is not surprising that most people spend most of the day in beta. The problem with this is the resulting tunnel vision. Beta keeps us stuck in our rather strained, individual daytime consciousness. Intuitive insights or creative breakthroughs are not to be expected here.

For this we need alpha (8 to 12 hertz). We activate this frequency through play, dance, visualization and humour. It relaxes our ego, opens us up to the genius of our subconscious and allows us to associate freely. As we believe more is possible in Alpha and think more flexibly, we can also experience access to the collective consciousness here. You've probably heard one of those stories where famous scientists spent weeks thinking hard (beta) about a problem and then suddenly found the solution in the shower, in front of the fireplace or in the forest. We can use the focus of beta to place a question in our subconscious via our daytime consciousness. But then we have to let go by either not thinking about it at all or allowing ourselves to associate playfully. An additional positive effect of alpha is the release of neurotransmitters that trigger joy.

The gateway to our subconscious and to the collective Consciousness goes even further in theta (4 to 8 hertz). We stimulate this through silent and guided meditation, for example. Figuratively speaking: The ego relaxes in theta, enabling a free correspondence between self, subconscious and collective consciousness. We are very open to deep and healing insights here. Ingenious, groundbreaking visions, often interwoven with archetypal images, come from here. Trauma therapy works a lot on the theta level. The more experienced we are in meditation, the easier it will be for us to immerse ourselves in theta during the day. Incidentally, we all go through theta at least twice a day. Namely when we fall asleep and our consciousness first sinks from beta to alpha and then via theta into the silent delta and when we slowly emerge again in the morning. So here's a valuable tip: keep a diary by your bed. Engage your subconscious in

the last few minutes of winding down with an assignment, for example an important question. If possible, try to wake up without an alarm clock. Lie in a doze for ten minutes longer and observe your thoughts and feelings. Then write everything down, even if it doesn't make sense at first. After a while, your subconscious will learn to use these times to teach you. Incidentally, this is how I received the key vision of the burning throne that ultimately led to *Genesis*, the first book in this trilogy.

This allows you to specifically stimulate alpha and theta waves in your brain:

Exercise: How to stimulate alpha

Whenever we relax and allow the mind to associate freely, alpha usually sets in quickly. The following techniques can help with this. It is important to note that individual responses to these techniques may vary. It may take some practice and experimentation to find out which methods are most effective for you. Experience shows: The more often everyone involved visits the alpha state, the easier it will be for you in the group too.

Meditation: A regular meditation practice can help to calm the mind and promote the creation of alpha waves. Focused attention meditation (on specific objects such as a candle), mindfulness meditation or guided meditation (see the homodea meditation app >) can help to achieve the alpha state.

Relaxation techniques: Relaxation methods such as progressive muscle relaxation, autogenic training or breathing exercises can help to relax the body and put the mind in a state of increased alpha wave activity.

Music and sound: Listening to soothing music or sounds specifically designed to stimulate alpha waves can help calm the mind and promote the alpha state. There is special alpha wave music or sound vibrations that can be used to guide the mind into the desired frequency range. But even dancing to your favorite music can stimulate alpha.

Visualization and imagination: Consciously visualizing or imagining relaxing scenarios, such as a serene beach, a peaceful nature setting or your shared vision, can help stimulate alpha waves. Sharing playful associations ("If you were an animal, which one would you be and why?"), humor and group games of any kind can also put you in the alpha state.

Exercise: How to stimulate theta

As theta leads to very deep relaxation, a protected space in which you are undisturbed is important here. If you are performing the following techniques in a group, it is also very important to trust each other. People who have just emerged from theta usually want to be quiet for a while. Respect that.

Meditation: Certain forms of meditation, such as theta meditation or theta wave meditation, aim to put the mind in a theta state. This

Meditation techniques often use visualizations, repetitive mantras or certain breathing techniques to direct brainwave activity into the theta range. You can find one of these meditations on our homodea meditation app >.

Sound vibrations and music: There are special sound recordings and pieces of music that aim to stimulate theta waves in the brain. These can use binaural beats, where different frequencies are sent to each ear to create a resonance in the brain and stimulate the production of theta waves. You can also find such sounds in our app.

Hypnosis: Theta waves often increase in a hypnotic state. By having a qualified hypnotherapist put you into a state of trance or hypnotic relaxation, you can direct brainwave activity into the theta range.

Deep breathing and relaxation techniques: Deep breathing, progressive muscle relaxation, autogenic training or other relaxation techniques can be used to put the body in a relaxed state and thus increase the likelihood of theta waves occurring.

Experiencing nature: Spending time in a natural environment such as a forest, by the sea or in the mountains can help to put the mind in a relaxed state and encourage the production of theta waves. The sights, sounds and atmosphere of nature can support the theta state.

Trance dance: I really appreciate the ancient technique of trance dance. In fact, I like to use trance dance in our teams in order to be able to travel quickly and deeply into the intuitive space. This requires good preparation and professional guidance.

Hopefully your mind is now stretched. The linear time paradigm is wavering and you are ready - at least on a playful level - to see yourself and your counterpart as mental fields rather than fixed forms. You are ready for concrete experiments in co-creation.

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Co-Creation

THE CO-CREATION CIRCLES

Thesis: Even though co-creation is a natural life force, it loves to be consciously invited. For thousands of years, people have come together in circles to synchronize their consciousness and tune into specific themes or energies. With the right setting, we can transform any everyday encounter into a co-creative happening.

CO-CREATION CIRCLE TO CLARIFY AND DEEPEN THE RELATIONSHIP

Thesis: Relationships are the coming together of highly complex beings and different histories. Friction and conflict are natural. If we ignore them, they gain power. If we consciously acknowledge them and explore them with curiosity, we keep the relationship fresh and strong and everyone involved matures.

The aim of these co-creation circles is to create a space in which withheld truths can be communicated and all participants can show themselves authentically in order to get to know each other more deeply. The book *Liebe macht stark - Von der Abhängigkeit zur engagierten Partnerschaft* by Gay and Kathlyn Hendricks (Goldmann Verlag, 2004) is for me one of the best relationship books I have ever read. It contains many simple exercises to create more trust and vitality in your relationships.

The following exercises are suitable for co-creation circles to clarify and deepen the relationship:

- The "hot seat" exercise (>) helps you to get to know each other better.
- Take another look at the iceberg model (>) to understand yourself at a deeper level of need.
- With the help of the exercise "Express yourself fully" (>) you will learn to be visible.
- The exercise "I want ..." (>), helps you to learn to show the other person your clear intention.
- The "Radically honest" exercise is very powerful and requires adherence to clear rules. It works wonders if you as a couple or team feel that the mood is blocked because not everything is being communicated honestly. You can find the instructions in the online area
(see appendix >).

Exercise: "Tell me something true about yourself"

The truthfulness exercise is recommended if you already have a basic level of trust. Sit opposite each other in pairs and set a timer for five minutes. Determine which of you is person A and which is person B. Person A looks person B calmly in the eye and then says in a friendly manner: "Tell me something truthful about yourself." Person B maintains eye contact (this is very important because it means we can't make up bullshit) and speaks truthfully about what's on their mind. Person B does not comment in agreement or judgment, but holds the space with a calm presence and listens with their heart. However, if person B senses that person A is no longer speaking authentically but is getting lost in stories and concepts, they lovingly repeat the request: "Tell me something truthful about yourself." After five minutes, the roles are switched. At the end, you take time to talk again about how you experienced the exercise.

CO-CREATION-CIRCLE TO SUPPORT EACH OTHER IN THE REALIZATION OF GOALS

Thesis: One of the most beautiful functions of a living relationship is to support each other in achieving your heart's goals.

This is certainly one of the most common and effective formats of co-creation circles, so I'll go into it in a little more depth. The principle of surrounding yourself with creative, like-minded people has been used for thousands of years. We find highly effective teams dedicated to a cause in many legends, for example in the Arthurian legend and the Knights of the Round Table. In politics, business and science, it is completely natural to meet for brainstorming on specific topics and tasks.

In his Laws of Success, Napoleon Hill devoted an entire chapter to the need for such teams. Hill wrote that a team is the essential prerequisite for long-term success and that it provides direct access to the ideas, talents, resources or skills we need to achieve our goals and lead the life we really want.³⁰ An appropriate co-creation circle gives you immediate access to an almost unlimited pool of resources, knowledge, experience, talents and contacts - more than you can ever use. For this co-creation circle, I recommend a size of three to a maximum of eight people. Regular meetings at least once a month are important. Each team member should be mentally supported by the other members.

and emotional support. In other words: When another person is speaking, give them your full attention. Don't be preoccupied inwardly with other issues, but devote your ideas, your encouragement and your compassion to the other person.

I would like to show you an example of what such a co-creation circle could look like: Someone wants a new house. The others take the time to empathize with this wish. Perhaps they express themselves as follows: "I can well imagine you pulling up in front of your magnificent house. I can clearly see you relaxing in the hot tub on a Sunday afternoon." It's not about paying lip service! It's about connecting for a moment with the other person's desire as intensely as if it were about ourselves. In this way, you engage your creative intelligence to search for a solution for the other person.

Make sure that the meeting is focused and runs "like clockwork". This means that time limits must be reliably adhered to. For example, if you have gathered for a one-hour conference, you should also stop after exactly one hour. If there is still a need for individual participants to have a casual chat, they can simply stay on the line or in the room.

Before you meet for the first time for this co-creation circle, make it clear to yourselves what it is really about. You're not just inviting acquaintances or friends to a coffee party, you're building a powerful field together with your partners that is intended to last. This doesn't mean that everything has to be doggedly serious. Keep it casual and efficient. Your goal is to gain time and energy through regular encounters and to initiate real change.

Use your first conversation to find out what each of you really-really-wants to achieve through your meetings. There are various possibilities:

- You have a common goal.
- You have similar goals (e.g. with regard to business success).
- You use the team to support each team member in their most important goal, even if they come from different areas (e.g. love relationship, money goal).

Here are a few suggestions for the concrete implementation of these co-creation circles:

- **Differences versus similarities.** Don't focus on the differences, but on what you have in common. Of course it's great if everyone likes each other. But if there is one person who pushes all your buttons, keep your focus on what you want and not on what bothers you.
- **Leadership.** Every co-creation circle needs a leader to ensure that everything runs smoothly. This role can also be rotated. The leader coordinates the time and location and prepares the meetings. I

recommend that at the end of the last meeting, the chair of the next meeting is determined. This gives her enough time to prepare.

- **Timekeeper.** Also assign the function of a timekeeper. This person should time the contributions of the individual team members so that everyone gets their due.
- **Preparation.** Make it worth your while to prepare well for every meeting. For example, you can be clear in advance about what topic, wish or question you want to address.
- **Start.** The leader should read out your co-creation circle rules at the beginning to get everyone in the mood. Discuss at the beginning what exactly this meeting will be about. What are your wishes? What topics should be discussed? What open questions should be answered? The clearer you start, the more fulfilling the meeting will be.
- **Check-in.** Each team member talks for one to two minutes about how they are doing.
- **Time for everyone. When it is your turn,** start by briefly listing what has happened for you since the last meeting regarding your topic. Focus on successes and learnings. Then take time to communicate your current problem, question or wish. What do you want to use the group for today? To encourage, to gather good ideas, as a testimony to an important step? After you have spoken, the others are invited to share ideas, impulses and inspiration for your issue with the group for a set period of time.
- **Sequence and time limit.** The manager can call each team member by name or even assign a number to determine who speaks and when. This avoids unnecessary waiting times. The order should be changed each time so that the same person does not always speak first. Determine how much time each of you gets for your request.
- **Recognition.** Everything we recognize becomes more. It is therefore advisable to briefly mention what you liked about this encounter at the end. Recognize the value of this encounter. It makes a difference whether you just think it or say it.
- **Conclusion.** It's nice to summarize the encounter and your experience again at the end. What did you recognize? What did you learn? What intentions did you leave the meeting with? Don't forget to make an appointment for the next time and decide on a leader.
- **Hang out, enjoy, chill out.** When the working part of your meeting is over, announce this officially. This makes it clear to everyone present that there is now room to enjoy, chat and eat. These aspects of a human relationship should not be neglected either. However, it makes sense to keep them clearly separate.

It makes sense to formulate principles for your co-creation circles and read them out loud at the beginning of each meeting. This may seem strange at first, but it's a good reminder.

The following principles are only a suggestion. Modify them to suit your needs.

1. We come together to support each other.
2. I open myself up to this group because I become stronger when others support me.
3. I believe that the combined intelligence of this group generates more wisdom than just my own.
4. I understand that positive results come into my life more quickly when I see my problems and opportunities from the perspective of other people.
5. I know that much more is possible than I think.
6. I choose to trust the potential of our group and am open to new possibilities.
7. I forgive myself for my own mistakes. I also forgive others who have hurt me so that I can arrive in the present and look freely into the future.
8. I ask the group to listen to my goals, dreams and wishes.
9. I relax my ego and open myself to the co-creative wisdom of life. May it inspire and guide us all.
10. I dedicate our meeting to the well-being of all living beings. May our encounter serve the true, the good and the beautiful.
11. I open myself up to success and joy.
12. If it fits: I am ready for a miracle.

CO-CREATION-CIRCLE TO CREATE FROM THE FUTURE

Thesis: The central assumption of co-creation is that the solution to each of our challenges, no matter how big, already exists in the future. It is not a matter of trying hard to reach it, but of receiving it openly.

This form of co-creation circle is the most exciting for me personally, because I believe that we need to travel mentally into the future in order to solve the challenges of the present. I hope that in the chapter "The end of two myths" (>) I have at least succeeded in softening your idea of time. As promised, I will now present you with a step-by-step guide to receiving surprising insights from the future. The process of Elevation is based on the assumption that your consciousness is not limited to your body and that you can rise from the mentally limited frequency of your small, present self, connect with your future, wiser version of yourself and thus receive answers from the possibility space of your future.

Do you have to think about nonlinear time, quantum fields and multiverses? believe? No! Even if you consider the whole process to be just a curious mind game and pretend it is, it will still leave you

think more creatively and boldly. If you are coming together for the first time for this process of elevation, I recommend you start with a smaller, less important topic. This way you won't overload your first attempt with too many expectations. You can gain your first sense of achievement and then, strengthened in confidence, devote yourselves to higher questions.

Step 1: Arrive in your presence

Most meetings are inefficient and frustrating because the participants stumble in unprepared. Although they are physically present, they are not fully present mentally. We dance at a thousand weddings. Until shortly before the meeting starts, we are still checking emails, listening to messages and having other conversations. We bring distracting thoughts and feelings into the meeting that have no place here. Our minds are like troubled waters and we waste half the meeting trying to calm them down and get them to focus on the topic at hand.

The only time and place where you can o p e n u p to your future is here and now. We need to free ourselves from memories of our past (including the last few hours) and our worries about the future. Therefore, find a way for yourself to slow down and arrive in the present before you enter the meeting room. Perhaps go for a walk or sit down in a quiet place. Take time to sort out your thoughts and feelings and feel yourself. The following questions can help you do this:

- *What have you already experienced today?*
- *What is on your mind?*
- *What are you feeling?*
- *How does your body feel?*
- *What thoughts are going through your mind about the meeting?*

If you find it difficult to concentrate on yourself and the present moment, use the short, guided meditation "Arrive in the present", which I have made available to you online. I recommend not working on anything else for at least 15 minutes before the meeting starts, putting your phone away and calming down. Of course, it's tempting to think: "I could still make good use of this time." But believe me, you will save so much time. Because when everyone involved is well attuned, co-creation circles run much more efficiently and the results are more groundbreaking and sustainable. See this preparation phase as an act of respect for your common cause.

Also appoint someone to prepare the setting for the co-creation circle: a cozy round of seats, good lighting, a bouquet of flowers, a small treat for each seat, a candle, meditative music, why not even a seductive scent ... Little things like these can help you to get into the mood quickly and joyfully.

Step 2: Synchronize your presence

This step is about building a shared experience of the present: You have come together and are now bringing all of your awareness into the here and now. Our judgmental mind has a hard time opening to new experiences. It has a history with the other people who are with us at this moment. It thinks it knows who the others are and what is possible with them. Especially if there has already been disappointment and frustration in the past of your relationship, these memories can block the reception of new possibilities. We therefore start by looking for a mindset that is called beginner's mind in Buddhism. This is characterized by openness and curiosity; one is free of prejudices. It is about resetting the mind to the beginning, so to speak, so that it is ready to have new experiences without being influenced by preconceptions or preconceived ideas.

This attitude makes it possible to experience the present moment with fresh attention and an unbiased mind.

What it takes is the attitude of everyone involved to come here into the moment with their whole presence and to embrace the idea that you are essentially starting anew today. The past is the past. Today is a new start. Your memories are memories of what was possible until yesterday. They say nothing about what can be today. Your ideas about the other person and yourselves never express the complete truth. Each of you is still full of surprises. Are you ready to be amazed and rediscover yourselves?

There are various ways to synchronize:

- If your group is not too large, we recommend a short check-in round before flying in. Everyone talks about their current perception for a maximum of two minutes: *What thoughts are running through my head? What do I feel in my body? What emotions am I feeling? What do I want for our meeting today?*
- For larger groups, a short, guided check-in that takes everyone inside for a few minutes works well. You can play the template "Arriving in the present" from the online area (see appendix >) or one person can speak it out loud. You can then conclude this check-in with a quick round in which everyone says just one sentence, such as: "My wish for our meeting is ..." "If everything were possible, I wish for our meeting ..." "I'm here now and I'm getting fully involved."
- You can give a surprising question that everyone present talks about briefly. For example: "If I had one wish, I would wish for ..." "If I could use all the posters in the world for a message for one week, it would be ..."
- One of you summarizes the results of the last meeting and gets the group in the right mood.

- An effective, albeit intimate method, and therefore particularly suitable for couples and good friends, is to look each other in the eye silently for two to five minutes, allowing the breath to flow as gently as possible and becoming more and more involved in this non-verbal contact.

Step 3: Ensure a quiet mind

This step involves relaxing the ego and its needs, arriving in an open, non-knowing state and consciously opening up to your intuitive channel. Meditation professionals can immerse themselves in the inner, silent space with their eyes closed. However, it also works to use the guided meditation "Silent Mind". You can find it in the online area (see appendix >).

Step 4: Tune in

Now is the time to focus your spiritual strength by tuning into your common purpose. This step consists of three sub-steps.

Formulate your request

This is about formulating your request: *What exactly is our question? What challenge are we looking for a solution to? On which topic do we want to take a look into the future?* Take a few moments to find a consensus. If you have already discussed your intention in advance, you can read it out again now.

Asks for guidance

Combine your request with calling on your intuitive wisdom and opening up to the collective consciousness. I recommend that you find terms that fit your cultural context. Some of my clients invoke the soul, others (with a Christian background) invoke the Holy Spirit. If you are physics-oriented, you may ask for access to the quantum field. For rational people, it may be a request to open up to the collective consciousness. Here are some suggested phrases: "We open our sixth sense to our future." "We activate our inner wisdom to ..." "We ask our higher self for guidance for ..."

"We are playfully opening ourselves up to the possibility of taking a look into the future."

Perhaps you are wondering how such different formulations can have the same effect. This is because we do not (yet) know the exact truth on these deeper dimensions. All concepts (including those in this book) are paraphrases. But if there is our free self and from there access to the collective consciousness, then it is - sorry for the casual expression -

It probably doesn't care what we call *it*. *It's* waiting impatiently for us to finally address it.

Acts for the good of all

This is one of the most significant differences between co-creation and past forms of relationship. We want to receive and manifest solutions that serve the good of all. Therefore, remembering this again will support your cause. An example formulation *could be*: "We come together today to receive a vision for the best possible future in which our company is completely sustainable and at the same time even more successful economically than it is now. We ask our intuition to guide us into this best possible future and to present us with ideas and solutions for the benefit of all living beings." It is important to emphasize that you want to end up in the best *possible future*, because of course there are also versions in the realm of possibilities where everything has gone wrong. The clearer your intention is, the more plausible and clearer the answers will be.

Step 5: Journey into the future

In this step, you will now transport yourself to your desired future. I suggest several variations for this. Please note: Not everyone sees inner images. That is not necessary. The important thing is that you put yourself in this future with as many senses as possible. Perhaps you feel it physically (movement, touch, warmth ...). You may hear sounds (surroundings, conversations ...) or smell scents. It is important that you agree on a target situation in the future. The more specific the details, the better.

Introduce this future situation, for example with the words:
"Today, we are imagining the future of our company, exactly two years from today. We imagine that it is a sunny day when we come together to celebrate the successes that have occurred since we envisioned this future in a co-creation circle exactly two years ago. We are in the best possible version of the future. In these two years, we have implemented key principles of New Work and sustainability. We have optimally adapted our company to the requirements of the times. It has blossomed. We are doing very well in terms of all key figures."

To ensure that receiving this future situation works well, you should first realize that it is not yet important to know how to get there. Come from the point that everything is possible. I will now introduce you to various ways of imagining the future.

Method 1: Questions about the future

Ask yourselves questions about this future during the conversation, such as: *"If everything is possible and we arrive together in this desired future ...*

- *who will we be then?○ how will we feel?*
- *what are we going to do?*
- *under what circumstances will we live then?○ what details will be important?*
- *What advice can our future selves give us?"*

Method 2: A guided meditation

Either you listen together to the meditation "Talk to your future", which I offer you in the online area (see appendix >), or one of you speaks a short guided meditation yourself. This can be very simple, for example: "Close your eyes. Take a few deep breaths. Imagine that as you breathe out, the present and all its limitations fall away from you. Now imagine that your consciousness can travel into our common future as if on a ray of light. In one day ... (This describes the target situation.) It is not important to know how we got there. We will recognize the path later. Today we realize that everything is possible and that this future already exists somewhere out there." Questions about the future can also be asked in meditation.

Method 3: Setting up the future

You may know this method from family constellations. I have adapted it slightly for our purpose. Choose a large room or, if the weather permits, a place outside. Define two areas here. One stands for your present, the other for the future. Mark them with a large sheet of paper on the floor or wall with the words 'present' and 'desired future' respectively.

First, perform your attunement at the place of presence. To do this, connect with your intention and come fully into the here and now. Then switch to the second area. Move there slowly and imagine that you are traveling to your future. When you get there, close your eyes. Perhaps someone will say another attunement, for example: "We have now arrived in our desired future, on a day ... (This describes the destination situation.) It is not important to know how we got there. We will recognize the path later. Today we realize that everything is possible and that this future already exists somewhere out there."

Now everyone goes on reception. You will be surprised how your mood and thoughts change. You can also use this method to ask yourselves questions about the future. Perhaps one person will read out the questions or you have written them down in your notebooks in advance. I recommend that you first take some time for everyone involved to

write down their answers for themselves before you go into the exchange. A practical tip: Have a recording device running so that you can really immerse yourselves fully and don't have to worry about forgetting a brilliant idea. After the exchange, stay "in the future" for a while and playfully describe what you are currently experiencing together in the future. Relax your rational mind. Think intuitively. Unusual ideas are also welcome. It can also be funny.

Finally, you can turn from there to the place of the present once again. Imagine that your younger selves are standing there and you can send them important messages through a wormhole. What should they watch out for? What dangers should they watch out for? What are important milestones? What is the first step from the present towards the future?

Method 4: The future chair

This method is recommended for couples, families and smaller teams. Set up a special chair or armchair in a special place at home or in the office. Do not use this chair as usual, but only when one of you wants to travel into the future. Imagine this: Whenever you sit in this chair, your present limitations fall away from you. You become your older and wiser self. You can receive inspirations and receive advice here. You will be amazed at how much power this place takes on when you truly honor it. If you have more space in your Company, there is no limit to your imagination.

Method 5: Already being in the future

This method is a lot of fun and has a powerful effect. But you need to be prepared to act a little at the beginning. Incidentally, there is a simple psychological explanation for the effectiveness of such games in which you pretend: Our brain can only create what it can imagine. Moreover, it cannot distinguish between real and imagined events. We use this mechanism. As soon as you intensively imagine the future you want with all your senses, your brain has an impressive reference experience and will now - if you give it the go-ahead - look for ways to achieve this goal. So for this method, arrange a meeting or a party or get together for a whole day where you all pretend you are already in your future.

As a couple, you can do this at a love dinner, for example. To do this, you arrange to meet at a very special restaurant. Each of you uses the day alone to get in the mood. Because you are not meeting in your current version, but are 20 years older. You have matured during this time. Your love has deepened. You are living in your dream place. You come together to celebrate the "past" 20 years. When you meet up then

This game will feel strange for the first few minutes because your brains will rebel against it. Go for it. Eventually you'll slip into that possibility and you'll feel it. It's almost a little scary because it can feel really real and very inspiring. Talk playfully and gratefully about how everything has changed for the better in these 20 years. Celebrate your relationship. Dream up special situations that might have happened during that time. Tell each other how you have experienced the blossoming of the other person. List all the things you are grateful for. Don't forget to send a message to your 20 years younger self. Maybe even write it down.

As a company or group of friends, you can get together for a future party. The motto could be , for example:

"We come together as our three-year-old selves and celebrate the brilliant successes of our company." Or: "We all come together as the best, most successful version of ourselves in ... years." Encourage people to really go all out. Invite others to come as their future selves. Invite them to be creative.

How would they dress? What have they achieved by then and how could they signal this at the party? Here are some suggestions from our future parties:

- As a future author, you can make a book dummy. ○ You can prepare business cards with your future top position or your self-employment.
- You can create account statements with your desired amount in your account.
- You can create a cover for the world's leading newspapers to report on you.
- As an athlete, you can buy yourself a trophy to show off all the competitions you've won.
- If you wish you were rich, you can stick luxury travel destinations and status symbols from magazines in a "photo album" and show how well off you are and all the things you have already experienced.

These are just a few suggestions to give you an idea. As I said, really let off steam! Come together to celebrate all the individual and collective successes in the future.

Act as if you have already arrived there. Talk about it like that. So not "I will ...", but "I am ...". Tell each other how you feel, what you see, be it for you, for the relationship, your friendship or for the company. Celebrate the future!

Step 6: Receive

If you have arrived in the future by whatever means, be sure to take enough time for the reception.

Take your time to look around in the future (with your eyes closed) and now ask the real question you came here to ask: *What can we see? What details do we notice? What images or ideas reveal themselves to us? How do we feel? What does the*

future about how we can achieve our goal? Each of you can ask these questions silently to yourselves or one person can read them out loud with enough pauses to receive them.

Everyone receives for themselves first.



It is important not to block your reception with fixed expectations. You may not see visions, but you may feel strong emotions. These are also energetic messages.

Feelings often bring insights in the aftermath. Sometimes the future comes to us with dream-like images that we don't immediately understand. Some ideas may seem crazy or silly to you. Remember: it's the future, which means you can see things that don't yet make sense to your present self. You may want to write down the strongest inspirations. I would like to share a personal example.

More than 25 years ago, Andrea and I were traveling with a good friend from Panama. Prajna is a remarkable, wild and at the same time wise woman. Although we had very different backgrounds and characters and sometimes clashed with our thick skulls, we liked and appreciated each other very much. She sometimes received uncontrolled visions from the future. I was and still am very skeptical and curious at the same time. As I was at a professional crossroads at the time and didn't know what to do next, I asked her, more or less as a joke, to 'tap into' my future too. Nothing happened for a long time, but one morning at breakfast she was upset and told me about a vision she had received for me. She had seen me in front of a dark box with a small screen. It was connected to a large antenna on the roof. I spoke into the box and in the meantime there were people sitting all over the place. I had many people around the world in front of a screen listening to me. You have to know: At that time, I was working 100% live in seminars and coaching sessions. The internet was still in its infancy and there was no such thing as online broadcasts. I was correspondingly disappointed. What nonsense!

Many years later, I remembered that morning. I was standing in our video studio in Baden-Baden. I was talking into a small black box, the camera, and thousands of people were watching at the other end.

I have experienced such bridges through space and time more than once. They leave me with some existential questions, as you can imagine. But above all, I learn from these experiences to remain open and receptive. So even if you don't yet understand the images that are given to you, let them work.

Step 7: Summarize all your results together again

During this phase, continue to feel that you are already in the future and talk about what you see and feel. Start talking about it, even if it is unusual.

Relax your small, limited self and speak from your soul. Act as if you could speak from the future. You can begin your words with:

- "In our best possible future, I see ..."
- "If everything were possible, then ..."
- "If I trusted myself completely, then ..."
- "If I allow myself to think really big, then ..."
- "I have received the following picture ..."
- "I don't know how, but in the future we solved the following problem ..."

Stay relaxed during this phase. Stand up. Move around. Shake your body. Maybe put on a song every now and then. Be like children who dream. Laugh. Be outrageous. Let yourselves off the leash. In this phase it is important that everything is really welcome. Our subconscious and our intuitive channel to the collective consciousness do not work logically or linearly. Some insights will be concrete and practical, others may sound crazy at first. Some ideas, because of their size or disruptive nature, will immediately provoke old beliefs such as: "That's not possible! That's impossible. We can't do that!" It's okay to think these. Just be careful not to say them at this stage. There will be time to integrate doubts later.

Now it's all about dreaming big and bold together. There are no "Yes, but ...!" All ideas are welcome. Write them down on a large flipchart or place them on the floor in your circle.

Stay in a playful thinking space and your thoughts will fertilize each other even further. It may well be that the best ideas only come to you now, when you are thinking big together. The following affirmations help to keep your mind open. You can repeat them over and over again or even write them in large letters on a wall:

- Nothing is too good to be true.
- There is still so much more possible than we believe today. ○ Every revolution of mankind began with a single one, crazy idea.
- We don't need to know the way there today.
- We never know enough to be able to afford the luxury of pessimism.
- The solution to every open question already exists.
- There is always a version of the future that makes us all happy.
- Today is never our end, but always the beginning.

Don't accept "That's not possible." Refrain from judgments such as: "That's a stupid idea." Refrain from power struggles such as: "My idea is better than yours." Make sure that not only the loud extroverts have their say. It is often the quiet ones who come up with surprising ideas. Make sure that all ideas are recorded. Either someone takes notes or you record everything.

Step 8: Sort out the ideas and integrate them

After the dreamy reception phase, it's now time to sift out and concretize. You can either take a short break or come together again on one of the following days. In this phase, you take a more sober look at your harvest. You ask yourselves together: *What of it still affects us strongly? What of it seems essential to us? What feels like a hot lead?* Once you have agreed on this extract, you formulate it once again as a vision: "In two years' time, we will ..."

Now it's time to activate another phase of the creative cycle: implementation. But don't forget to celebrate and be grateful. We are so conditioned to do and achieve that we often fail to see how precious dreams and the inspirations associated with them are. It is not a matter of course when people spiritually soar together into their possible future. You are giving yourselves a valuable gift. If you then also come back with a rich harvest of visions, this is a reason to celebrate! Take time to express your gratitude. Appreciate this special stage. Even if you still have many unanswered questions, the first step has been taken. And one day you will look back on this day and say: "That's when it all began!"

CO-CREATION CIRCLE OF ACTION

Thesis: Co-creation is a birth chamber for new possibilities. For this birth to take place, a complete cycle of creation is needed. We must be ready to bring our vision into the world through daily action. Welcome to the creation phase of *action*.

People often dream, argue and discuss in meetings or conversations. In the end, everyone's head is spinning and nothing changes. This is frustrating in the long run because everyone involved feels that their precious time is being wasted. To make co-creation a completely fulfilling experience, you need to bring your dreams to life. To do this, you need to consciously go through the *act of creation* phase. This does not only consist of actions. It starts beforehand, with breaking down your visions into essential cornerstones, clear milestones, concrete strategies and next steps.

It can be exhilarating to use elevation to travel into the future and talk about how everything will be. Remember: visions release dopamine. That's what our brain likes. What it doesn't like is the question: "How do we actually get started?" It is therefore immensely important not to jump up enthusiastically at the end of an inspiring meeting without having agreed on evaluable next steps. There's a good chance that the hot trail of your great ideas will have cooled after 72 hours of doing nothing. Prevent this from happening. What you need now is momentum!

Establish a fixed manifestation routine. This could look like this, for example:

- You come together once or twice a year for a detailed elevation process. The best way to start it is by reviewing the last cycle. Then you travel into your future and receive images and insights. Summarize your insights.
- You then refine or update your grand vision. ○ You set one or two strong power goals.
- You also set smaller milestones.
- You formulate even smaller milestones, i.e. you now meet weekly or fortnightly in a sprint rhythm. There is a correction round after each sprint.
- Finally, you discuss the immediate next steps. ○ After six months or a year, everything starts all over again.

Let's take a closer look at this.

The vision

The first step is to summarize the main results of your meeting: *What are the most important findings? What are the best ideas? What are the strongest wishes?* If you have done future work in your meeting, it is important to sift through all the impressions you have received and formulate a coherent vision. This can be done immediately afterwards or, if you need a break, in the next meeting. Here are a few tips for formulating a vision:

- It is formulated in the present tense, for example: "We are ..." and not: "We will ..."
- It is formulated positively, for example: "We are happy" and not: "We no longer suffer."
- It contains an approximate or precise time horizon: "In three years we will be ..." or: "On 12.12.2030 we will have ..."
- It contains elements of having: "We have a house" or: "Our sales figures are ..."
- It contains elements of doing: "We make ...".
- It contains elements of being: "We are happy. We are the most successful company in the ..."
- It should contain all the essential information about your future trips.

- It should also address your "what for". Why is this important to you? What is your mission? What are you passionate about?
- It should also contain words that touch you emotionally and speak to your values.

The power target

In order to move powerfully from the present towards your goal, we recommend working with a large power goal. It should fulfill the following characteristics:

- The goal inspires you all.
- It is in the present, positive and emotionally fulfilling.
- If you look from here in the direction of your grand vision, then the power goal is logically on this path. It is a good milestone that will take you a long way forward.
- It should be far outside your comfort zone in terms of size. To achieve it, you would all have to rise above yourselves. At the same time, achieving it would prove to you that you are a strong team and that much more is possible for you than you previously thought.
- On the other hand, the power goal must not be so far away from your current possibilities that its size frightens you and you do not believe that it is possible.
- It can be manifested in three to twelve months.
- You define the exact criteria by which you can measure when it has been fulfilled.
- You set an exact date for its fulfillment.

You need a 100% clear consensus for this power goal. You must all support it with heart and mind. This goal is the practical test for the creative power of your co-creation.

- It will get you moving. ○ It will bundle your strengths.
- It will make you grow beyond yourselves.
- If you achieve it, it will give you an enormous boost of strength for every further goal.

Sometimes one power goal on the way to the vision is enough to get everything moving. But if it's a very big vision, it might be three power goals or even five.

The milestones

In the next step, it is important to break down the power goal. We have already talked about the three basic powers of our mind: the dreaming part, the realistic part and the realizing part. For the process of elevation, we have kindly asked our realist and the realizer to hold back. Now it's their turn. They need a realistic strategy so that they can get started. So that the realist can give the implementer his final

Go, he must recognize clearly defined, reasonable stages. It is therefore important to set milestones that meet three criteria: They are achievable within a manageable time horizon, they are feasible in terms of the resources you have available and they are meaningful, meaning they bring you significantly closer to your power goal and the big vision.

However, milestones are still not granular enough.

The sprint goals

If you want to implement quickly and effectively, I recommend breaking down the larger stages into sprint goals. Here is a description from my manifestation planner *Zukunftswerk*: "In agile project management, we find the sprint as an important component of the so-called Scrum method. Despite its origins in software development, Scrum is also becoming increasingly popular in other areas. A sprint describes a short unit of time in which you focus on implementing a previously defined interim goal.

Long-term plans often prove to be too rigid. So much can change globally and personally in just one month these days. We have to learn to swim with the fast-moving current and keep our course fresh. Sprints allow us to do just that and also mean that we don't have to think about everything all the time. We can concentrate on a manageable stage and enjoy the journey more. A sprint lasts either a week or two. It consists of three sections: planning, daily check and review.

At the start of a sprint, you remind yourself of your big vision and your current power goal. You define the sprint goals that are realistically achievable over the next two weeks. If possible, do not make any changes to your plan during the sprint so that you can implement it in peace. At the end of a sprint, celebrate your successes, correct the course if necessary (correction phase!) and set the next goals. You will be amazed at what you can achieve within a year using this method. "[31](#)

In addition, it is of course important that the tasks are clearly distributed. This determines who is primarily responsible for which sprint goal.

The next steps

Before you part, think about it: What are the concrete next steps?

Formulate them in as much detail as possible. Set an implementation date and at least one person responsible.

Also consider: What is the logical request for your next meeting? Who is preparing it? When will it take place?

CO-CREATION CIRCLE OF CORRECTION

Thesis: As soon as you go into action, you will create results. To ensure that these serve you and your cause, the phase of correction is necessary. It is the most underestimated stage of the creative cycle.

The central corrective questions are always the same, albeit with variations:

- *What have we achieved?*
- *What have we recognized?*
- *What successes are there to celebrate?*
- *What mistakes have we made? ○ What can we learn from them?*
- *How do we make sure they don't happen again?*
- *What should we keep the same because it works well? ○ What do we want to do better?*

Useful correction moments are, for example, after a meeting, at the end of a day, at the end of a sprint or at the end of a project.

If you're in the business world, you're probably familiar with the good old SWOT analysis. I have found that it can also be used well in co-creation circles for the correction phase within larger cycles. The SWOT analysis is a tool for evaluating the strengths, weaknesses, opportunities and threats of a company, relationship or situation. Its purpose is to provide you with a holistic assessment of internal and external factors in order to make well-founded strategic decisions.

Take a sheet of paper. Draw four empty boxes on it as large as possible.

Your strengths

In the top left-hand box, write down all the strengths of your company, your relationship or your project, as well as any favorable circumstances (knowledge, contacts, money, etc.) that already exist and that support your cause. You will now find some helpful questions here:

- *What skills, strengths and experience do we bring to the table?*
- *What advantages do we see for ourselves?*
- *What unique and favorable resources do we have, inside and out?*
- *Where do others see our strengths?*
- *Which existing factors will lead to the success of our cause?*

Your weaknesses

In the top right-hand box, write down all your weaknesses, but also any adverse circumstances that already exist and could sabotage your cause. Here are some helpful questions:

- *Where do you see the weaknesses of your undertaking?*
- *What character traits could stand in your way?* ○ *What do you lack (knowledge, courage, clarity, money ...)?*
- *Where do you think other people see your weaknesses?*
- *What factors or weaknesses could lead to failure?*

Your chances

In the bottom left-hand box, write down all the options and opportunities you see for your request. Here are some helpful questions:

- *What good chances do you see for the fulfillment of your vision?*
- *What other opportunities and positive developments will arise if the vision is fulfilled?*
- *What current developments in the world support your vision?*
- *What developments in your networks and friendships support your vision?*

Your risks

Now write all the risks you see for your power goal in the bottom right-hand box. Here are some helpful questions:

- *What could prevent your concern?*
- *What obstacles or risks stand in the way (internal and external)?* ○ *What is the worst-case scenario that could occur?*

Your conclusion

Then look at the results. What conclusions do you draw from them? What do you need to pay particular attention to? What do you want or need to change? What are you still missing? Create a wish list, for example: "In the area of inner resources, we would like courage, confidence, knowledge ... In the area of outer resources, we would like partners, money, technology ..." Not everything has to be available immediately. Write down ideas on how you can fulfill your wishes.

Conducting a SWOT analysis requires openness, honesty and reflection. It is important that you gather feedback and insights from all stakeholders to get a comprehensive picture. A SWOT analysis should be updated regularly to keep pace with changing conditions. A dynamic approach enables you to identify new opportunities and respond to challenges in good time.

Use the results of the SWOT analysis as a starting point for developing concrete goals, strategies and action plans. Set priorities and don't forget that implementation is just as important as the analysis itself.

CO-CREATION-QUICKIE

Thesis: The more you internalize the central principles of co-creation circles and practice them, the faster you can enter the state of co-creation everywhere.

It doesn't always need an official framework and a whole hour. Here's a co-creation quickie that Andrea and I like to use when we're quickly looking for the best answer to a question.

1. We put everything down, close our eyes and take a few deep breaths to arrive in the present.
2. We define the question (or wish) and write it down on a piece of paper.
3. We allow ourselves not to need to know anything for period X (about the next 30 minutes). We often write this down on a piece of paper as a kind of prayer. It then sounds like this:
"I relax my right mind. I don't need to know the answer to the question. Life (or soul, Holy Spirit, God, higher self ...), I trust you. Please speak to me clearly and guide me."
4. Then we briefly examine whether our creative pipeline is blocked by any doubts or fears. If so, we express them briefly and symbolically hand them over to life. This can sound like this, for example: "I'm afraid of missing out on something if we don't find the best solution straight away." Or like this: "What if I don't understand the message of life?"
5. When all fears and possible obstacles have been voiced, we read through our prayer again and relax into not knowing.
6. Then we go on reception by thinking aloud and completing one of the following sentences: "When I fully trust the voice of life within me, then I receive that ...", "If I knew exactly what to do, then I would ...", "The following image arrives in me ...".
7. We realize that it is important to do this in a playful and relaxed way. The first information is not always the final answer. It's about getting your creative channel flowing. Don't get stressed if your impulses seem to contradict each other at first. Instead, allow yourselves to be touched by it. What does the other person's response do to you? What does it release in you? Think of it like a piece of music. One note leads to the next. Trust that the right answer will feel right for both of you.
8. Then we look for the feeling of joy and relief. It's as if our next move in the

field of possibilities, there is always a variant that feels right for everyone involved.

We love these dialogs and often use them in projects or when traveling. It doesn't always work. Sometimes we can also accept that we won't get an answer yet. However, we usually channel solutions quickly, which are often surprisingly simple and, above all, feel right.

CO-CREATION NEXT LEVEL

Thesis: Co-creation is not a school class that you have completed at some point. It is an art that can be constantly refined and deepened.

This section is aimed at anyone who senses the unlimited possibilities of co-creation and feels the urge to explore them further and further. First, you will learn what resonance means and how you can strengthen it between yourselves. Then you will get to know the twelve triggers that you can use to initiate a group flow. Then you will understand why it is really important to make a conscious commitment to joy. Finally, we will explore together how it is possible to co-create with everything, even with those who don't want to or can't co-create.

THE POWER OF RESONANCE

Thesis: Resonance increases the effectiveness of a relationship exponentially - positively or negatively. Constructive resonance transforms strong 'I's into a strong 'we'. To achieve resonance, we look for the switch.

Have you ever experienced that an important conversation doesn't really start to flow, but instead feels somehow unwieldy or sluggish? You can all feel it, but you don't know why. What is missing in such situations is resonance between the parties involved.

Resonance (from the Latin "echoing") refers to the resonance between two vibrating systems. Well-known examples are the vibration of a tuning fork or the effect of bass on your body when you dance to loud music. Resonances are omnipresent. We find them in musical instruments, buildings and bridges and also in our bodies. Although the effect is sometimes desirable, it can still have a disruptive effect on the overall system. When an army marches in step over a bridge, it can happen that this step causes the bridge to vibrate at a higher amplitude. It is therefore actually possible to cause bridges to collapse. With kids, you may have already experienced how they stir each other up. In social media or forums, destructive mental resonance chambers are sometimes created when people spin dark conspiracy stories with each other.

Constructive resonance fields arise when project teams, sports teams or entire groups of people join together in a positive vision. One example that always fascinates me is our trance dance seminars, where often over 100 people dance in a room for several hours. Everyone wears blindfolds. This means that on a conscious level they know

not from each other. But from the outside, as a DJ, I can clearly observe when a resonance field has formed between the bodies. They dance together in a clearly recognizable harmony without being able to see each other. As soon as someone dances out of their head and falls out of the resonance field, you can wait for that person to bump into someone else. If you would like to delve deeper into this topic, you can find the video "Resonance" in the online area (see appendix >).

So how do you build up a resonance field? First of all, you don't have to be incredibly likeable. A shared concern, respect for the other person and the desire to resonate with each other are enough. Once again: resonance means resonating mentally, emotionally and spiritually with other people. What you need for this is ...

- the inner attitude: "Yes, I want to resonate with you."
- the willingness to open yourself empathically to the other person.
- the willingness to send out clear signals yourself.
- the so-called switch.

We have already spoken at length on [p. 10](#) about the switch and why the ego often has difficulties with it. Weakly developed egos usually resonate easily but without reflection. They fall into the herd instinct and follow the loudest voice. Strong egos like to resist resonance. They attach importance to doing their own thing. Both attitudes prevent the conscious resonance that we need for co-creation. Paradoxically, we need to know exactly who we are and at the same time be able to relax our ego. We therefore need to be in good contact with ourselves, be at peace with ourselves and at the same time be so confident that we don't have to constantly prove ourselves. From this position, we can consciously decide who or what we want to resonate with. As it is difficult to describe the switch, it is easier to approach it from the other side and look at how you prevent it. See if any of the following behavioral patterns that you (usually unconsciously) use to prevent resonance sound familiar to you:

- You are not present, you are inwardly preoccupied with others
Topics or squinting at your cell phone. The solution: To make your time together really worthwhile, leave all other topics aside. Put your cell phone out of sight.
- You don't listen openly, but interrupt your counterpart. The solution: set limited speaking times. When it's not your turn, your job is to reflect the other person's message.
- You respond to the other person's statement with "But...". This little word has a powerful effect on our subconscious. It sends the signal: "I negate what you have said and *counter it* with my message!" The solution: "Yes, and ..." Even better: "Thank you for your valuable contribution. What I would like to add ..."
- You adopt an anti-resonance posture by turning away from the other person, closing your arms or closing your eyes.

twist. The solution: physically turn towards the others. Sit and stand up straight. Keep your arms open. Signal goodwill and openness with your face too.

- You are late or unprepared. The solution: arrive on time. Take enough time before appointments to arrive and get in the mood.
- You feign openness on the outside, but inwardly refuse to receive the reality of others within you. The solution: remember what co-creation is all about. You want to inspire and touch each other.
- You consciously answer on a different channel. The other person speaks quickly and excitedly. You answer calmly and in an extended manner. The other person expresses their emotions. You respond in an emphatically rational manner. The solution: It's fun and produces sensational results if you get involved and respond on the same channel.
- You distort or twist the other person's messages. The other person says: "I'm sad." You reply: "Why are you *depressed*?" The other person says: "I have a real problem." You reply: "Why do you have a problem *again*?" The solution: Listen carefully and use the same wording if possible when referring to the other person's message.

To resonate means that we really get involved with each other. To do this, it is helpful to meet each other not only with your head, but also with your heart. I don't just mean this as a metaphor, but literally. In the following, I will introduce you to one of the best scientifically based resonance methods: heart coherence. The findings associated with this go back to the renowned Heartmath Institute in California and have been confirmed by many studies. In order to keep the book as slim as possible, there is only a brief overview here. If you would like to delve deeper, you can find the detailed video "Power of the Heart" in the online section.

Our heart is not just a muscular pump for our blood. Researchers have found that there are also about 40,000 nerve cells and independently produces neurotransmitters such as oxytocin.³² This is why it is now referred to as the second brain. It has an influence on intuitive and quick decisions and influences the large brain, all other organs and our autonomic nervous system. The vernacular reflects these connections in expressions such as "Something is on my mind", "My heart is broken" or "I'll let you into my heart".

The most relevant finding for the topic of resonance is that the heart has its own magnetic field, the strongest in the entire body. It can be measured over a distance of several meters and influences external magnetic fields and brainwaves. How can we use this phenomenon practically and tangibly in co-creation? By training our heart coherence. This is related to heart rate variability (HRV). With heart rate variability

The ability of your heart to minimally change the frequency of the heartbeat. Even at rest, spontaneous changes occur in the time interval between two heartbeats. The higher the heart rate variability, the more we are in what is known as cardiac coherence. This has been shown to have the following positive aspects:

- It balances our autonomic nervous system. ○ It reduces stress.
- It synchronizes the heart and brain.
- It ensures healthy blood pressure.
- It causes us to consume less energy. ○ It makes us age more slowly.
- It strengthens our immune system. ○ It promotes emotional resilience. ○ It brings us into a state of flow.
- It creates creative brain waves on the alpha and theta frequency. ○ It makes us feel more positive.
- It establishes our compassion.

The important thing for us here is that when we are in a state of heart coherence, we are much more resonant. And how do we get there? One effective way is to strengthen heart coherence for yourself, ideally on a daily basis in a kind of meditation. You can use the meditation "Heart coherence", which I make available to you in the online area. The more often you consciously access heart coherence, the more familiar you will become with this state. You will be able to maintain it in everyday life, even under challenging circumstances. You can use this technique in conversations without telling the other person. You will feel more alert and peaceful and be more empathetic towards the other person. And here's the kicker: after a while, you will notice that others around you relax more. The magnetic field of their heart synchronizes with yours. You will resonate with each other.

If you want to stimulate the resonance of your hearts in your co-creation circles, you can start your meeting by moving into the state of heart coherence together. It may take ten minutes at the beginning. When you are well attuned, five more at most. This may seem strange in a rather conservative business environment, but it's worth it. You will be in tune with each other and relaxed during the conversation. You can find a guided tutorial from me in the online area. The following exercise can also be a good start.

Exercise: Go into resonance

Over the next few days, try - preferably without really thinking about it - to resonate with other people, animals, trees or even objects, both familiar and unfamiliar. Just imagine: Everything vibrates on its very own frequency and you can receive this within you. Open your heart and your body to the other being and see what happens. What do you sense? What do you feel? What images and thoughts come to you? And do the others possibly change their behavior?

THE FLOW OF CO-CREATION

Thesis: The human brain was designed for flow experiences. In a state of flow, it switches into its creative turbo gear. Group flow experiences can be specifically induced at the co-creation level.

Do you sometimes completely lose track of time during a creative or artistic activity or in sport and effortlessly push yourself to peak performance? Then you have probably found yourself in a state of flow. Dancers know it.

Long-distance runners call it the jogger's high. But even in our work, we dive deep into the flow from time to time. What exactly happens here? And why is this experience so pleasant for us? The great godfather of flow research is the psychologist Mihály Csíkszentmihályi. He discovered that our brain switches into a kind of creative turbo gear under special circumstances. In flow, we are highly concentrated and completely absorbed in an activity; our actions are predetermined and merge seamlessly into one another. Nothing else matters except our activity. We experience a high level of energy and happiness resulting from a strong, intrinsic motivation. The activity is so enjoyable that we find it self-rewarding. You know you're in flow when ...

- you focus your consciousness completely on the current activity,
- you feel your ego dissolve (Switch!),
- you have full control over your own actions and at the same time experience that the action simply happens "through you",
- you lose your sense of time, i.e. time seems to stand still or pass very quickly,
- you find the activities very rewarding in themselves,
- you are neither over- nor underchallenged, but rather a balance is struck between your abilities and the challenges,
- you find the activity effortless and have the feeling that everything is flowing,

- you are more creative and efficient than usual.

Flow is an important state for our personal development and well-being. Our brain instinctively searches for this state. This is why it finds extreme sporting achievements, spiritual and religious spaces, certain music settings, drugs and creative tunnel phases (in which we completely immerse ourselves in a project) so fascinating.



For us pioneers of co-creation, it's exciting to know that we can't just experience flow on our own.

You may have experienced a situation like the following: You meet someone at a party. You sit down in front of the door and start talking about topics that excite you both. You forget about the others, the party, the time. At dawn, you happily emerge from your two-person ecstasy.

We experience the most intense flow experiences in pairs or in a small team. But there are also mass flow experiences. Perhaps you have already danced all day and night at a techno party or merged with the others in the fan curve of your soccer team to form a wave. During the 2006 World Cup, many of us experienced a kind of collective flow for weeks in the form of a summer fairytale in Germany. Basically, group flow and resonance are inseparable. Resonance is the basic prerequisite for the extraordinarily productive and pleasant state of flow within a team.

In the group flow, the switch already discussed occurs more easily. We synchronize our thinking, feeling and often also our bodies. We come up with smarter solutions and are much more efficient as a team. Because these phases release pleasant neurotransmitters such as dopamine, serotonin and oxytocin in everyone involved, flow also promotes long-term connection. Our brains simply want to be with the people we hang out with again and again. It is obvious that collective flow experiences occur more easily and more often at the level of co-creation.

What many people do not yet know: We don't have to wait for flow to happen by chance, we can consciously promote it through the so-called flow triggers. The more of the following twelve triggers are activated in your team, the more likely you are to flow together, with the first two triggers forming the basic ingredients for flow.

So that this valuable information doesn't go to waste, I invite you to discuss all twelve triggers in detail with your co-creation buddies. Do you have a common understanding? Where and how are you already living the triggers? Where are they missing? Whenever your group flow enters the

If you come to a standstill, take another look at the twelve triggers. In the online area, you will find a test that will help you to quickly find out what your flow potential and that of your team is like. You will then quickly notice where you are lacking.

It's worth looking into this topic. You don't know what else is possible between you as a couple or team until you have integrated these twelve elements. I have already experienced couples and teams who, with the help of the triggers, have freed themselves from a frustrating impasse and soared to completely new heights together - connected, creative and powerful.

Trigger 1: Complete concentration

It is best to co-create with people who are mindful and focused. Then you already come together at a high level of focus and don't have to do any development work first. It is unlikely that this will be the case in a large company. But you can consciously bring about this state here too. Get into the right mood ten to fifteen minutes before your meeting and do nothing else during this time. Avoid any form of distraction during the meeting. Don't just turn off your cell phones, put them away, preferably in another room. Make sure that you cannot be disturbed by anything. Concentrate on your request.

Trigger 2: Common goal

We have already talked in detail about the importance of a common purpose. Flow requires a high level of intrinsic motivation. You must therefore all be genuinely enthusiastic about your common goal from the inside out.

Trigger 3: Common risk

This is a remarkable trigger. This is because an unequal distribution of obligation and risk often crystallizes in relationships and teams. There are personality types who quickly and naturally reach for responsibility. Others like to wait and see. Some out of insecurity, others out of convenience. In a business context in Germany, it is not easy to build co-creative relationships between superiors and employees. This is because labor law tends to be on the side of employees when serious mistakes are made. This is a good idea, but it gets in the way of group flow if it is mainly the company that has to pay for failed experiments. Discuss this point openly and honestly. What rules can you set up to ensure that everyone benefits from the successful outcome of your venture and that it hurts everyone if it fails?

Trigger 4: Sweet Challenge Zone

Flow states boost our development. A certain amount of stress is healthy and even necessary for this. The challenge you set yourselves together should always be slightly outside your comfort zone of skills and knowledge. If it is too small, your brains will see no reason to switch on the flow turbo: They get bored, frustrated and have trouble focusing. However, if the challenge is too big, you slip from the stimulating growth zone into the blocking terror zone. The result: anxiety, exhaustion, lack of clarity, confusion, paralysis.

Look for the so-called sweet challenge zone for each of you, in which you are focused, balanced and motivated, can think clearly and get into a flow. The sweet challenge zone is individual.



Don't compare yourselves! What is a walk for one is a ride on a fire-breathing dragon for the other.

Share your experiences mindfully and honestly. If you get bored, take on bigger tasks. But there is also no shame in admitting that you and the others have limits.

Trigger 5: Familiarity

We've already talked about this in detail. The more we know about each other and the more our relationship account is filled up, the easier it will be for us to get into the flow with each other. So take every possible opportunity to get to know each other. Be open and curious about each other.

Trigger 6: Relaxed egos

I have already explained this in the Switch section. Flow comes easily between people who know who they are and who can relax within themselves. If one of you becomes tense due to insecurity or stress, don't point the finger at this person. That usually makes things worse. We all get caught up in our ego from time to time. Give this person loving and appreciative feedback. Ideally, the field of your trust should be so strong that you can laugh together (not at each other) about your cute little quirks. Nothing relaxes us faster than a pinch of humor.

Trigger 7: Autonomy

Alongside safety (>), autonomy is one of our basic needs. We feel autonomous when ...

- we have the feeling that we can show ourselves authentically.
- we have co-determined and chosen the prevailing rules.○
- beyond the common rules, we have a lot of freedom to and also make use of it. This applies to issues such as working hours and the workplace, but also to topics that you choose yourself.
- we can contribute our ideas and they fall on fertile ground.
- we can take the lead in areas in which we are competent.

Attention, bosses! That's why it doesn't work to impose co-creation on your team from above. You can only inspire your people by telling them about it enthusiastically. You can *i n v i t e* them to engage with the topics. You can encourage them to open up to the process. But ultimately, everyone has to make their own autonomous choice.

Trigger 8: Equal rights

Equal rights are a hot topic. Because at its core, it means that everyone has the same rights and freedoms. This is also stated in the Basic Law. But the truth is that complete equality has so far only existed as a utopia. Our society is riddled with countless privileges. In *Genesis*, I highlighted in detail how many privileges men still have over women today. In reality, children do not have the same rights as adults. Rich people have completely different freedoms to poor people. Entrepreneurs have different responsibilities, but also different rights than their employees. I could go on like this forever. The more honestly and consciously you co-create with each other, the more you will need to talk about this. I recommend that you don't immediately start with the claim of radical equality. You may well overstretch your project. Let me illustrate the dilemma with two examples.

Imagine you have been an entrepreneur for decades successful company as your life's work. Now you want to introduce co-creative processes in your company. Your employees are enthusiastic and are the first to *d e m a n d* equal rights to co-determination of company goals and equal pay for all. How would you react? I suspect most employers would wave goodbye and bury the idea. I'm not saying it can't work. There are actually numerous revolutionary new approaches to putting companies more and more into the hands of employees.³³ But every company has its own history. The various parties involved need time to

approach. Not every model is suitable for every system. Don't go overboard. Proceed step by step.



The external structures can only change to the extent that all those involved change internally.

A second question that could lead to disagreement is: who decides what? Co-creation should not be confused with a blanket imposition of grassroots democracy. The point is not that everyone automatically has the same voting rights, but that the best solution is found for the benefit of all. So does it make sense for the managers to dictate the recipes for the canteen from now on and for the chefs to dictate the corporate strategy for the coming year?

Probably not. The key word in this tricky subject is competence-based hierarchy.³⁴ Who is the most competent person in each area? This person should take the lead. This does not mean that the voices of others do not count. Everyone should be heard. The managers should be allowed to request favorite dishes from the cooks, and perhaps the janitor or trainee has a brilliant idea for the upcoming product range.

I can also recommend the principle of competence-based hierarchy for private relationships. It saves time, energy and often a lot of money not to have a say in everything out of false pride, but to wisely accept that your partner is simply more talented or experienced in some areas than you are. My strengths lie, for example, in the visionary field or on big stages. Andrea, on the other hand, is miles ahead of me in organization and social interactions. We give each other valuable feedback, but mostly we let the other take the lead in their domain.

Trigger 9: Honesty and authenticity

I have already explained this at length. It is obvious that dishonesty and falsehood prevent flow in a team.

Trigger 10: Attentive listening

Especially if you opt for a competence-based hierarchy at Trigger 8, it is important that you listen carefully to each other. We can more easily let another person take the lead in a certain area if we experience that our feedback is heard openly.

Trigger 11: Open communication

Open communication means talking to each other in an *appreciative* and *solution-oriented way*. Of course, critical feedback is sometimes important, but it has its limits. Firstly, it is based on

past actions and often comes too late. Secondly, it emphasizes the mistake and - if used excessively - can make the recipient feel even more insecure and lead to even greater failure.

In his article, the management expert Marshall Goldsmith "Try Feedforward Instead of Feedback" as a play on words the term "Feedforward".³⁵ As the name suggests, feedforward focuses on the future. It focuses on the solution: *How can I or how can we change my or our behavior in order to complete the task better, faster, easier or simpler?*

Here are a few tips for introducing feedforward:

1. **Wishes instead of criticism.** Instead of talking about what we lacked or didn't like about the other person's behavior, we focus on what we would like to see from them in the future. We express this wish with an attitude of confidence, for example with the words: "I believe you can do it."
2. **Proactivity.** Instead of waiting for others to give us feedback on our actions, we can confidently ask for feedforward: "I have realized that ... did not go well. I would like to do the following task ... even better. How could I do that?"
3. **Change of perspective.** When you give feedback, you put yourself in the shoes of the person receiving it and work with them to find solutions: "You could do ... differently. We could do ... differently."
4. **Future orientation.** Everyone involved focuses on the future and the desired solution. So they don't ask themselves: "What went wrong?", but rather: "How can we ensure that things go better in the future?"

This shift from feedback to feedforward alone will give you a huge development boost.

Trigger 12: "Yes, and ..."

Four letters - so much power: *but*. How do you feel when you have made a point that is important to you and your counterpart opens their answer with "Yes, but ..."? Words are not just words. They are the programming code of our reality. *But* the little word doesn't let any other perspective through and wipes everything the other person just wanted to convey off the table. *But* says:

"I disagree with what you communicated. I didn't really let what you offered me into my inner reality. It's either your point of view or mine. I'm right."

But if we stifle what the others say with one, a group flow will never develop. Either the others resign and remain silent or they start to fight. The alternative is: *Yes, and*.

Yes confirms and appreciates the point of view expressed. *And* builds a bridge. Not only for the other person, but also within yourself. Even if your ego initially rebels against the other idea, with that little word you open a door into your mind and thus the chance for it to touch you. "Thank you for your unusual idea. Very valuable. Yes, *and* I would like to add the following perspective ..." This signals: "I recognize what you have communicated. I allow myself to be touched by it. Our co-creative truth will emerge from the synthesis of your opinion *and* mine."

THE UPPER LIMIT OF YOUR JOY

Thesis: If you consistently apply the principles of co-creation as a team and reinforce them with the flow triggers, you will very likely exceed your unconscious upper limit of joy. That's great, because who among us can't handle even more ecstasy? But be careful not to let the sabotage patterns that may set in here tear everything down again.

You will sometimes feel downright high at the co-creative level. Your brain releases an increased amount of neurotransmitters such as dopamine, serotonin or oxytocin, which can produce feelings of lightness, enthusiasm and ecstasy. Why do I have to warn you about this? Well, there's a good chance that your subconscious has also set an *upper limit of pleasure*.

Observe infants whose basic needs such as warmth, safety and food have been met. They literally vibrate in a silent, luminous ecstasy. Later, as long as they have not yet been brought up according to social criteria, young children initiate dozens of storms of enthusiasm in their brains every day, according to Professor Gerald Hüther.³⁶ They do this with intrinsic motivation. They do not need an external reward or any other valid reason. They follow the trail of joy and learn effortlessly and quickly.

Even more necessary than free, joyful self-expression is their need for connection. They want to belong. That's why kids instinctively adapt to their environment. But what if their most important caregivers (mom and dad) exist at a much lower level of vitality? What if they are often tired, anxious, frustrated or depressed? Then most kids will dim their joy. Because they feel when they exceed the upper limit of joy anchored in their family. They are very much aware of the annoyed looks or comments that put the brakes on.

So they scale themselves down. At first they do it consciously, but at some point, just like adults, they have forgotten what the natural ecstasy of being feels like.

What our parents can't do at home, school can. It is physiologically almost impossible to maintain the high output of happiness hormones while we are forced to sit still for six to eight hours a day, not only physically but also mentally. It is

Sad, because by the end of their school years at the latest, many people have forgotten what it feels like to enjoy life like Peter Pan. During this time, our subconscious has continually lowered the limit of joy to which we are entitled. What is particularly tragic is that we now defend this limit ourselves when we encounter people or situations at a higher frequency of joy: "Come off it. Life is not a pony farm. It's time to grow up."

Once you and your companions have created a field of trust with the help of the principles in this book and you have joined forces in a common cause, co-creation will release those feelings of happiness that have built up deep inside you. That is wonderful. But you should get a feeling for when you are crossing your familiar upper limit of joy. It doesn't have to be, but it can happen that self-sabotage patterns set in. Every living system strives for homeostasis, i.e. balance. No matter how neurotic, mediocre or dull our life is at the moment, it is the familiar comfort zone for our subconscious. It can deal with that. Too much ecstasy is perceived as strange and even threatening. So it uses a few tricks to put us back in our old comfort zone. It took Andrea and I a while to realize that we always started pointless arguments when we were feeling better than average. We were destroying the field of joy, falling back to zero or even below, and now we had to rebuild everything. I have accompanied many thousands of people in expanding their comfort zone and yet I am always amazed at how varied our self-sabotage tricks can be and how real they feel. In order to feel worse again, people create ...

- Migraine attacks or other illnesses,
- Sports or car accidents,
- affairs,
- Shopping sprees,
- Addictions of any kind,○ Binge eating,
- Lack of sleep,
- From arrogance to excessive arrogance,
- Loss of money through gambling or careless spending or lending,
- senseless and massive media consumption.

I'm not trying to scare you, but to promote respect for the upper limit. The actor Denzel Washington once said in an interview: "If the devil ignores you, you've done something wrong. "[37](#) I don't believe in the devil, but I do believe in inner adversarial forces.



No matter how familiar your known level of aliveness feels to you, know that you are very

you are probably capable of much more lightness and ecstasy.

Co-creation will continually reveal new dimensions of joy to you and your companions. This can manifest itself in heavenly enthusiasm, exhilarating success or intimate closeness. So that you do not unconsciously block this opening process, consciously commit to joy again and again. At first, this sounds like a contradiction: joy and commitment, how do they go together? In some phases, you will have to explicitly resist your inner sabotage patterns. You need to get a sense of those times when your system is being stretched and then pay extra attention. Give your brain and nervous system time to adapt. Here's what helps:

- Avoid arguments and other destructive behavior patterns.
- You'd better shut up and move through life more carefully for a while.
- Consciously say out loud that you are opening yourself to more joy.
- Make sure you have fresh air and breathe deeply and gently into your belly.
- Go for a walk, exercise moderately, do yoga. ○ Dance, meditate actively.
- Perform gratitude rituals and recognition rounds. ○ Get enough sleep.
- Treat yourself to massages, take a hot bath, go to the sauna. ○ Eat healthy and delicious food.

After a particularly flowing encounter in which you have taken off together, drunk on ecstasy, you may experience a kind of hangover. The brain has released an above-average amount of happiness neurotransmitters. It has to rebalance itself. Normally, this should not take longer than half a day to a whole day. During this time, you may feel a little empty. You don't feel much like talking and you don't have any particularly clever ideas. I've dealt with couples and teams who were worried that something wasn't right. Don't worry. It will pass. Give yourselves time. Allow yourselves to be silent. Recover actively.

CO-CREATION WITH EVERYTHING

Thesis: When you are ready to completely let go of being right, you automatically find yourself in co-creation with everything.

At the beginning of this book, I told you the basic requirements for two people to be able to co-create with each other at all. Now I say:



You can actually co-create with everyone and everything: a stone, an earthworm, a tree or your (in your eyes) stubborn stepmother.

This may seem like a contradiction at first. But it is not. It is a paradox. Our dual-operating mind cannot help but think in either-or categories. But our brain is a limited tool and therefore unable to grasp the deeper dimensions of life, which are teeming with paradoxes: Everything that is up is also down. Something can be right *and* wrong at the same time. Something can be separate *and* one. We are the cause *and* the result. We have a choice *and* we don't. We can be enlightened *and* we can be little assholes.

I could list many more of these wonderful paradoxes that can drive our narrow, judgmental minds almost crazy. One of my teachers used to say: "Minds have no access to the real mystery. The solution is to relax and allow your consciousness to expand. This happens, for example, when you meditate or laugh. In such liberating moments, we grasp a greater order beyond our logical thinking in which it all makes sense - until we try to explain it to someone else later. Do you know what I mean?"

I would like to conclude our joint journey into the adventure of co-creation by inviting you to once again put down all the principles and methods you have read here and marvel with me. Exploitation, competition and cooperation all stem from a dual mind. There is a clearly defined I and a you. There are rules according to which we relate to each other and exploit each other, take advantage of each other or cooperate in friendship. However, these forms of relationship have led us into an evolutionary dead end because they are based on illusions. For example, they are based on the idea of separation or the apparent existence of roles, structures and privileges. But in truth, we have never been separate and will always be connected on many levels and even one at the deepest level. In truth, we are not fixed forms, but living streams of consciousness full of undiscovered soul colors and gifts.



Co-creation cannot be grasped with pure dual logic. It leads us out of the small drawer of the ego into the free space of the soul.

On the one hand, it promotes our individuality, because we need it for a strong ego. At the same time, co-creation stimulates dedication to a greater we. We intuitively know about this possibility. We sense that its time is ripe. That is why so many sensational experiments are blossoming around the globe in the economic and social spheres. But it is also why we are experiencing so many laborious birth pangs and setbacks. We lack the experience and the language for this paradoxical area. We are all called upon to try out many things seriously and playfully, and then to *s h a r e* what works with others.

Use all the impulses and methods that I have given you along the way. But please don't see the whole thing as a standardized recipe that always produces the same cake in the end. Try it out. Observe what strengthens, uplifts and unites you and your companions. Keep going with it. Combine and vary. But above **a l l , k e e p** at it. Follow your longing. Don't settle for stale compromises in your relationships. Your life is far too precious for that and your learning path is too important for all of us.

To round things off, let's take a look at three magical paradoxes of co-creation.

At the beginning of the book, we formulated five basic conditions for successful co-creation: the necessary maturity of consciousness, a strong sense of suffering and intense longing, a shared vision, staying power and forgiveness as a basic attitude (>). All participants need these five prerequisites to be able to co-create together and consciously. And what about the rest of the world, those who do not yet have the necessary maturity of consciousness? What about children and animals? What about those who are currently still quite content with exploitative conditions because they are sitting at the rich end of the table? What about your partner who isn't even up for a shared vision? And what about all the aspects of this world that you don't like - the dirt, the pain, the darkness? That you don't even want to co-create with? Do you have to exclude all of that and is your co-creation only possible in an exclusive, elite circle?

No! You actually have the ability to deal with everyone and everything. to co-create. Learning to do this is also absolutely worthwhile. Because you will manifest all your heart's goals much more effortlessly and feel free and peaceful more often. There is only one tiny condition for this universal co-creation. You have to let go of being right. And here is the second paradox waiting for you to embrace and enjoy:



Learn to be intelligently right and wisely let go of being right.

It is important for your development that you learn to think precisely and thoroughly and to form your own opinion. It is important that you know your values and needs and stand up for their fulfillment. This means that it is important in a certain way that you insist on being right. Because if you don't, the maturation of your ego will remain stuck in a diffuse fog. In addition, others with a clearer intention then take the lead and you are very likely to end up in situations that are not good for you. But at the same time, your judgments prevent you from co-creating with the entire universe. Because as long as you believe that another person or an event is a mistake as it is, you will refuse to resonate with them. And without resonance, co-creation cannot happen. You will compartmentalize the other people or events in your mind as disturbing or at least unimportant elements. Since karma is very consistent when it comes to our learning homework, you will stumble over these disruptive factors again and again until you open y o u r heart and mind to them too. Finally they can touch you. They will expand something in you. They will change you. Welcome to co-creation with everything!

Reflection

- ◉ *What have you kept outside so far? ◉*
 - And what does that do to you?*
-

Your decision to keep something away from you is completely legitimate - until you realize for yourself how much energy it costs you to fight against what is already there. It is human and therefore always limited judgments that prevent us from recognizing the order in chaos.

But how can we open ourselves up to this universal dimension of co-creation? First of all, by understanding that everything is completely co-created anyway. By realizing how much suffering in the form of effort and fear our isolation has brought us. By consciously choosing to co-create with everything. By letting go of our rightness and saying: "I lay down my limited judgments. I don't know what that means. Life, show me the deeper meaning." By searching (even if we can't talk about it with the other person) for the common purpose. In relation to people, this means that no matter how different we are, we all want to be happy. In relation to stones, animals or trees, I assume that everything in this cosmos strives for order, development and more awareness. The

So the intention, which probably always fits, is: "Let me co-create with you for the good of all beings."

And last but not least, we can open ourselves up to co-creation by being prepared to resonate with our counterpart. This means we open our heart. We absorb the vibration of our counterpart. We learn more about our counterpart. We don't see them as an opponent or an obstacle, but as a valuable part of our reality. This is how we open ourselves to the third paradox:



Masters of co-creation are aware that they always influence everything and are always influenced by everything.

What does this thought do to you? Does it stress you out because you would like to control everything and not be manipulated? Or can you surrender to it gently? The capitalist meritocracy has created the myth of the superhuman who has everything under control: his mind, his career, his money and, best of all, his ageing. New age spirituality has taken this optimization mania to the extreme by convincing millions of people that they can create anything they want with their thoughts. The result is overheated, exhausted control freaks who panic and avoid stopping to take a sober look at whether the myth is true. Of course, we all have times when things are going well and we think we have everything under control. But if you take a closer look, the dream reveals many cracks. We can't even control when we need to go to the loo, let alone whether and how quickly we develop. Radically, we don't even know whether we are virtual creatures in a gigantic simulation game of a species far superior to us.

Admitting such thoughts can leave us with unpleasant feelings. Confront. But ultimately it relaxes our compulsion to control, which stands in the way of co-creation with everything. You don't gain real confidence in life by trying to force through all your plans.



Get involved as best you can and give yourself over. Take the lead and let yourself be led. Change and let yourself change.

Perhaps you will then realize that this evolutionary current that you flow with is never against you. It does not always flow easily and comfortably. It confronts you with surprising rapids and painful stretching processes. But it is on your side. It follows a direction that is good for your soul.

Co-creation with everything means: relax into your authentic self. Bring yourself awake - with all your ambitions, thoughts, feelings and actions. Change the world. And remain touchable at the same time. Have the courage to open yourself up to all those aspects and people that you have just kept outside. Let yourself be inspired. Let yourself be taught. If you approach life with the attitude of a humble student, everything becomes your teacher. Let yourself change.

Whether we both like it or not, we have influenced each other in the last hours, days or perhaps weeks that you have been reading this book. Just reading this right now is changing everything in your life. And the fact that and how you read it changes everything for me. In other words, we are already co-creating with each other. So the question is not whether, but *how* consciously this happens.

I sincerely hope that the spark of this chapter will ignite and open you up to a spectacular option in your life plan. Instead of seeing yourself on one side and the universe with all the others on the other, you can understand and feel that we are truly all one. A source of creative intelligence that incarnates into billions of different forms out of pure, unbridled joy of creation. You probably started reading this book for personal reasons. Now I invite you to relax with me and see the bigger picture: It is the cosmos itself talking to itself through these lines. Its dialog is called co-creation. Its goal: to celebrate itself, to recognize itself even more deeply and to create ever new possibilities.

Enjoy the Ride!

THE PRINCIPLES OF SUCCESSFUL CO-CREATION

Here are the principles of successful co-creation at a glance. Apply them and take your relationships to a new level of joy and creativity.

1. Co-creation is the basic principle of life. If it does not take place, there is an error.
2. Co-creation is the ability of two or more systems to join *forces for the* benefit of all, using their differences to make miracles possible.
3. Co-creation between people is based on respect, resonance and a shared concern.
4. A strong, conscious 'we' needs strong, conscious 'I's'. Promote self-love and encourage yourself and your companions to be visible.
5. Authenticity and truth are needed for co-creation to flow. When you meet your counterpart authentically and share your individual truths mindfully, a greater truth becomes visible.

Yours

You have expressed truth truthfully and accurately when it cannot be questioned by another person. We call this the *precise truth*. There are layers of truth. As long as neither peace nor flow can be experienced, the truth has not yet been communicated at the deepest level.

6. For co-creation to develop freely, a field of trust is needed. Trust is created through clear rules, commitment, transparency and appreciation.
7. Paradoxically, co-creative communication is based on absolute voluntariness and commitment. Learn to do without demands and reproaches. Speak in wishes. And *voluntarily adhere* to the agreements made with you.
8. Appreciative communication opens people up and fills the relationship account. Attacking, belittling communication closes people off and empties the relationship account. Therefore: Start with appreciation. End appreciatively.
9. You *have* an ego. You *are* a soul. Practice relaxing the will of your ego and speaking from the heart and listening openly.
10. Co-creative communication requires the willingness of all participants to be touched by the truths of others.
11. Co-creation creates closeness. Closeness delights and heals. But it also brings our shadow to light. That is why co-creation requires a willingness to work with the shadow. Learn to distinguish between calm, clear perception and projection.
12. Co-creative communication thrives on conscious responses, not unconscious reactions. Learn to recognize when you are triggered and start reacting. Break the pattern. Pause for a moment. Take responsibility for your feelings and choose to respond slowly and consciously.
13. Co-creation is the opposite of co-dependency. Every form of victimitis humana creates dependencies and weakens your creative power. Co-creation blossoms on the ground of self-responsibility.
14. Sometimes it helps to shut up and just be quiet. Co-creative communication takes place not only with words, but also on an energetic level. Distinguish between pomposity and essential expression.
15. Go into a conversation with a clear, positive intention. Find a common positive intention for the conversation together with the other person. If you lose it in between, gather yourselves again. Return to your true intention.
16. Only ever tackle one problem, one challenge, with your counterpart.

17. Conflicts are the creative tension between thesis and antithesis. Somewhere in the realm of possibilities, there is an innovative synthesis that combines both. "But ..." blocks co-creation. "And" brings it into flow.
18. When you are ready to completely let go of being right, you automatically find yourself in co-creation with everything and recognize the inner order in chaos.
19. The context of linear time today creates horizontal replications of the past. Vertical creation means receiving solutions from the future in the present.
20. We are much more than our bodies. We are much more than our behavior. Begin to perceive yourself and others as fields of consciousness.
21. If you dedicate your Co-Creation Circles to the benefit of all beings, life will be much more supportive.
22. Even if co-creation creates miracles, you don't need to freeze up from seriousness. Loosen up. Keep pushing yourself. Play.
23. Mistakes are the yeast of our evolution. Make them with relish, but only once each if possible. Correct soberly. Forgive quickly. Laugh often. Especially about yourself.
24. This is not the end, but only the beginning.
25. You and I, we are different and we are one.

FULL END

To conclude, I have a little thought experiment for you: Imagine a future in which humanity has collectively realized what a precious gift consciousness is. When little people come into the world, we don't hastily squeeze their consciousness into standardized paradigms and rules. We see them for what they are: Prophets of our future, souls on a way station, geniuses with an almost unlimited potential. We provide safe spaces for our children where we encourage them to learn quickly and openly through play everything their minds long for. We do not see ourselves as educators, but as attentive companions. We promote the unique individualization of our children through appreciation and good questions.

Imagine a world in which all of us have realized that the Ego is not our enemy, but also not our identity. We regard it as a small part of our unlimited consciousness. We respect it for its functions, and in this context we also constantly develop it to a certain degree. But the primary focus of our personal evolution and all our relationships is the exploration and blossoming of our soul. With it, we celebrate our uniqueness and at the same time live our interconnectedness with everything. We trust the source of life because we have experienced thousands of times that it guides and protects us when we entrust ourselves to it. We see every person as an artist. Our individual reality is our work of art. Everything begins on the inner canvas of our mind. With the colors of our imagination and the brush of our words, we expand the boundaries of what is possible every day.

We do not see ourselves as lone fighters, but as cells of a larger, collective consciousness. Together we dream and create the myth of humanity. For us, co-creation is the natural form of relationship with everything, because we have completely overcome the illusion of separation. We enjoy the interaction between our freedom of choice and our devotion to something even greater, whose work of art we in turn are. We see big problems as labor accelerators of a new version of ourselves. We welcome them with curiosity because we know that they contain a gift for us and that they are already solved in the future. We enjoy the capacity of our rational, linear-logical thinking. At the same time, we have developed our consciousness to such an extent that we can grasp non-linear time contexts and enjoy paradoxes. We have transcended the fear of death and can now concentrate fully on our actual learning tasks, the joy of meaningful creation and the enjoyment of the present.

We are motivated above all by joy and only put suffering and very consciously as a catalyst for development. Strife and war have become absurd, because we have understood that we are always fighting against ourselves. We see the world as a

mirror cabinet of our mind. We have developed completely new, much more flexible forms of relationship and economy, based on trust and abundance. Our environment and many other species react benevolently and supportively to us, because we dedicate all our co-creative projects to the well-being of all beings.

We sometimes look back to the time when the first crazy books about co-creation appeared and a part of us, shaped by many negative experiences, was skeptical or even cynical about this new vision. And we remember how we allowed ourselves back then not to have to know everything and to follow our longing into the unknown land. We sometimes tell our incredulous great-grandchildren about exploitation and competition. And we smile. Because we now know that our premonition back then was a message from our future.

SOURCES AND EXPLANATIONS

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10. In Genesis, I explain why I have consciously decided to assume and address the existence of a soul - even at the risk of being misunderstood and pushed into the "esoteric corner". I am referring to the inner, invulnerable, free core of our being. If you can't do anything with *soul*, feel free to use greater self, freer version, higher self or essence.
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- [33.](#) I find the following book very inspiring in this regard: Frederic Laloux: *Reinventing Organizations visually. An illustrated guide to meaningful forms of collaboration*. Franz Vahlen, 2016
- [34.](#) Joana Breidenbach and Bettina Rollow: *The unfolded organization. Shaping the future with Inner Work*. Franz Vahlen, 2022
- [35.](#) Marshall Goldsmith: "Try Feedforward Instead of Feedback"; <https://marshallgoldsmith.com/articles/try-feedforward-instead-feedback/>; available in German at:

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ANNEX

YOUR ONLINE AREA

As a gift, you can find the ten-part online course "Co-Creation" (>) and all the in-depth content mentioned in the text, such as videos and meditations, at go.homodea.com/cocreation-book or by using the following QR code:



Please enter the password "ichbindabei" on the page.

The online area also gives you access to our homodea community.

YOUR MEDITATION APP

In the beautiful "homodea Meditation" app, over 60 guided meditations await you in the free area to develop your potential and help your relationships blossom. You can download it from both the App Store and the Google Play Store.

BOOK RECOMMENDATIONS

Relationship skills

- Gay and Kathlyn Hendricks: *Love makes you strong. From dependence to committed partnership.* Goldmann, 2004
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- Harold Ramis (director): *And the Groundhog Day,* 1993
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- Robert Redford (director): *The Legend of Bagger Vance,* 2000



ABOUT VEIT LINDAU

"Take the precious chance of a lifetime. Get off the brakes. Celebrate and live your light." This is Veit Lindau's motto. He is regarded as a leading expert in the German-speaking world for the integral development of potential and reaches a large, very mixed audience with his inspiring talks, seminars and videos. Together with his wife, he has built up a large life coaching community (homodea.com), which currently has over 120,000 members. He received the Coaching Award for his book.

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THANKS

Do you know what the ultimate secret is to quickly enter into co-creation with everything? It's our gratitude.

Gratitude not only for the beautiful, but also for the unpleasant. As soon as we sincerely thank the patrons and the annoying ones, the angels and the devils, the sunshine and the rain in our lives, we resonate with these people and events and can finally draw the full value of the encounter.

So today I would like to explicitly thank every person who has enriched my life. Be it through love or betrayal, encouragement or disappointment. Thank you from the bottom of my heart. Because without you, I wouldn't be here, and without you, I wouldn't be where I am now.

I would like to explicitly and especially thank my wife and my daughter. Your trust in me and my love for you has magically drawn me into the play arena of co-creation, where I now play and explore, repeatedly failing at my limits, but can't help but get up and get even more involved.

I would like to thank all my teachers who have shaped my view of relationships and communication with their wisdom and experience.

I would like to thank all the many, many people who have shown so much openness towards my work. Sometimes I still can't believe that you exist, because I know where I come from. Your trust is my obligation to continue on this path with as much integrity as possible. If this concerns you too, please feel addressed. You mean a lot to me.

I would like to thank everyone at my publishing house. For your willingness to get involved in such a topic. For your patience when I once again break the timeline. For your expertise in getting the book into many stores. Dear Silke, thank you for your super thorough proofreading. Your work makes the book smooth. And a very special thank you goes to you, dear Ulrich Ehrlenspiel. We have now brought so many books into the world and have managed to be very good friends rather than business partners.

Thank you, life!