

Newsletter 5: Love



May 2016

Dear Friends

The fact that we form a movement together does not mean that we belong to a group, that we submit to some authority. It simply means that we pursue common concerns, common interests, concern ourselves with meaningful things together, work cooperatively in the same field. Each individual stands alone in such a movement, he is a light unto himself. He is free. This is easily recognized by the fact that such movements hardly have any organizational structures. We are not an organization, we form a living being in motion.

Before we turn in the coming newsletters to the special tools that support us in self-knowledge, we first want to deal with love as we announced in the last newsletter. It is our interest in these tools – in Tantra, psycholysis and community-making – that unites us externally in the movement we form. But inwardly it is the love for which these tools ultimately stand, the strength of their flow between us that is responsible for the cohesion among us or its absence. We do not just want to deal with the tools in the coming contributions, we also want to explore the "goals" that they strive for, the deep dimensions of consciousness that psycholysis wants to bring to light, the tantric visions given birth by the tantric process, the true community that we struggle for in the process of community making. But also the individual steps – the most important components of the self-knowledge process that forms the connecting element between all these insights – will occupy us for a long time in further letters.

Yet behind and above all of this stands love, this wonderful being. In everything that interests us, it is she who determines what happens and who alone is essential. All self-knowledge leads to her, all deep exploration, all tantric visions, all true community is about her. All tools point to her, all struggle in the individual stages of self-knowledge and ultimately in this process of going beyond the self, tell only of her. She is the light within that we are looking for, one's own light, that everyone has to find themselves and orientate themselves by, that ultimately radiates far beyond everything that is one's own.

That is why we want to turn to her, to love, before we lose ourselves in the details of the work of self-knowledge. She, who is the real goal in everything, the real link, the secret and the everlasting behind all striving.

How quickly everything that was meant to be love can turn into something ugly! Is it not amazing to observe this? Is love not abandoned in the end by most people who then prefer to stand on the side of those who condemn it and persecute it out of cowardice? But how can you betray her once you have realized in the process of self-knowledge that you yourself are love?

The feeling of the Whole is love, is happiness. Does everyone, as much as they may hunger for love, only get a share of it to the extent that they can hold the Whole within them? Often one feels left alone with love and not carried with it. It seems to be love's fate to have to stand alone with the unique, the wonderful, the special that it contains. Will we human beings ever find, discover or create a place where love and trust are a matter of course and where fear and control are silent, held by an alert mind? To expect something other than the normal, other

than fear and control, is the presumptuousness to which love surrenders itself again and again. It has the courage to be left all alone.

Love does not belong to us. If love in us is not complete, if it is not allowed to fill us completely, if we do not allow it, if we prevent it through control and fear, if everything, every feeling, has not perfectly found its place in us, it makes it impossible for us to see love completely, to let her take us completely and lead us. Love holds and embraces everything that non-love cannot hold within itself. This separates non-love from love, and she cannot bridge the gap that is created by it, even though she encompasses everything, even this separation, even though she is the One.

How do you find out what is right in a situation, what is harmonious, what needs to be done? Can someone tell you? No one can tell you. You have to find out for yourself, discover by honest self-knowledge what the right thing is, and afterwards you have to take responsibility for it yourself. That makes you self-reliant, autonomous, independent. That makes you free.

There is no control in love. That is why, even among people, there must be no control over each other. Everyone must find from out of themselves their way, the truth, the right thing and the harmonious thing. From the flowing together of what results from each individual, arises true community, a true movement that can bring about true change.

Love follows the awareness, which is switched off through control. Fully developed awareness is love. Love flows in it. The right and harmonious unfolds between us, and in our lives, when awareness is there, when energy follows this choiceless awareness, when awareness has the lead and extinguishes in us every fear and tendency to control.

Love is the light within that we finally liberate within ourselves through the process of self-knowledge. This love is the law. It is the only law that the lover follows. This makes him or her autonomous, independent, able to stand alone. And yet this love is nothing personal. It does not belong to us. In each one of us, it is the same love that we finally discover as our true "self" within ourselves. In it we are one. In it, if we are awakened for it, we are united and welded into a movement and into a true, conflict-free community. In it we agree on everything, see the same reality and truth, without being compliant, without conforming to anything. This love, to which we finally gain access within, guides us. Her voice within us is our conscience. She unerringly shows us what is good, what is right. She gifts us her morality, the morality of love, in which there is no oppression, but a natural virtuousness blossoms. Paradoxically, we find our true individuality, our very own authentic pure being that wants to express itself in its very own way in surrendering to the unity of all, which this entity "Love" embodies, to which we can open a door in our innermost being. This "own" blossoms out of the completely impersonal of love without any egocentricity. Love is a being, independent from us, that fills the whole universe. We can open ourselves to it or refuse it. In relation to each other, this love manifests itself in our ability to really listen to each other, to connect deeply with each other, in the compassion we feel for each other, in the ability to make ourselves available with the same passion and same intensity for a common intention and to work together and to cooperate therein without conflict. It gives us a communion of heart that can create and find a connection beyond words.

Love in us, if we release it and let it work in us without any control, opens the door to the depth of being, to the holy and everlasting, to that for which there are no words. To the Great. To the timeless Eternal. To the Other.

If we allow the love within us to show us what is good, what is right, if many people allow it, a movement of good, a new story, a good society will come into being all by itself.

Ultimately, this is the main goal of the movement we form. A goal that cannot be organized, a

goal that wants to blossom by itself from the self-knowledge of the individual. A good, healthy society must be the main goal. It cannot be organized. Rather, the question is whether we humans learn to allow the self-organizing power and intelligence of love to take the lead and produce a healthy world. Care, diligence, responsibility, these qualities of love come by themselves from the awareness that the lover has found, from the stillness into which his path of self-enquiry has led him.

Only from stillness is real relationship possible, loving relationship. From out of a still looking arises direct encounter with others, which neither contains nor has to overcome any distance, no images about each other, no separating thoughts. Only in such relatedness does the energy of love flow freely. Love is real relationship. Real relationship is love. The free being of love flows into us and begins to work creatively through us as soon as we have created the conditions for it in ourselves through self-knowledge. The prerequisites are stillness of the mind, an inner emptiness, the overcoming of all egocentricity. To be devoted to love paradoxically means to have found ones true "self". To insist on an ego, on the other hand, is to be alienated from oneself. Paradoxes!

The most important and fundamental concerns of the movement we form, the concerns we wish to examine, are all based on the presence of love. Without love, all spiritual searching and psychological exploration, all meditation and striving for knowledge have no basis, no deep meaning, no sense. That is why we put love first. It is, to a degree, the "result" that we strive for in the process of self-knowledge. But without it accompanying and leading this process from the beginning, it will not lead anywhere. Love is the compassionate intelligence out of which all our actions must flow, therefore we invite love to us in advance of all insight that in the end comes out of her.

"Did we not come to make the earth a paradise?" I previously asked in my first newsletter. Isn't this our real goal? Aren't we part of the movement that intends something like this, dreams of something like this?

We do not really form a movement. That would be something organized, something of thoughts, created and produced by the ego. We are part of the movement, which is led by love. For this fundamental movement in the universe we are awakened. The goal of this force, if it can be called a goal at all, is renewal. The renewal of us humans and therefore of our world. It is love that renews everything over and over again.

Are we awakened for this?

May love be with you

Samuel Widmer Nicolet

P.S.: Also this time, a few lines of orientation for those who would like to be informed about the further course of the investigation that was initiated against us as a result of a legal complaint. We are still waiting for the decision of the Federal Supreme Court, which should determine the preconditions for any possible later prosecution.

Also this time, I have attached one of my letters, which I have sent every three months to the leading public prosecutor. It is the third of these letters dated 14th December 2015. And also the answer I received.

14th December 2015

Department of Public Prosecution
For the attention of Mr Claudio Ravicini
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More personal questions

Dear Mr Ravicini

Do you also sometimes look out of the window at a late hour to see the moon and the stars on a clear night?

Sometimes I wonder if I would have become a better cellist if I had serenaded the moon.

Once again another three months have passed and actually we have not made any progress. Of course, I too am thinking about how we could find a solution in this muddled and burdensome story.

Shortly before my second personal letter to you, with the help of the police and your colleagues, you once again intruded on us, and I wrote to you afterwards that I did not want to comment on this yet. I wanted to first digest this hurtful story, which was also degenerating into aggression.

"I don't have to listen to that," you exclaimed before you left the room upset. Aren't you really obliged to listen when there's something to criticize? A rather high-handed attitude, of which strangely I am often accused: that I would not tolerate criticism? You even threatened to imprison me when you became angry because I didn't agree with everything you ordered. Yes, of course, that's how it is! You are the power! Even if you are not in the right.

Meanwhile, from this introspection, a pathway and a solution have emerged for me and I would like to ask you if you could imagine something like that.

You see, if you proceed according to your usual pattern and seek to penetrate us and look into everything by means of force, by means of state power, you are forcing me and us to defend and barricade ourselves. You cannot look uninvited into the secrets of our patients. We must defend ourselves and their rights. We have no other choice. On the other hand, it is not our way to deny someone an insight into our lives and activities. Actually, we are very open-minded people and everyone is allowed to look in on us

unhindered. Just like the journalists from Beckmann- or the Blick. We are not used to deviating from this attitude, and it causes a very peculiar mood in our everyday life. It would therefore be conceivable for us to invite you, and as far as I am concerned together with the cantonal physician, and give you the opportunity to participate in everything we do, or rather to apply to participate, just as our patients do or the Beckmann fraudsters have done.

Could you imagine, for example, being involved in everything we do for a year? You, or someone you designate, would accompany us in everything we do and become part of it. Would this not be a way of settling this absurd dispute? It could also help to rein in the unbelievable defamations that have been increasingly ballooning into an organised pogrom in the media for years. What do you think: would this not be a sensible investigative strategy?

I also wanted to inform you that I have decided to make public on the Internet everything that is going on between us. That is including my personal letters to you. Not immediately, but when it seems important to me in future processes. It is becoming increasingly clear to me that our issue is not just about me, but also about a fundamental dispute for which I would like to motivate the public. Well, you (and your backers) have already been doing this the whole time.

We actually wanted to send you in the supplement a more complete version of the statement that you have already received with my last letter. I thought that it's about time to let the cat out of the bag about what we're really doing. You would have therefore received again everything I wrote down about it, but this time supplemented by parts 5 and 8, which should be particularly informative for you.

Naive as I am, I hoped they would give you a fairly complete picture of our reality. Point 5 is the actual counterstatement to the slander of the two ladies, Bundschu and Bogenberger. The fact that I only wanted to present these now has to do, on the one hand, with the fact that you never asked me about it, but on the other hand, also with the fact that I am reluctant to disclose the facts which are presented in it. Not because it would be about something illegal, but because something worth protecting might lose its protection. However, parts 3 and 9 would still have remained outstanding after this. I will not comment on these until it is necessary in any legal proceedings and I am allowed to do so with regard to medical secrecy. Regarding this final clarification, you would have anyway still needed to be patient.

In addition, just like last time, you would have also received a small number of recent communications to our lawyers, which might have also been informative for you.

But this time "Mama" Kury does not agree. She thinks I would be playing into your hands if I just simply disclosed "our/her strategy".

I am not cut out for this. I think everything would be a lot easier and less complicated if we just put all our cards on the table. But I'm learning. We play games. Maybe it's not about truth at all. That's why I cannot (yet) give you the supplements mentioned. Unless you convince me that I should do it after all (which I would like best).

You reacted briefly but friendly to my first letter. In regards to the second you said nothing further. It doesn't really feel friendly anymore. Nevertheless, I dare to write to you again. If you are not interested in a real relationship, please tell me. I am well aware that it may be totally unwise to harass you in this way. But perhaps you have already realised that I am less

concerned with being wise and thus averting or minimising any condemnation. If there is still an opportunity, I will probably tell you something about my actual motives next time. Unfortunately, my positive impression of the first encounter with you has evaporated due to the contacts that have since then been rather devoid of relationship and this has made room for all sorts of question marks. For example, I wonder how it is that you seem to have a personal interest in this matter, which leads you to be carried away into more emotions than I, the one who is ultimately severely affected. Not only as a psychiatrist and psychotherapist, but also as a human being, I am accustomed to striving for clarification of issues, of whatever kind they may be, through genuine relationship discussion. I'm surprised that people in your profession don't seem to place much value on it. In my experience, in this way, everything eventually comes to light and can be understood.

Buddha allegedly defined truth in the following way: "Truth is what works". A good title, I think, for our discussion.

Since my last letter I have suffered a heart attack. The second after almost 18 years. It makes sense to me that my heart wants to break during this present time.

The moon shines brightly into the nocturnal bedchamber and through its cosmic aura it reminds us of the mystery, to which we are all ultimately more committed than to all fleeting, earthly games.

I wish you a merry Christmas and send friendly greetings

Samuel Widmer Nicolet

Unfortunately not enclosed:

- Our statement supplemented by parts 5 and 8
- Mail to Mrs. Kury etc. of 21st September 2015 regarding:
 - o Clarifications of medical secrecy/ professional secrecy/ protection of privacy
 - o Supplementary comments from a legally knowledgeable colleague
- Mail of 21st September 2015 to Mrs. Kury regarding the request to unseal the recording device

Department of Public Prosecution

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Mr Paul Samuel Widmer Nicolet
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December 22, 2015

Dear Dr. Widmer

I have received your letter "Even more personal questions" of 14 December 2015. However, only after the holidays will I be able to give you a substantiated answer - provided this seems at all appropriate due to the different procedural roles already mentioned.

I kindly ask you to please take note and wish you an enjoyable holiday and a pleasant time.

Yours sincerely
The prosecutor



C. Ravicini

Goes to
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