

## Basic Rules of Womankind, by Eduard Albert Meier (14 years old)

1. Each human being must ask herself for, search for, and find her own meaning of life, and must want to use it (the meaning of life) for the improvement of her life and actions.
2. Each human being must be herself and be her own “guiding personality”, who therefore develops her own resounding ideas and pursues and realizes them.
3. Each human being must let her own reason and her own understanding be exercised in such a way that she demands from herself that which is best and the most salutary; (and) that she forms herself according to her own will, and that she obeys (the demands of) her own needs in her own free way.
4. Each human being must form herself in such a way that she always is herself, has originally-own (unique), intensive experiences, (and) that she never lets herself be enslaved or subjugated in any other way and, consequently, preserves her internal and external freedom in every respect; in her thoughts and feelings as well as in her decisions, views, opinions, emotions and actions, etc.
5. Each human being must show towards herself the friendliness and love that is necessary for her, and (must) feel safe and secure within herself as well as being honest towards herself in such a way that she may understand her own thoughts, feelings, emotions, actions and opinions, etc.
6. Each human being must direct her thoughts, feelings, ideas, wishes, needs and actions etc. in such a way that she feels capable for high-reaching goals that, however, shall always be in accordance with her abilities and possibilities and, therefore, shall not be exaggerated and too highly elevated.
7. Each human being shall see and know herself as she really is; therefore she shall not think of herself as a perfect world for this is not possible for any person because each one must learn and, consequently, is exposed to mistakes and imperfection. Therefore, it is not possible that everything is clear within the human being, (and) that everything is right and that she is better than her fellow-human being.
8. Each human being must always be fully aware that there are consciousness-related differences between each human being. Consequently, no one can be exactly equal in intelligence to another. But this does not entitle anyone to see their fellow-human beings as blind and to classify them as a human being on a lower level. This entitlement also does not exist if fellow-human beings are even laboring under a religion or sect, because they are all the same human beings who are within the creative-natural laws of life and evolutionary learning like all the others.
9. Each human being by herself shall endeavor through her own efforts to form and fulfill her existence and existential duties in all forms of justice, honesty, reason and intention etc., namely in the spheres of consciousness, character, virtue, thoughts/feelings, and the psyche. In this way the human being shall create a firm motivation for rising within herself, without humbling herself in any way, not even in a religious or sectarian manner.
10. Each human being shall not use neither her idealism for unworthy nor unprovable and questionable things, but shall direct her idealism especially towards recognizing within herself her own true being, and to improve, complete and realize it outwardly, because the true being is the actual nature of everything that is directed towards progress and success, and that, therefore, is the source of the forming of life.

11. Each human being shall not believe in any thing, but shall always search for the basic truth, which she can only find within herself if she searches and thinks about everything, and by using her reason, her understanding and her sound logic. Thus the human being may find the truth only within herself, but only if she is free of any belief in things she can never prove within herself. Belief is not proof, but simply something that is assumed to be kind, desirable and right, without any provable content of truth; consequently, a belief can never be cogent because of the fact that the provable truth is missing.

12. Each human being can never find the real truth for which she searches for years or an entire life if she simply surrenders to a belief and does not explore and recognize the factual truth through logic, understanding and reason within herself, so as to implement and comply with it through her life and lifestyle.

13. Each human being shall see as her highest goal to progressively mold and implement her knowledge, her ability, her true love, her real happiness, her capabilities and opportunities as well as her wisdom and humaneness in such a way that she can lead a truly evolutionary and just, humane life and can also assist the fellow-human beings in such a way.

14. Each human being's prime concern shall be to pay her own attention on herself, i.e. to her personality, her character, her virtues, thoughts, feelings and actions, in order to align everything in such a way that all things are right, and not chase misleading goals which end in a belief in unreal things.

15. Each human being shall manage her income and assets in a reasonable way and shall not waste them on unreal, belief-related things, for each person shall do what's right and take care of herself if the opportunity and existence are available to her, so she does not unjustly become a burden on the fellow-human beings and she does not behave as a parasite.

16. Each human being shall always live in the present, but she shall look into the future and care for its shaping, while also considering the past and learning from it, in order to attain success, realizations and progress.

17. Each human being needs rest and peace, and consequently, she also needs her quiet hours and shall not be constantly busy, neither when alone, nor when in the company of her fellow-human beings, the family or in communities. Each human being needs times of leisure because only through this is she able to compose and recover herself. However leisure time shall always be in appropriate amounts and not be exaggerated, so as not to become a burden to, and an annoying influence on one's own thoughts and feelings, nor to her fellow-human beings.

18. Each human being shall at all times pay heed in forever searching for the truth only, and never for a doctrine of salvation because truly there is no such thing, neither in a philosophical, religious, secular, sectarian or other ideological direction, nor can a doctrine of salvation be found in science. A doctrine of salvation is always a belief-related deception, or at least charlatanry or criminal profit-making. In truth, the only thing that always counts is reality, which is based on the use of sound understanding and reason as well as on real logic.

19. Each human being shall always be frank and honest towards her fellow-human beings, and she shall never presume – whatever may be the reasons – to control her fellow-human beings in such a way that it results in harm to them. This shall be the case both in the family as well as in every community, in order that neither backbiting nor discrimination (disadvantage) or other wrongdoings occur.

20. Each human being shall pay heed to her internal and external freedom and shall never bind herself to any things from which she may not be able anymore to detach herself, or (things) that frighten her of the step toward freedom; be it concerning purely material things and values or a human relationship, or concerning a family or a community of any kind.

21. Each human being shall be intent on never accepting and understanding any doctrines of a political, philosophical, sectarian, secular, scientific, religious or other ideological form as “true truth” or as “real, true knowledge”, etc., for – truly – each teaching shall be examined down to the last detail because only in this way the effective truth can be grasped and reality experienced.

22. Each human being must always be clearly aware that the life she lives, no matter how many years it may have lasted, has never been pointless or senseless. Consequently, nothing has been lost in the life lived because each second lived has surely fulfilled its intentionality and brought about evolutionary success, even if the result may only have been minimal.

23. Each human being shall always be of clear and reasonable senses and shall not expose herself to the constant influences of any teachings through which the possibility of one’s own (independent) thinking, pondering, reasoning, ascertaining and understanding is taken away. If the human being wants to occupy herself with some things or a teaching, she must always think about the possibility of finding enough time to let her thoughts and feelings, her considerations and ideas, etc. unfold, so she can ascertain everything, and can find the conclusions and the truth within herself.

24. Each human being must be intent on fostering interpersonal relationships, to devote attention to familial relationships as well as friendship, comradeship and acquaintances. Parents, brothers and sisters, friends, acquaintances and the fellow-human beings in general must always be a source of joy and of peace, in the form of a freedom which has a unifying and expanding effect in each and every way.

25. Each human being must always be intent that life will impart to her a sense and a feeling of being secure and protected to her. This must find expression both in the company of fellow-human beings and when being alone (aloneness).

26. Each human being must shape her life by creating events, so as to find in it love, happiness, joy, peace, harmony, balance and freedom.

27. Each human being who wants to live according to reality must give to herself a sound sense of self-esteem and self-confidence and preserve it; in this way – regarding oneself – healthy, self sustaining and progressive thoughts, feelings and actions can be best realized.

28. Each human being shall at all times behave in a decent and virtuous manner and also in regard to her work and opinion, her knowledge and her learning in such a way that she will be recognized and respected as a true human being in her nearer or further surroundings.

29. Each human being shall live her life in such a way that – after having passed away – good memories result from her life which let her live on in good thoughts posthumously.

30. Each human being shall live in such a way that the fellow-human beings take an interest in her life and honor her in their thoughts and feelings. It may well be that there are enemies who take interest in

evil ways, but they shall be forgiven because peace and forgiveness shall be the work of love, not hatred.

31. Each human being shall feel embedded into the good company of fellow-human beings in order that a common experience of life may promote love, peace and freedom as well as harmony and the happiness of each individual.

32. Each human being shall be eager in such a way as to let develop that in her life which is thoughtful-feelingful as well as spontaneous and full of love in a “empfindungs”-like manner. So it is given that each human being’s life finds new, good, pleasurable and positive directions again and again, both spontaneous and also well-considered in many ways.

33. Each human being shall in every respect endeavor during her whole life to fulfill it: with learning and gathering knowledge, with working for wisdom, with performing satisfactory work, with true love and harmony as well as through being intent on keeping peace and freedom.

34. Each human being shall always be open for all things, so she may constantly find much that is mysterious and exciting in her life, that which brings her surprise and astonishment, perhaps even robbing her of her breath in joyful shock and letting her be forever young.

35. Each human being shall always foster an open, good, loving, peaceful, harmonious and liberal relationship with all human beings, even if they are hostile towards her. As a rule, hatred doesn’t harm the other person, but the hateful person herself because taking satisfaction in hatred becomes his own disgrace.

36. Each human being must always be open to questions about the meaning of life and the human being’s existence, and she shall be in need of them, so as to ponder and to talk about them with her fellow-human beings, to gain cognition of truth therefrom.

37. Each human being must have the feeling and certainty that she can communicate and explain to the fellow-human beings that which is important to her, and in return understanding is given to her.

38. Each human being must have the feeling and certainty that her fellow-human beings do understand what depresses and burdens her, and that she may expect useful advice or some other help.

39. Each human being shall lead her life openly in such a way that it is of use and an advantage for herself in every positive way, and also for her family, her relationships, as well as the community.

40. Each human being shall be intent to not avoid problems and conflicts, but to search for solutions (for them), and to overcome them.

41. Each human being has the obligation to build up sufficient self-confidence and healthy self-esteem so she can meet and master all tasks and difficulties that arise in life.

42. Each human being shall always make an effort to not let herself be upset, feel uneasy nor become unsure by any tensions that appear within herself or her fellow-human beings.

43. Each human being shall endeavor to shape each situation in her life in a conscious and carefully considered way, if this opportunity is given to her.

44. Each human being shall form herself in such a way that she doesn't fall victim to shattering thoughts and feelings through unclear, confused and unpleasant situations.
45. Each human being must always be forearmed to meet thoughts and feelings of reluctance in a relaxed way, in order to deal with them correctly and not to be at their mercy.
46. Each human being shall endeavor to communicate with her fellow-human beings in order to express her own attitude and to represent her own opinion or "learning interests".
47. Each human being shall determine goals in her life that she shall strive for and attain with forethought, attention, interest, motivation and self-confidence.
48. Each human being must consider her life worth living in every situation.
49. Each human being must always determine her behavior by herself, and not by external circumstances, nor by fellow-human beings or by religions, sects, philosophies, science or and other ideologies.

\*In the spiritual teachings the German word *Empfindung* and derivations like *empfindungsmässig* describe that factor in the human being's spiritual part which is called "feeling" or "feeling-related" in his material part. There is no word in English for *Empfindung*, just as it is also the case with the *Gemüt*, whose counterpart in the material body is the psyche.

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