



The Philosophy of the Golden Pyramid

by Viktor Philippi



Viktor Philippi

- 1952 *Born in Kasachstan into a family of German origin*
- 1991 *Degree in psychology*
- 1992 *Move to Germany*
- 1994 *Coinage of the term 'Bioenergetical Meditation', abbreviation: 'Biomeditation' (in German: 'Bioenergetische Meditation', abbr.: 'Biomeditation')*
- 1995 *Founding of the first 'Center for Bioenergetical Meditation' (in German: 'Bioenergetisches Meditationszentrum', abbr.: 'BioMeZ') in Leverkusen, Germany*
- 1996 *Founding of the 'Academy for Research and Teaching of Bioenergetics and Bioinformatics' (in German: 'Forschungs- und Lehrakademie für Bioenergetik und Bioinformatik')*
- 1996 *Production of the meditation CD 'Melodies of the Stars' (in German: 'Melodien der Sterne')*
- 1996 *Start of the training seminars for Bioenergetical Practitioners Extrasens (in German: 'Bioenergetiker Extrasens', abbr.: 'Biosens') in Leverkusen, Germany*
- 1997 *Founding of the 'European Professional Association for Bi@sens' in German: 'Europäischer Berufs und Fachverband für Bi@sens e.V.', abbr.: EBB. V. Philippi has been its Honorary President since 2005)*
- 1998 *Entry into 'Who is Who in the Federal Republic of Germany'*
- 2001 *Opening of the 'Philippi Health and Beauty Center' (in German: 'Gesundheits- und Schönheitszentrum Philippi') in Taubenheim near Bautzen, Saxony, Germany*
- 2005 *Coinage of the term 'Theomedicine' (in German: 'Theomedizin')*
- 2005 *Production of the meditation DVDs 'Deliverance' (in German: 'Erlösung') and 'Purification' (in German: 'Läuterung')*
- 2005 *Publication of the book 'The Path to Miracles' (in German: 'Der Weg zum Wunder')*
- 2006 *Introduction of energy spirals for activation of the chakras and for neutralizing disturbances created by underground water courses, earth and electrical radiation*
- 2006 *Reception of the award 'Stier der Hohensalzburg' ('Bull of the Hohensalzburg Castle') in Salzburg, Austria*
- 2007 *Initiator of the '1st International Congress for Theomedicine' (in German: '1. Internationaler Kongress für Theomedizin'), in Dresden, Germany*

Dear Reader,

this brochure will be strongly centered on the questions, a) what can you do for yourself to preserve or regain your most valuable possession: health? and, b) what can you do to come to more inner peace with yourself, your environment and your neighbours, in order to lead a happy life in harmony? I will try to not just give you the knowledge about Bioenergetic Meditation, but also the means to help yourself in life.

Paying attention to one's diseases does not mean at all that one is leading a healthy life. You should leave the occupation with diseases to those professionally involved with them, the doctors. If you really want to become healthy you should, first of all, take the following simple rules to heart.

It is impossible to become healthy if one is solely occupied with disease – be it in a positive or negative sense. Occupying yourself with illness in a positive way means that you try to concentrate on illness in order to get rid of it. Occupying yourself with illness in a negative way means that you keep moaning, trying to put the blame on others. You may, in this case, ask yourself questions like: 'Why did God allow me to fall ill?', or: 'Why on earth did this terrible disease catch me, and not somebody else?'

Doing so, you stick to disease; for in your thoughts you are paying attention to it, trying to fight it.

But you will certainly lose this fight. Fighting constantly feeds the energetical blockade underlying each disease. You will stick to disease as long as you think of it. But as soon as you stop fighting and start to accept it, it will leave your body. That very moment. Now, expressed this way, it sounds very easy - and so it is, with a little bit of practice. Yet for you the whole thing is certainly difficult to understand.

You would be quite right to ask: 'How can one make ones peace with a severe disease as, for example, cancer?' Everyone, without exception, would say that this is not possible. But even if they were right in saying so, I had to ask you: 'Why is this disease spreading more and more? Why does it bring suffering and death to more and more

people, despite the ever intensifying fight against it?' A sad but undisputed fact. And if - in spite of man's intense fight against cancer - the disease is getting in fact stronger and stronger, there must be something wrong with the fight. And it is here that we should change something. The question, of course, is: What? And how? (Here I have taken cancer only as an example. You can replace it by nearly any other disease.)

Now, please try to accept the first of a few simple rules which I would like to suggest. Please do not misunderstand me. I do not want to convince you against your conviction. I only want to try to explain to you that there are very effective ways to regain your health without fighting against disease.

And from that follows our

Rule 1:

I try not to deal with illness consciously, but to make efforts to find the mistakes within me which have led to my falling ill.

Rule 2 is:

I try not to ask why not somebody else instead of me can be so sick.

For, if you keep asking your behaviour will never lead to recovery. It would rather draw you deeper and deeper into sickness. Learn to change those things in your life which have led to sickness. They are, in the first place, wrong patterns of thinking and your lifestyle. Many people are already convinced of the effectiveness of this rule.

Now we have decided to talk about health only, but, on the other hand, we can give specialists the possibility to look after the diseases with their highly effective means. Diseases belong to the territory of doctors and non-medical practitioners.

If you have now decided to accept these two simple rules, and prefer to deal with your health rather than with sickness, then you can proceed to the following simple rules.

Rule 3:

I ask myself: What can I change in my life in order to find inner balance and peace?

The above sentence contains the question about what I can do for myself after I have seen that my fight with illness was not successful. Should I change my way of life? Should I change my way of thinking? Should I stop smoking and do more sports and change my diet? For some people one or the other of these suggestions could be the key to success, that means the key to healing. But for others all the above mentioned considerations might not be sufficient.

The path to health is very individual and everyone has to go his own way. That's why I take efforts to help each one of you to find her/his own way. Therefore the following point should be kept in mind:

Rule 4:

Your health is solely in your own hands.

No human being is capable to restore your health without YOU. Only YOU are capable of doing that.

One can help you by, say, strengthening your health, or by stopping and storing sickness for a short time; but health, your own health, can only be maintained by YOURSELF. And therefore

Rule 5 is:

In the first place I have to take on responsibility for my own health, and I should not load it on the shoulders of others.

Because you are able to care for your own health as nobody else can. Please never forget that.

And when you have learned to take full responsibility for your own health you can pass over to

Rule 6:

I try to be more conscious about myself, to come to myself and to be critical with myself.

Do not measure yourself with the yardstick you are accustomed to whilst always and only thinking good of yourself, putting the blame and negativity on others. Unfortunately,

the majority of people thinks like that: 'I am really good. I don't absolutely need to change anything. Certainly others should do that first. I am leading my life in the right way...'

When you have the same or similar thoughts then please ask yourself the following question: If you were right about yourself being good, then every other person thinking of himself being only good must be right as well. And then, logically, everyone around us, without exception, must be good, because everyone around us thinks like you do. But then, where do all the negative things come from? And does not this, unfortunately, mean as well that, even though you are accustomed to think good of yourself, you do not appear as good in the eyes of others? That is, I must admit, certainly a difficult question for everyone. But one cannot avoid this question if one wants to become, and remain, healthy.

What is a healthy human being? That is not only a person without diseases. It is also one who is living in harmony with herself/himself and with others. If this harmony is missing it is impossible to remain healthy. It is really that simple. But understanding simple things is always difficult. For this reason you should always start with yourself if you want to live in harmony with yourself and your fellow men. Never try to change your neighbour into what you would like to see in him.

Now we have arrived at

Rule 7:

I devote my attention to myself.

How to apply this rule? This again is a different question, and a complicated one at that. Right from the beginning, please learn to look at yourself critically. This alone is already difficult and complicated enough.

But one can follow this path in a different way as well. In order to make it a little bit clearer for you, I introduce to you a new philosophy which I like to name as follows:

The Philosophy of the Golden Pyramid

This is a procedure which may appear strange and unusual to you. The Golden Pyramid of which I want to speak to you consists of four golden triangles with a golden square as base. And what the four triangles and the square stand for I shall now explain to you:

*The first side of the first golden triangle means forgiveness, the second side stands for gratefulness and the third side for acceptance. I consciously say 'acceptance' without saying 'to love oneself'. I consciously do not say: "You should love yourself". For many people love themselves so much that they hate other people. And each excess into one or the other direction will turn into illness sooner or later. It is nearly impossible to create this golden triangle in its entirety within your personal life. And, of course, it takes a lot of time. Therefore please first try to build this triangle in an even, well balanced way. For many a person has great difficulties with **forgiveness**. He/she is able to forgive nearly everyone, but there are always two or three people left whom he/she can only forgive with difficulty, or not at all. But if you cannot learn to forgive you will never learn to let go. And this also means that, inwardly, you are holding on to illness.*

*Probably the second side of the golden triangle may appear easier to you – but only at first sight. I mean the side which stands for gratefulness. Nearly everyone of you can say about herself/himself that he/she carries within a feeling of **gratefulness**. But if I tell you: 'Try to be and to remain thankful, even if everything goes wrong (if, for example, you are very sick)', then everybody will say: 'I cannot be grateful for this.' On the one hand you are certainly right.*

But a medal always has two sides. If you look at the other side, you are going to realize: If you do not succeed in being grateful despite heavy illness, then there will remain only bitterness and disappointment in the end. And as soon as those two feelings have made themselves felt in your life, harmony is gone. And this already means that you are not healthy. And even here, things are very simple as well. You need not necessarily be thankful for all diseases, especially not for cancer. But one should try to find the inner strength to say:

'Thank God it is as it is - and not worse. I give thanks to the fact that I am still alive, that I am still here and that I am breathing. And even if I am here with pain and illness – I am still here. I am living in this wonderful world and I am able to watch the colours of the coming day.' If you have come to terms with this, the feeling of gratefulness within you will become immense. This also means that harmony will return to you – even if the disease is still there. When harmony and inner peace have returned to you there will no longer be any room for fear within. And it is fear that extends and aggravates your disease. Where peace and calmness rule there is no room for illness. And when fears will finally have left you, the diseases will leave as well.

*Now there still remains the third side of the first golden triangle, **Acceptance**. Accept yourself as you are. As long as you cannot accept yourself with all your mistakes and weaknesses, you cannot and will not be strong.*

Maybe you have already thought that often diseases are our weaknesses. Once you have accepted your weak sides - your looks, the qualities of your character or your mental disposition - you have accepted you neighbour. When you will be content with yourself and your life others will be in peace with you as well. As long as your unhappiness is still there, you remain discontented with yourself and the whole world. When you have accepted yourself as you are, you will be accepted as you are by all other people. If you respect and accept others, you will be respected and accepted by them as well. Forgiveness, gratefulness and acceptance are shaping the most important of the four golden triangles.

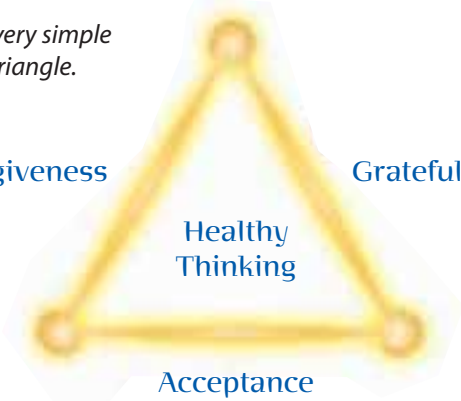
*It is all very simple
in this triangle.*

Forgiveness

Gratefulness

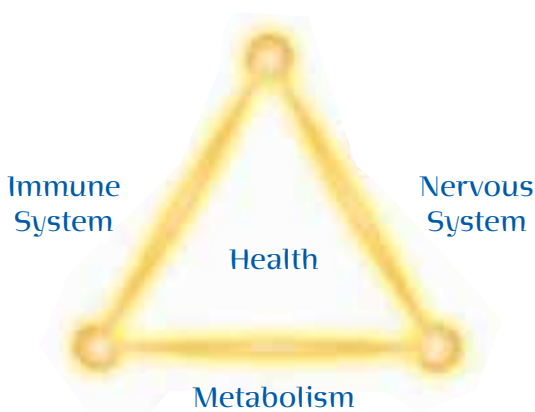
Healthy
Thinking

Acceptance



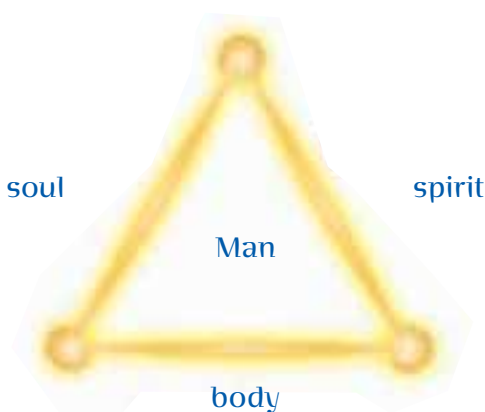
*But to construct it, to fuse it together and to come to your own harmony and to yourself is very difficult and complicated. If you succeed in filling this golden triangle with life, and if you live it every day, you will realize that many things in life will turn to the good. This is a prerequisite to become completely fit, because the first golden triangle supports the second one that originates from **immune system**, **metabolism** and **nervous system**. The immune system is inseparably linked to gratefulness and metabolism to forgiveness. You do not say without reason: 'He/she is full of bitterness'. Bitter for their part are all those people who cannot or who do not want to forgive. When you talk about bitter people, you immediately have an association with the gall bladder or the liver. Without both of these organs, metabolism could never work properly.*

At the same time one should keep in mind that forgiveness is nothing else than the freeing of the soul. Everyone knows the feeling of joy and peace after he/she managed to forgive somebody. Forgiveness as well means to let go. Without letting go, the disease cannot leave because one is keeping hold of it. Without forgiveness for other people and for oneself, metabolism can never become allright. Without a properly working metabolism the body cannot free itself from diseases. For only by metabolism, toxins can be washed out of the body. Each physical disease – no matter how you call it – is, in the end, a poison which at first destroys the body and finally leads to an early death. That means disease eliminates the possibility to be happy and healthy.

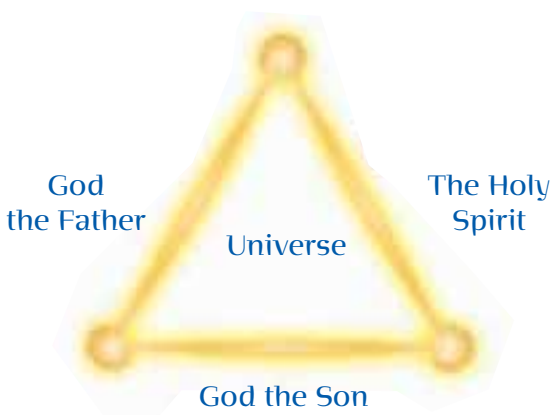


Acceptance is intimately connected with the nervous system. As long as a person does not learn to accept herself/himself and her/his neighbours, the nervous system will be in danger – by stress, nervousness, fear, depression or dissatisfaction of any kind. All these things weaken and destroy the nervous system. You see, all these things are interconnected, just as everything else in our life. If the immune system is weak, metabolism will be weakened as well – or the nervous system will become unstable; one part weakens the other. No matter what names all the many diseases have – in the end it is always just metabolism, immune system or nervous system which are concerned. Those three things are the foundation of our health. If we want to consciously support and strengthen them, we have to learn to be grateful and forgiving, and we have to learn acceptance with more awareness.

The second golden triangle again is inseparably linked to the third, which originates out of **body, spirit** and **soul**. Out of these three things, man came into being. Today he/she still consists of body, spirit and soul. But man cannot develop in harmony, grow, or just function normally and exist, if those three pillars (immune and nervous systems and metabolism), which support him, are unstable and weakened and cannot form one harmonious unity. But how can we unite these two golden triangles and bring them into a stable correlation? That is only possible if one is living gratefulness, forgiveness and acceptance with awareness and from the bottom of one's heart, thus filling the philosophy of love and goodness with life.



Finally, the fourth of the golden triangle consists of **God the Father, God the Son** and - as the third side of the triangle - **the Holy Spirit**. All the four golden triangles are inseparably merged with each other. Which one of them is the most important, you have to decide for yourself.

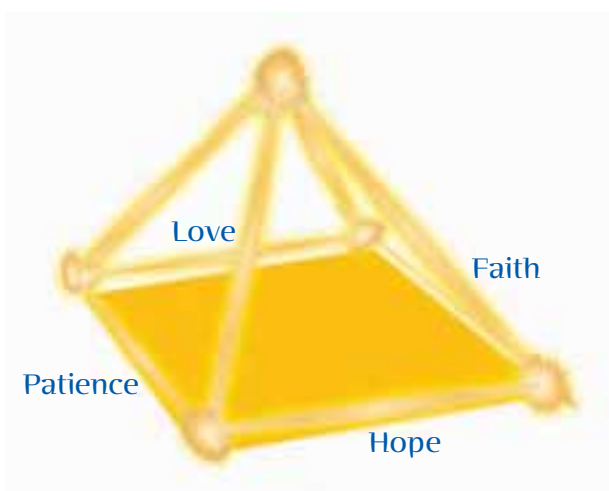


Now you should build up the four golden triangles on the base of the golden square. The sides of the golden square are love, faith, hope and patience. This square is to be realized and understood. Without **love** no life on our planet is possible. And just this is lacking in everyone of us, without exception. Therefore people shouldn't wait to receive love, but they themselves should give love first. Without **faith** in the victory of good, and that each disease can go, there will be no possibility of healing. And man always lives in **hope**. When hope dies, we will die as well. Therefore we should learn to hope and to have faith, even if a situation may appear hopeless. No matter how sick one is, one should never lose faith and one should try to seek ways and possibilities to change something. There is always a chance, however small it may be. And this chance has to be utilized until the last moment. Then the miracle can happen - through hope, faith and love.

But without **patience** one will never succeed. Everything takes its time. Love cannot blossom without patience, faith without patience cannot be strengthened and hope without patience cannot last. These four things are interconnected. One strengthens the other. The golden square is our platform, and man is the triangle of body, spirit and soul.

Man can only be healthy if her/his immune and nervous systems and her/his metabolism work properly and are balanced with each other. This again requires gratefulness, forgiveness and acceptance. All these belong inseparably together and can only exist through the fourth triangle of God the Father, God the Son and the Holy Spirit.

And now your golden pyramid is standing erect. Its top now should be welded together by your own good will. Once you have put together all the four golden triangles and erected your golden pyramid, you will not meet any obstacles on your life journey.



And if you understand all these golden triangles, their meanings and correlations, properly, you can come to health and well-being very soon.

No matter what you are going to start, no matter what you are doing: You are harmony, you are perfection. Now you have found yourself, and with this, God in yourself. And on top of it, you have found your own health.

This path is not easy to follow. But if you try hard you will get very far in your spiritual development.

I wish you all the best on your path. May you ever and always find the strength to remember forgiveness, gratefulness and acceptance, in order to grow with these qualities. I wish you this from the bottom of my heart. But above everything else I wish you one thing: Health - and that you may lead your life in peace and harmony.

If now the Philosophy of the Golden Pyramid has made you curious, please write to me or give me a call. I will do everything to help you and to stand by your side on your way to harmony, happiness and health.

Yours

A handwritten signature in blue ink that reads "Viktor Philippi". The signature is written in a cursive, flowing style with a prominent initial "V".

Viktor Philippi

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See the following internet pages for more information:

www.viktorphilippi.de

www.theomedizin.de

www.biomez.de

CDs and DVDs with a salutary* effect are available from the internet shop: www.theomedizin-shop.de



CD „Melodies of the stars“

The sounds of this audio CD are arranged to have a strong positive effect on brain streams. This way the nervous system releases stress and tension.

(Only available in German language)



DVD „Release from Physical Blockades“

This DVD will help you to free yourself from physical ailments and blockades.

(Only available in German language)



DVD „Purification of the Soul“

This DVD will help you to release yourself from mental blockades, such as fear, lack of self-confidence and depression.

(Only available in German language)



DVD „Get Healthier - Become a Healer“

(in German: “H(h)eiler werden” ; namely: “Heiler” = Healer, “heiler” = healthier)

A DVD on Bioenergetical Meditation. Four persons suffering from incurable diseases and a doctor talk about their experiences with Biomeditation.

(Only available in German language)

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