



Recognize yourself

Who does not see himself,
does not see the world.

„Dare to use your own mind!“
Immanuel Kant

Consciousness 3.0

A Plea for a real Humanism

The Fundamentals of Identity-oriented
Psychotrauma Theory and Therapy (IoPT)

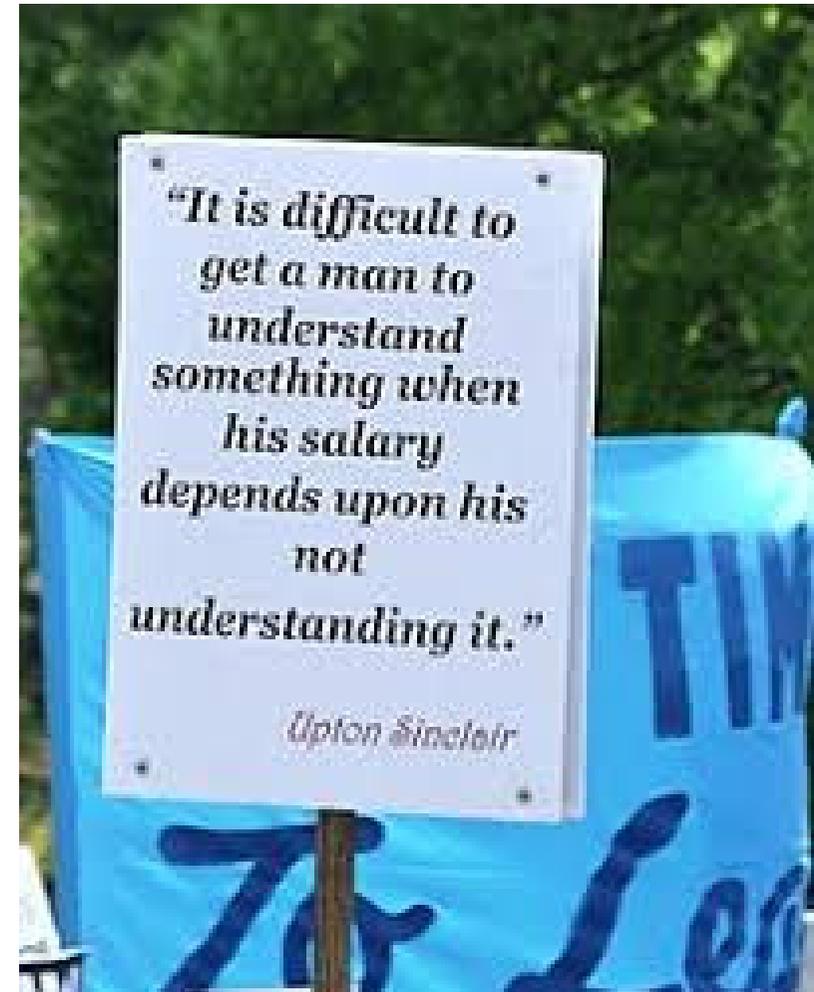
“The one who pays the piper calls the tune.”

- I am not giving this lecture in the name and on behalf of the university where I am employed.
- I am also neither financially dependent on any other institution nor do I represent any ideological positions of an organization which is not mentioned here.



Real vs. Pseudo Science

- Real Science only counts the arguments
– no ranks and no titles
- Scientists, journalists, teachers, judges, politicians that are corrupted by money create only the image of science and produce ideologies far from reality
- Ideologies violate reality and human beings



Humans are psychological healthy

- graceful, special, charming, grateful, serious, peaceful, kind, helpful, intelligent, smart, loving, courageous, indulgent, open, potent, active, calm, solidary, loyal, prudent, careful, wise, confident



Humans are Victims

- They are abused, beaten, humiliated, hurt, neglected, objectified, rejected, unwanted, unprotected, full of pain, anger and shame

Humans are Perpetrators

- braggers, stupid, choleric, mentally lazy, simple, cowards, greedy, deceitful, scheming, pukers, scandalmongers, machos, no-goods, playing teacher, cash hungry, troublemakers, revengeful, stressful, tyrannical, submissive, traitors, disgusting, pimps



Humans are both – victims and perpetrators

- They are ambivalent, accuse and shame themselves, are apathetic and harsh against themselves, are split and torn, hide behind protective shields, make themselves small, are suicidal...



Human Problems are

- Natural (earthquakes, tsunamis, floods, volcanic eruptions, forest fires)
- Man-made (poverty, bank crash, bombs, drug consumption, violence, wars, crèches, destruction of social environment, economic crises)
- Why are people causing problems for themselves and others?
- Why are they not able to solve these problems?



Mother-Child Attachment and Early Secondary Child Care

- Early and long-term secondary care (crèche, childminder, grandparents) for children under the age of 12 months causes them permanent stress and forces them to split psychologically.
- Low quality of secondary care further aggravates the problem



Problem Solution 1.0: Spiritualism

- **Theory:** Spirits, demons, deities create and rule the world and the people. What happens is fateful.
- **Practice:** various religious rituals to reconcile and come into harmony with these higher powers
- **Objective:** Seeking freedom detached from earthly existence

Problem Solution 2.0: Materialism

- **Theory:** Everything is physics and chemistry; psyche, soul, I, free will are also only material conditions/brain states, subjective obstructs objective science.
- **Practice:** Striving for possession; therapies are focused on physical "symptoms" which are assigned to "disease patterns" without paying attention to psychological correlations.
- **Objective:** Seeking objective laws and necessities

The current global political and economic system, which is dominated by competition, money and technology, is an expression of **consciousness 2.0** with a superstructure of **consciousness 1.0**

The current global political and economic system, which is dominated by competition, money and technology

- is not primarily serving the needs of people, but increasing money and maintaining governmental power.
- satisfies the basic human needs of life only to a limited extent (water, food, housing, physical health ...) and only for the wealthy part of humanity.
- constantly creates new unsolvable problems (interstate and intra-societal conflicts, new poisons, new radiation, nuclear waste, contamination of farmland, man-made diseases ...)
- The social systems are not based on healthy psychological structures.
- They destroy reality with unreal mental constructs.
- They often represent a collective self-destruction program.

Means in itself or Means for a Purpose?

- For consciousness 1.0 and 2.0 being human has no purpose in itself.
- Humans in that state of consciousness experience no unconditional love for themselves and their environment.
- Being confused in their identities they make each other a means for their trauma-surviving-strategies, i.e. their victim- and perpetrator-attitudes.

Excursion: Power

- Power is the idea to create orders by violence and to heal suffering.
- Power creates powerlessness.
- People in power tend to the idea of omnipotence, because they become perpetrators in their positions.
- Omnipotence creates chaos and suffering.
- Staying in power positions becomes a purpose in itself.
- Generell background: the relation to power reflects the relation with the father.



Excursion: Money

- Money is a mental fiction, to attribute an abstract value to everything and everyone.
- Money only has value when everyone believes in its value.
- Because money creates the difference between the poor and the rich, the belief in money has to be fought through by power.
- The money-systems dominate over rich and poor.
- It becomes a means in itself and all humans submit themselves to „golden calf“.
- General background: the relation to money reflects the bonding with the mother



Excursion: Coronavirus-Confusion

- Because it is said that this virus is dangerous, every scientific discussion is suppressed.
- Fearing death by suffocation (SARS-CoV-2) all human beings are forced to wear masks that make them feel like they are suffocating.
- Fearing death of millions, all humans are set under the condition to not enjoy life any longer.
- Because the health care system could collapse, the whole system is forced to collapse by lock-downs.
- Because solidarity seems to be necessary, all of us have to be single and isolated, surveilled and extremely controlled.
- Because traditional vaccinations have harmful side-effects, a completely new vaccine method will be tried out with no evidence for its harmfulness.
- In the name of health care for some people, all others become severely harmed in their health because again: it is only because of power and money.



Pandemic 2020

- A new disease is discovered:
„asymptomatic ill persons“.
- Before, they were called: healthy people

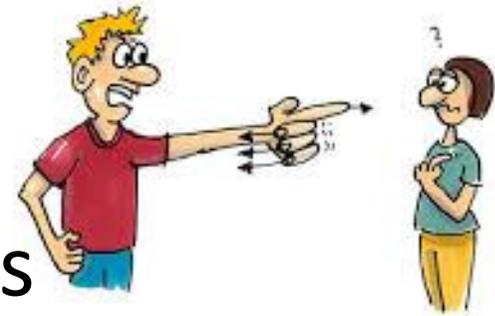
Georg Orwell (1984)

- War is Peace
- Freedom is Slavery
- Not knowing is Strength

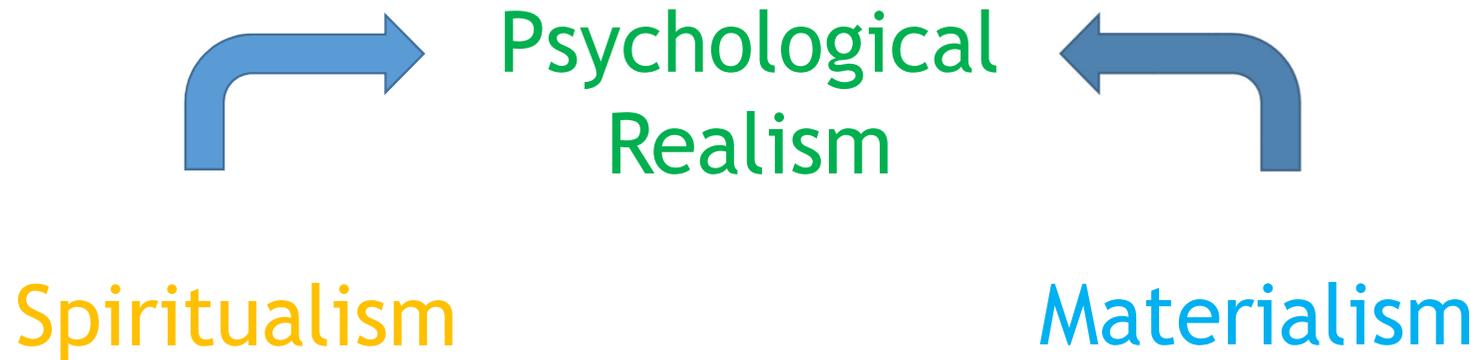
Our own human destructiveness (acting unpredictable, being uncontrollable, hiding in the invisible darkness, producing illnesses and death) is projected onto a virus.



To devalue others („covidiot“, „right wing radicalist“, „conspiracy theorist“ ...) means to talk about oneself.



Consciousness 3.0



The Identity-oriented Psychotrauma Theory and Therapy (IoPT)

offers a synthesis between

Spiritualism (1.0) and Materialism (2.0)

Key concepts of IoPT

- Identity
- Psyche
- Trauma

Definition of Identity

I am the sum of all my conscious and unconscious life experiences since the beginning of my life.

Starting with Identity Development

- From the beginning of its life = fusion of egg and sperm the unborn child is a subject with a psyche
- The child affects the maternal organism to be at its disposal
- The maternal organism tolerates or resists this
- Approx. 6 days after fertilization, implantation in the uterus in an immunological vacuum
- The child creates its own environment (amniotic sac, placenta, umbilical cord)
- Consequences: Beginning of life or struggle for survival, complete pregnancy or miscarriage or premature birth



Identity is NOT Created

by **identifications** such as I = my mother, my father, my family, my friends, my partner, my children, my job, my company, my country, my religion, my soccer club...

by **comparing** with others: I am more beautiful, better, faster, more intelligent...than...

by **differentiations**: I'm not black, Muslim, Jew, asylum seeker, foreigner...

But only through the relation to oneself and to one's own biography.



Anxiety and Dependency as Human Condition of Homo Sapiens

- Due to the upright walking, a pelvic ring is needed to connect legs and trunk in a stable way.
- This limits the ability to carry children in the abdomen and the "gestation period" is shortened (9 instead of 18/21 months)
- Every human is a highly vulnerable and highly dependent premature birth.



Anxiety and Dependency as Human Condition of Homo Sapiens

- **Fears of dying** are at the beginning of our life combined with **fears of being left alone** and **feelings of dependency**.
- A healthy mother is necessary to soften down those fears of the child and offer warmth and shelter.
- If a mother herself is full of fears she and her child are in an **anxiety-dependency-trap**.



Darkness of
someone's past history

Consciousness
Threshold

Available
Consciousness



Why is there a human "psyche"?

Through its "psyche" the human organism

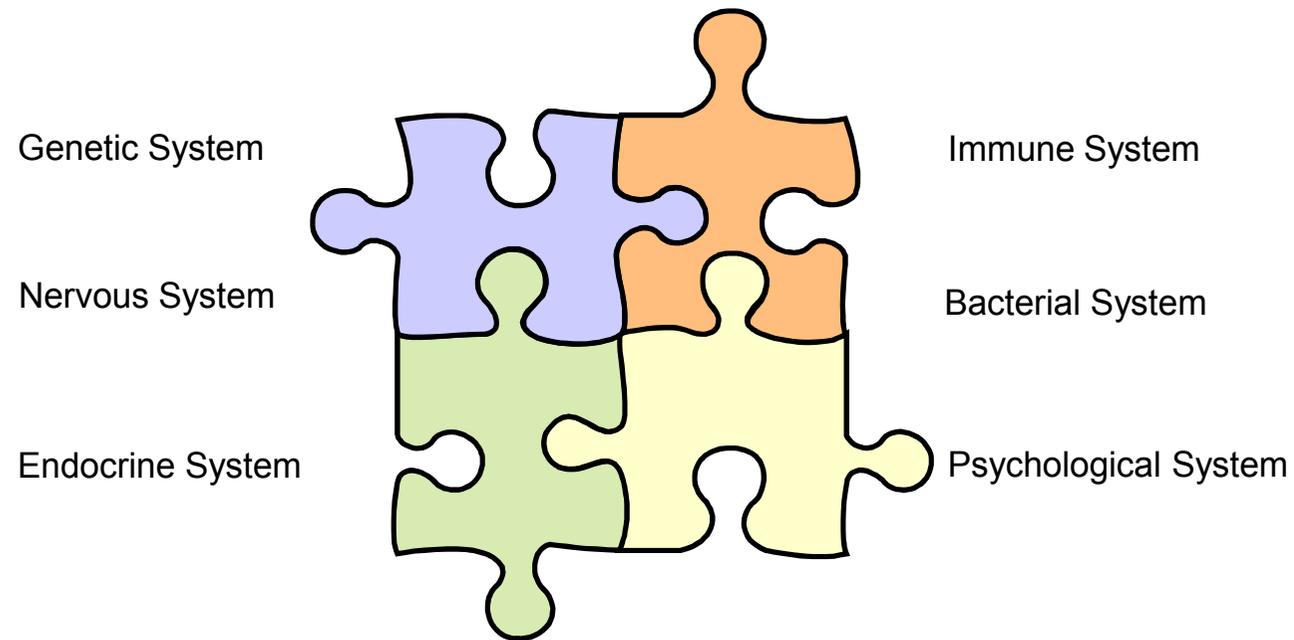
- connects with its environment
- thereby gains various accesses to its outer
- and inner world,
- and thereby senses the realities,
- which are beneficial for the needs of its own preservation and that of its species.



The Human Psyche...

- turns reality "itself" (objective reality) into reality "for him or her" (subjective reality)
- For a "healthy psyche", the objective reality is adequately represented in the subjective reality, without contradictions.

The psyche is a part of the living human organism
consisting of matter, energy and information



"Body" and "Psyche"

"Psyche" are the various programs of the living organism to process information about relevant realities and to control its actions. "Body" and "Psyche" are inseparably connected in a living organism. There is neither "fear per se" nor a "heart per se".



Main human psychological functions

- Perceive (see, hear, smell, taste, touch, sense)
- Feel (love, fear, anger, sadness, shame, guilt)
- Imagine
- Think (associative, logical-rational)
- Remember (short- and long-term, visual, episodic, semantic, procedural)
- Self-consciousness
- Unconscious being driven and conscious wanting
- Control of actions

Symbiotic Needs

- be nourished
- be warmed
- have body contact
- be held
- be seen
- be understood
- be supported
- belonging together
- be welcome



Needs for Autonomy



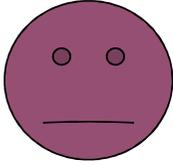
- perceive, feel, think for oneself
- be self-contained
- hold onto oneself
- do something by oneself
- be independent
- be free
- make one's own decisions
- ...

Human emotions are the
consequence of the fulfillment or
non-fulfillment of human needs.

Conscious and Unconscious

- In a person, the majority of mental processes happen unconsciously.
- Many vital functions (breathing, digestion, immune reactions, sexuality) are largely removed from consciousness and voluntary influence.
- Consciousness is a special psychological function for better communication in groups and more effective problem solving.
- Consciousness originates particularly through co-consciousness.
- Through language and words, reality can be consciously brought to the point.
- Conscious intervention in unconscious processes can support or cause damage.
- The absence of conscious memories is often associated with the non-existence of traumatic experiences (e.g. in cases of early childhood neglect and experiences of violence and sexual trauma).

Main States of the Human Psyche

• States of Well-being		<ul style="list-style-type: none">• No existential threat• Open to reality
• Stress Programs		<ul style="list-style-type: none">• Imminent existential threat• Constriction of reality
• Trauma Emergency Reactions		<ul style="list-style-type: none">• Threat is overpowering• Reality Suppression

Psychotraumas ...

- are a reality which our psyche cannot bear.
- are survived by psychologically splitting off the unbearable (fear, anger, pain, shame ...).
- Our psychotrauma survival strategies ensure to lock away the unbearable reality from our consciousness.
- The result is a loss of reference to reality and self-reference.



Trauma of becoming a perpetrator oneself



Trauma of Sexuality



Trauma of Love



Trauma of Identity

Trauma Trias

not protected

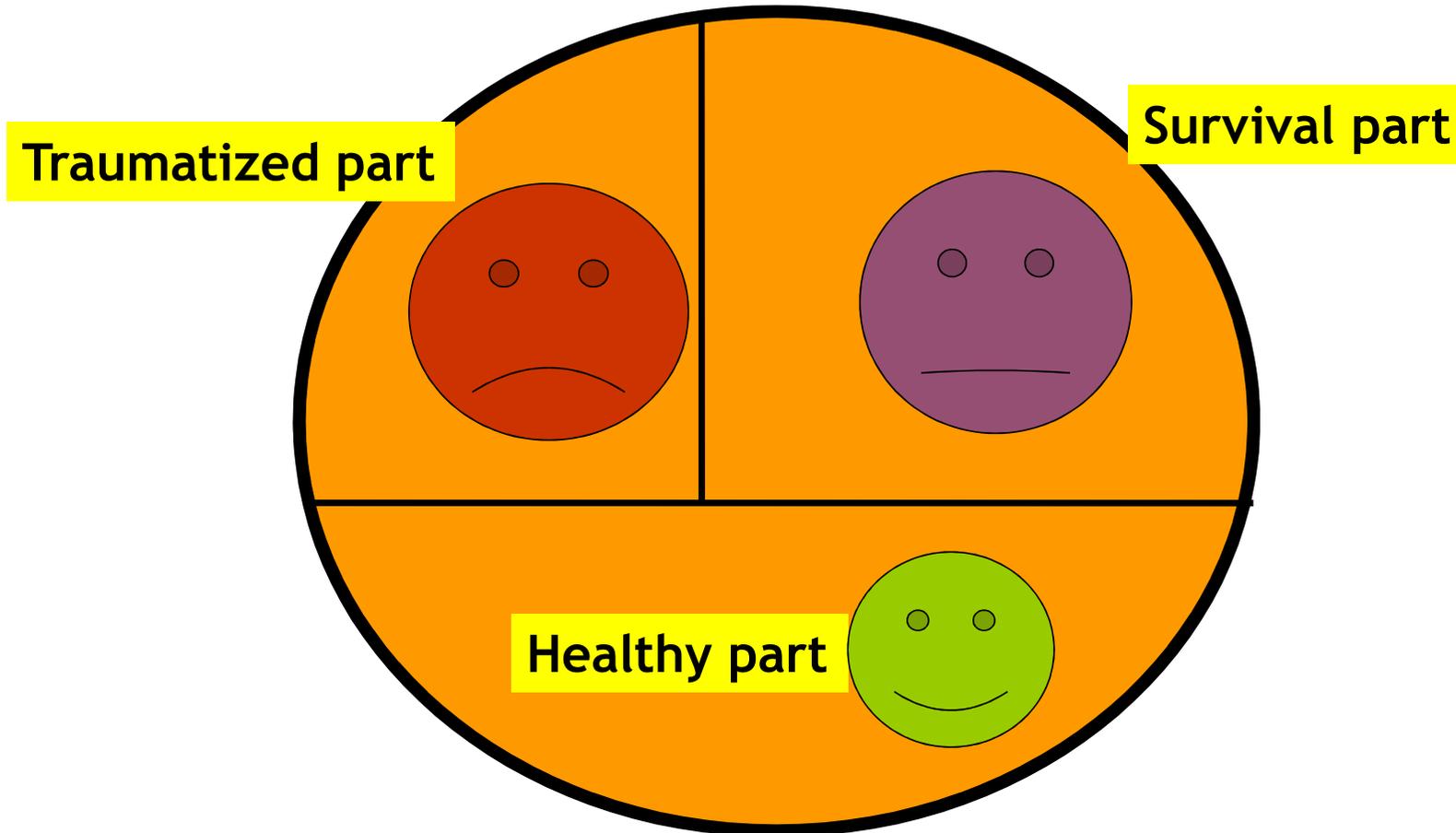
not loved

not welcome

Possible Psychotrauma Biography

© Prof. Dr. Franz Ruppert

Separation of a person after a traumatic experience



People in general are full of fear

- They should not be frightened further, otherwise they will also develop anger, which expresses itself in aggression (violence against others) or depression (violence against themselves)
- Instead, they need the antidote to fear: Love
- Their feelings of dependence should not be further aggravated, they should be supported to mature into autonomous and independent people

What is Love?

- An initial potential ("ability to love")
- The hope for resonance ("need for love")
- The opposite of fear, anger, external and internal aggression
- A feeling that causes mothers / fathers to protect their children
- A good body feeling, which requires a "yes" to one's own existence
- A feeling that wants well-being for oneself ("self-love")
- Behavior that has the well-being of others in mind
- ...

Healthy Parental Love Means

- to satisfy a child's need for love in an age-appropriate manner and
- to enable its development of autonomy in an age-appropriate manner
- Prerequisite: the parents' need for love was satisfied, they could be themselves as children and experience what healthy love is

Traumatized Parents can be

- Emotionally unavailable
- Respectless
- Emotionally burdened
- Unpredictable
- Emotionally needy
- Violent

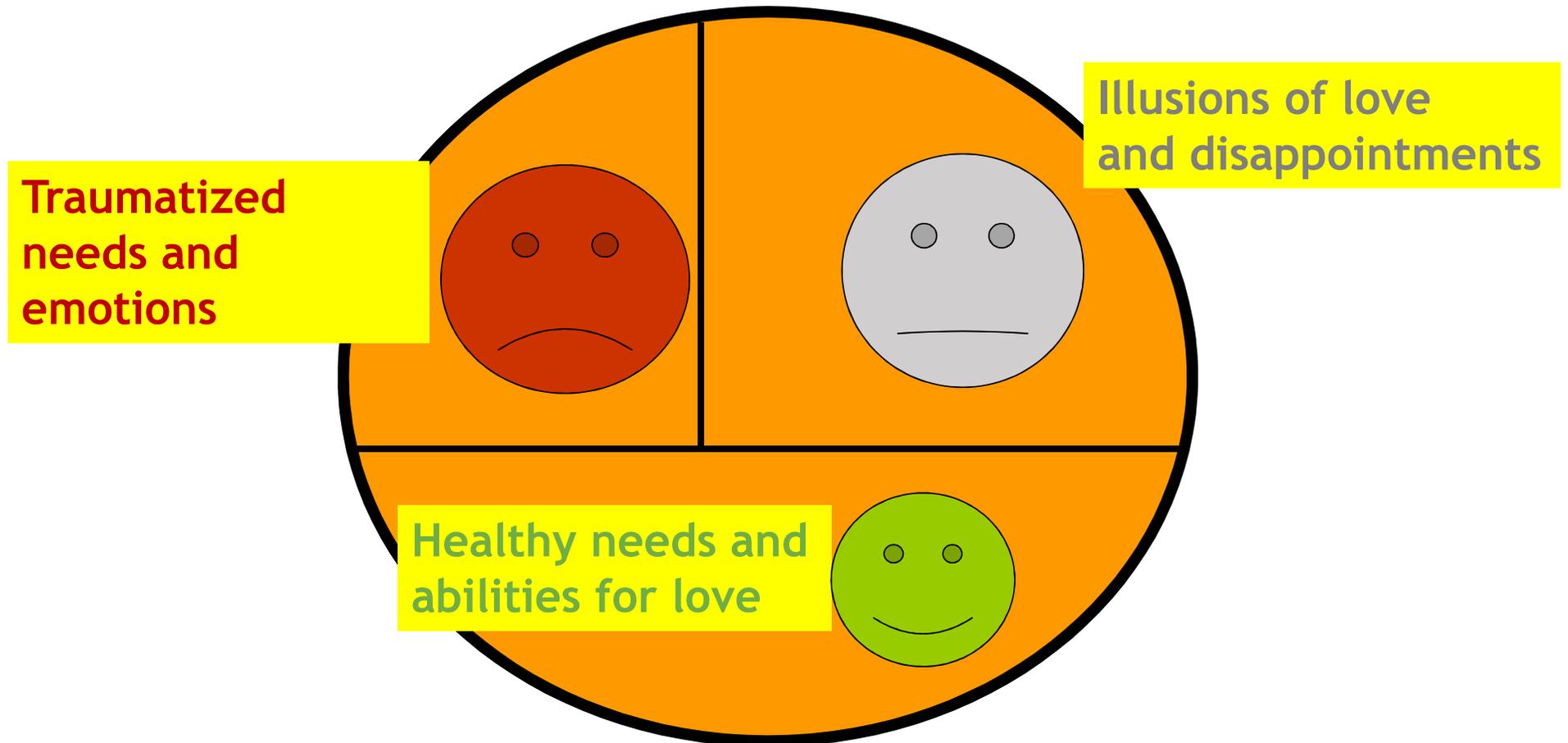


- They can't be real parents due to their own traumatizations.

The bonding relationship with his traumatized mother and father becomes a traumatizing experience for a child ("developmental trauma").



Splitting of Psychological Structures in a Trauma of love

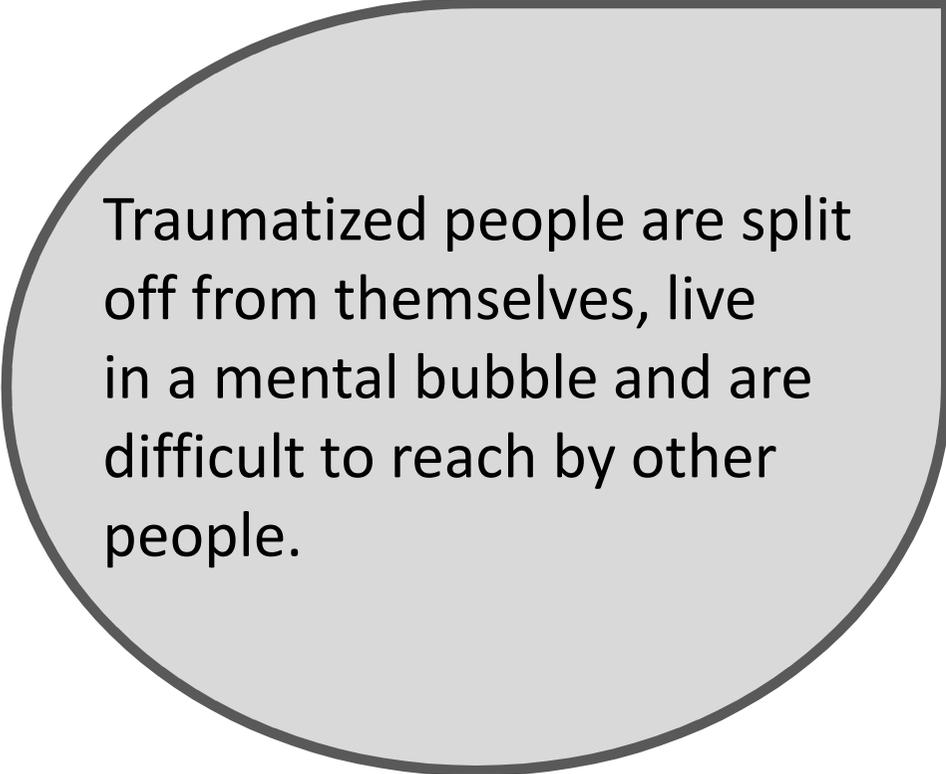


Illusions of Love

- If one loves only hard enough, the other will also return the love.
- Love can be forced or bought.
- You can save someone through your own love.
- Love heals every wound.
- Love is forever.
- All parents love all their children.
- Only love can save the world.
- ...

A Traumatized Psyche Cannot Distinguish Between

- Myself, you and us,
- past, present, future,
- inside and outside,
- life and death,
- what is good for me and what is harmful
- who has good intentions for me and who does not
- what is possible and what is impossible



Traumatized people are split off from themselves, live in a mental bubble and are difficult to reach by other people.

To the Outer Misery Comes the Inner Misery



- Basic needs must be suppressed.
- Chronic stress occurs in order to adapt to traumatizing living conditions.
- Survival strategies set for themselves unattainable goals.
- There is no real happiness in life.

Other human beings as „Life-Projects“

- Couple-relationship, family and children as projects of trauma-surviving-strategies of women
- „Make America great again“, „My own sportsclub“, „Great Reset“, „Vaccination of the whole world population“ as projects of trauma-surviving-strategies of men

Perpetrator Victim Dynamics

- Trauma experiences damage the human psyche of trauma victims.
- The trauma perpetrators also cause massive damage to their own psyche through lies, cheating, use of violence and even murder.
- The shame of admitting this psychological damages often turns trauma victims and trauma perpetrators into a conspired community.





Necessary Transformation

- **Trauma-Perpetrators** do not feel responsibility because they are **Trauma-Victims**.
- They only will be rescued from **Being-Perpetrator**, when they feel **Being-Victim**.



Identity-oriented Psychotrauma Therapy (IoPT)

- Based on intention method and resonance phenomenon
- Makes one's own identity development conscious
- Strengthens the healthy "I" and promotes one's own free will and healthy psyche
- Makes survival strategies conscious
- Helps to recognize the truth of one's own traumas
- Helps to overcome separations and give up entanglements
- Leads back to the wholeness, individually and collectively



Dissociation becomes Associaton.



Conclusions

- ❖ Do not confuse identity with identification, and understand it from the beginning of a person's life
- ❖ Comprehend the human psyche and take it seriously: the happiness of each individual and of social communities depends on it.
- ❖ Prevent all psychological traumatizations as a primary collective obligation
- ❖ Heal psychological traumatizations as a key task in social and health care systems
- ❖ Social leaders (parents, teachers, managers, politicians) must deal with their own trauma biography, otherwise they will spread their inner chaos to the outside
- ❖ We humans should not be afraid of each other, but hold and encourage each other and share the joy of life
- ❖ Happy people make others happy and create communities worth living

Perspectives for a happy future for individuals and societies

- Peace = reconciliation with oneself
- **Wealth** = living the treasure in one's heart
- **Freedom** = being in self-resonance with the truth of one's own biography
- **Happiness** = saying unconditioned YES to oneself

Consciousness 3.0 as synthesis of spirituality (Consciousness 1.0) and materialism (Consciousness 2.0) creates a

a truly humane society.

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