

*Who goes with the flow,
ends up in the sea at some point.
Who moves against the current,
reaches the source safely.*

Author unknown

Chapter 1: Who am I? What am I?

Eve and Genesis

From time to time, Eve had to think about Genesis, the biblical story of creation. Firstly, of course, because of her name, and then there was the matter of the tree of knowledge: ... *of the fruit of the tree which is in the middle of the garden ... you must not eat ... otherwise you will die. ... God knows full well that as soon as you eat from it, your eyes will be opened and you will become like God, recognising ...* (1)

Eva was not religious, at least not in the usual sense, but personal experiences caused these lines to rise up in her from time to time. Since early childhood, she had sometimes suddenly had a nebulous, indescribable feeling that something in her life was being kept hidden from her, or even more, was being kept hidden from her. She had a dark suspicion that she was the victim of a profound, inexplicable external influence, while at the same time she perceived a threatening, dark presence that instilled a terrible fear in her. She took this as a warning not to investigate under any circumstances, which she did not do for a long time.

But now, in the second half of her life, she decided to do everything she could to finally unravel this mystery, even if it meant breaking a ban and facing retribution. In the meantime, she had familiarised herself with the idea that she would have to die one day anyway, so it would be better if it happened sooner and with recognising eyes than later and in ignorance. And she decided to keep a diary during this time, so that family and friends would be informed and warned in the worst case scenario.

Eva, the body

Who was she? What was she? What dark secret surrounded her? One friend held a mirror in front of her, another her identity card, both said: *Look, and your questions are answered!* Eva saw her picture, first and last name, date of birth, place of birth, nationality, current place of residence and some physical characteristics, apparently she was this body. The thought was by no means unpleasant, she was proud of her body and her appearance, had done a lot for it and had occasionally financed her studies as a bikini model.

However, she also knew from the time after her studies, the application phase and the search for an interesting and well-paid job that, assuming an appropriate appearance, emotional and mental skills were more decisive. Was the person a team player? Did they have emotional intelligence? Were they able to recognise their own emotional state and that of other people, understand the natural course of emotions, correctly interpret

and assess their own emotions and those of other people and deal with them appropriately?

What education did the person have? Secondary school, A-levels, a degree, perhaps a doctorate or even a habilitation? What professional experience? Were they able to think analytically, grasp complex interrelationships, develop new and creative solutions, think ahead, have perseverance and stamina?

More important than a person's purely physical constitution was obviously how they acted emotionally and mentally, their characteristics and abilities in dealing with corresponding challenges. However, this had little to do with whether the body was well-trained in terms of musculature and perfectly styled in terms of appearance or whether it appeared flabby and unkempt, beautiful or only mediocre, corpulent or rather slim. There was talk of external and internal values; according to medical and psychological opinion, the emotional area involved effects of the limbic or emotional brain and the mental area involved activities of the neocortex or rational brain. They were therefore bodily organs, and the mirror and identity card were obviously right: Eva was this body.

Eva, the team

She now had a varied and very well-paid job that fulfilled her and gave her work and life meaning. However, it also proved to be exhausting and demanding; the constant onslaught of sometimes stressful thoughts and mental images stirred up her emotions and took its toll on her body. Eva knew that some colleagues resorted to medication, alcohol, psychotropic drugs or even drugs as a remedy. Her GP had warned her that this would suppress her awareness of her symptoms, but also her awareness of herself, which is why she favoured regular yoga and relaxation classes.

Like other course participants, she was of the opinion that these meetings would help her to let go and feel more of herself again. For a long time, she found this description accurate, but now, in her search for the dark secret that surrounded her, she suddenly realised: If she was this body, and therefore also its emotions and thought processes, if she now had to get rid of so much of what ultimately made her her, had to get rid of a part of herself in order to be more herself again ... that was contradictory, it couldn't work! But why did she experience and feel exactly that in her yoga and relaxation sessions? How was that possible? What was going on?

She had often had to observe how inadequately tested assumptions led to false perceptions, was that possibly the case here too? There was no doubt that she had something to do with her body, her emotions, thoughts and mental images, but why had she come up with the idea that she was identical to them?

She also had something to do with her flat and her sports car, but did that make her identical? Where did this strange view come from? From the picture in the mirror? From the data on her ID card? Eva realised that she had simply adopted this view from her parents and relatives in her earliest childhood, later backed it up with medical and scientific arguments and simply accepted it as fact. She had never questioned it herself, until today!

She thought about her work, her colleagues, her circle of friends - weren't there parallels? She liked them all very much and enjoyed spending the day with them, but in the evening she wanted some peace and quiet, she just wanted to be alone with herself for once. What if it was the same with her body, her emotions, her thoughts and mental images? Could it be that she was not identical to them, but formed a kind of community with them, a kind of partnership, a kind of family? A team in which everyone needed each other, in which one could not survive without the other? Would the contradiction then be resolved?

In a sense, the body would be the instrument of execution, the tool with which she manifested her intentions and goals visibly in the world. The emotional and mental realms would prove to be two comrades-in-arms or adjutants who would sometimes advise, sometimes support and sometimes fight her. They might all have different behaviours and approaches and might be subject to different laws. Eva herself would be the team leader, and all four of them would be well connected, communicating and exchanging ideas with each other. And as in any family or team, there would be arguments from time to time and they

would get *on* each other's nerves from time to time. A time-out was then required, especially for the often overworked body and also for the *irritated* team leader. A phase of retreat and rest, a few hours' sleep or a yoga and relaxation session, so that afterwards, fresh and rested, you can approach each other with joy and be there for everyone again.

Maintain

Eva's head was spinning. It all had to be *digested* first, she had to *sit* down, and that evening she went to bed very early, exhausted. The next morning she woke up feeling rested and refreshed, and the confusion in her head had also disappeared, as if someone had secretly organised things during the night while she had been resting.

She was familiar with similar phenomena from her professional environment, which regularly had to react to innovations. At times, the workforce was only partially operational or not operational at all until everyone had familiarised themselves with the changes and carefully incorporated them. Such familiarisation also involved clearing up supposed discrepancies, correcting actual errors and sorting out what was outdated. If she really was supposed to be a team as a whole personality, then she had pushed this team to its limits last night. No further co-operation had been possible; every member of the team had been fully occupied with processing the new information.

Obviously, this activity was then continued during the night and successfully completed: Whilst asleep, some activities slowed down or changed, but fortunately the heart and circulation remained active. Her digestion also remained active, her body regenerated and her two aides continued to fulfil their duties, meaning that Eva found her team ready for action again when she woke up.

While she was used to analytical working methods in her professional life, she had always favoured an intuitive and emotional approach in her private life. Now she had to realise that this alone would not get her where she wanted to go ...

et cetera ...