



Key -

INFORMATION...



FOUNDATION

**inviva**

SOURCE OF LIGHT

A 3D rendering of the Earth globe, centered on the Americas, is shaped into a heart. The globe is set against a dark blue gradient background. The text "ENERGY follows ATTENTION..." is overlaid on the right side of the heart.

ENERGY follows  
ATTENTION...

*(Key-Information I.)*

# The 5 strongest attention magnets of modern times

100% attention *without* INNER value



*Social media, Internet, Gaming, etc.*

No. **1**

# The 5 strongest attention magnets of modern times

100% attention *without* INNER value



Football, mass events, wars, etc.



No. 2

# The 5 strongest attention magnets of modern times

100% attention **without** INNER value



*Einkaufswahn, Aktionismus, Medienkonsum, etc.*



No. **3**

# The 5 strongest attention magnets of modern times

100% attention *without* INNER value



Quality, quantity, and type of nutrition, etc.



No. 4

# The **5** strongest attention magnets of modern times

100% attention **without** INNER value



*Tattoos, piercings, and the obsession with beauty standards, etc.*

No. **5**

## Attention as the key...

“**Energy follows attention**” is not a meaningless statement, but a universal principle that has been explored in quantum physics, including discussions around the double slit experiment. Ancient Hermetic teachings, among the oldest systems of wisdom, also describe this idea:

*„Thoughts are electromagnetic impulses that act as creative and manifesting forces,  
shaping one’s reality.“*

Attention functions like an inner flow of energy. **What is observed is reinforced. Where consciousness is directed, energy follows.** When attention is placed on fear, doubt, or lack, their influence grows. When attention is directed toward love, trust, and gratitude, the connection to abundance and inner peace is strengthened.

For this reason, one of the most important tasks is to support people in reducing the effects of societal media overload, excessive consumption patterns, outward directed beauty obsessions, and other forms of distraction that disconnect individuals from themselves. This allows a renewed inner connection to personal values, creating a pathway toward happiness, contentment, and ultimately a loving heart. **Only through inner peace can global peace emerge!**



The necessary

TRANSFORMATION ...

## Necessary Transformation:

Based on quantum physics, everything is energy, and depending on its frequency this energy takes on different forms, including in human beings. When we are in a higher frequency state, we experience a connection to nature and its inherent interdependence, as these fields are also high frequency (*a principle of resonance in quantum physics*). In contrast, when we are in a lower frequency state, access to intuition and consciousness becomes limited or blocked.

The systems that are still active today (*education, healthcare, finance, politics, media, etc.*) and surrounding conditions (*unhealthy nutrition, alcohol, drugs, abuse, etc.*) have contributed to a low frequency state in many individuals. At the same time, people are further influenced by a system generated matrix of fear, propagandistic messaging, and manipulated media information (*including social media*), often with a strongly negative impact. The resulting mindset of scarcity and lack of love has, in many areas, become normalized.

For this reason, a **collective expansion of consciousness** is needed in order to restore a connection to natural principles and information, and to enable the creation of a future **world of love** in alignment with our **original essence**.

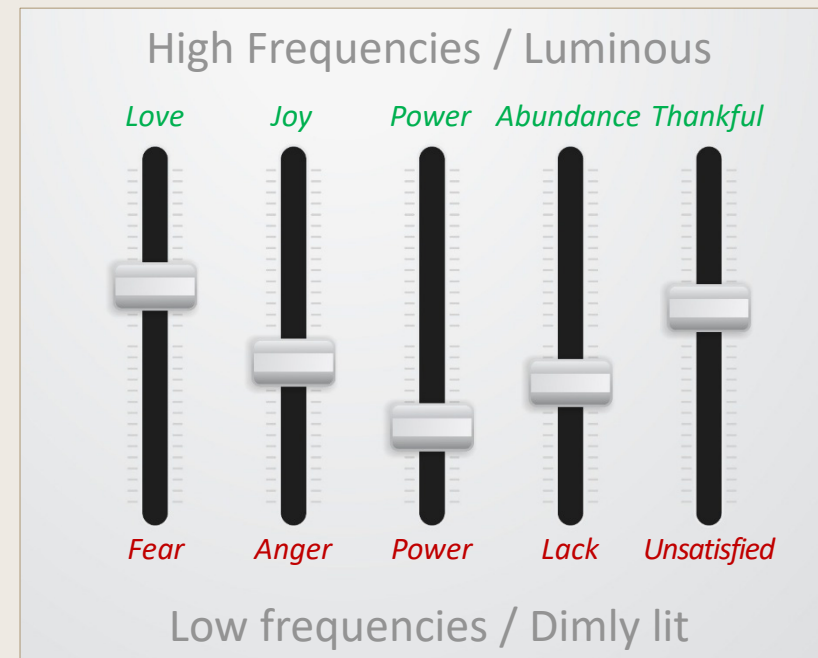
*(We originate from a source of light. Light equals love. Love is the highest frequency of energy.)*

## Polarity & Free Will I:

Polarity is present almost everywhere on the physical level, which becomes understandable through examples such as day and night, ebb and flow, or light and darkness.

According to quantum physics, **everything is energy**. Only the frequency spectrum and its density determine whether energy appears formless or takes form as matter. Through thoughts, combined with corresponding feelings of light or non light, **we determine** on which level a frequency operates.

**Free will** is the invisible force that sets direction. It is the choice every human being makes, most often unconsciously.



## Polarity & Free Will II:

The most influential force in today's society is **FEAR**.

Studies suggest that a human being has approximately 6,000 to 60,000 thoughts per day, understood here as electromagnetic impulses. Around 70% to 80% of these thoughts are negative, shaped by fear, worry, and doubt. Only about 3% to 30% are positive thoughts such as joy, confidence, or love.

Free will gives each individual **the power** to choose between fear and **love**. Influenced by propaganda and geopolitical events such as war, pandemics, and crises, the collective is largely embedded in a “quantum field of fear,” resulting in attention being directed toward and thereby strengthening exactly what is collectively undesired.

Since energy follows attention, it becomes essential to consciously shift **focus** toward the “**quantum field of love.**”



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A heart-shaped globe of the Earth, showing continents and oceans, set against a dark blue background. The globe is slightly tilted and has a soft glow around it.

# The IMPACT of SEPARATION...

*(Key-Information II.)*

# The 7 most obvious forms of separation

*External division is a mirror of...*



## The separation of nations, cultures, and societies...

There is only **1** world with **7** continents.

There are 195 countries and approximately 7,000 languages, yet the heart and love speak only one language...

# The 7 most obvious forms of separation

*External division is a mirror of...*



## The separation of families and generations...

On a soul level, humanity is one large family, loving, powerful, and deeply connected.

On a worldly level, a whole, value oriented and loving family provides support, safety, and strength...

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## The separation of seniors...

The generation that rebuilt everything after the Second World War and carries a vast amount of experience and knowledge is often not receiving the respect and appreciation due for its lifelong contribution...

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## The separation of men and women...

A man can only truly thrive when he has a loving woman by his side.

The accord between man and woman is like a field of energy with unlimited possibilities...

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## The separation of rich and poor...

“Everyone is the architect of their own **HAPPINESS**,” and yet “**giving** is more blessed than **receiving**.”

Robert Bosch put it in similar terms: “I do not pay good wages because I have a lot of money, I have a lot of money because I pay good wages.”

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## The separation between our inner and outer world...

“To be or not to be, that is the question,” is widely known from Hamlet. “Being” represents the inner world, while “**nonbeing**” represents the separation from it. What was once a line in a tragic drama has, in **today’s reality**, become a reflection of a **deeper tragedy within humanity**...

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## The separation of values...

There are natural inner values, humanistic values, and material values that serve society. When material value is created on the foundation of these underlying value orientations, the natural principle is respected.

However, when attention is placed solely on external material gain without inner humanistic values, an unnatural form of exploitation and superficiality emerges.

## Separation and *external distraction are a mirror of the absence of unconditional love...*

Unconditional love is considered the highest inner value we know.

All other inner values can be placed within it, as they naturally arise from it. In the examples of respect, morality, ethics, and trust, it becomes clear that these values cannot be excluded when unconditional love is truly lived.

### **Therefore, unconditional love is:**

Patient and kind, **it knows no envy, no separation**, it does not boast, it is not arrogant, not tactless, it does not seek its own advantage, it does not lose its temper, it keeps no record of wrongs, it does not rejoice in injustice but rejoices in truth. It is steadfast, it gives faith, goodness, and trust. Wherever it is present, joy and happiness arise.

The renewed **integration** of unconditional love into our lives leads to the **restoration of humanity**. This makes a livable and fulfilled **future** for **all** and **everything** possible...



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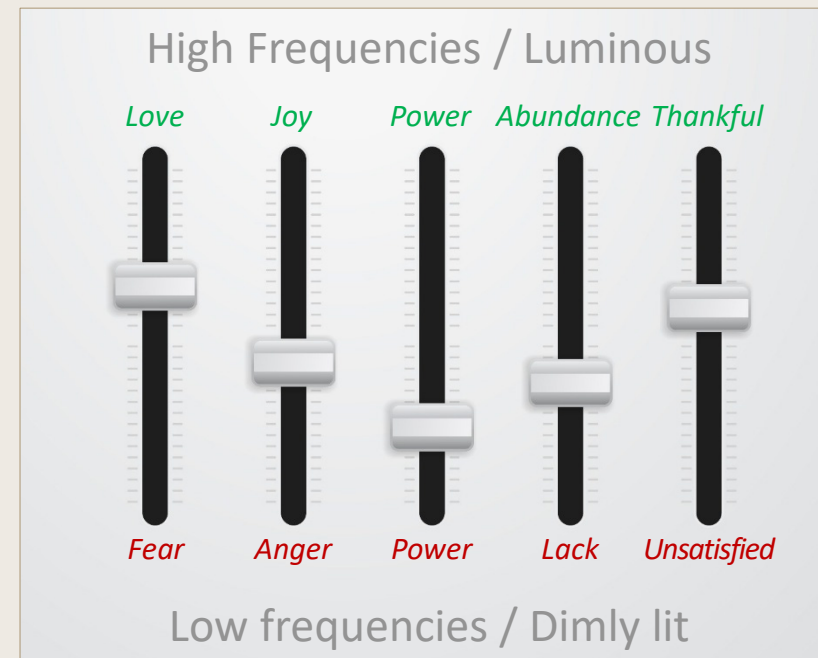
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