

GOLDEN

SIMPLICITY



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Important Disclosure: The following thoughts are personal experiences and no personal advice of any kind. The Author takes no responsibility for any risks or damages that could result from acting based on this information. I show you these insights as a gesture of goodwill, and nothing of it is true or false for everyone.

Golden Simplicity means, you can do everything you want to do, you know everything you want to know, and you are everything you want to be, all by using the simplest way possible.

There is no perfect lifestyle that you have to live, but the Golden model, that is demonstrated by the Sun and every flame of a candle: Breathe in a circle, Radiate infinite energy, just Be.

You don't need information when you generate your own. Test a new idea by first thinking about them with closed eyes and open third eye. Then practice the idea in a simple, easy way and generate a clear result. With that result alone, you find your own conclusions, that are like a seed for thousands of more results as you wish.

External information of anyone else distracts you from your own inner power. Information from somewhere else reflects your current beliefs, which might be too doubtful, and that can crush any chances of success.

I have tested the limitations of the human body in many directions, like nutrition, psychology and paranormal physics. My results have astounded me and shown that there are no limits, no impossibilities or real laws - they are an illusion that we love to believe in to protect ourselves from misusing our inner power.

Some of us fear real freedom, because true freedom from anything means you are responsible for any small life event and decision you take upon you.

Once you are enjoying the gift of true freedom, you will see that freedom is not only positive, but also full of enemies, risks and challenges in any given moment, like in a jungle full of wild unknown plants and flying animals that make noises that you've never heard before.

When you want to do something former impossible, you only need three things: Your definite decision to do it, saved energy, and the absolute believe that it's possible.

Every decision you take is a seed that you send into the world with your thoughts. Once you

have decided for something with deep emotions, the seed will not only grow within you and give you more power, and it will also create situations, people and things that suddenly come to you and help you making it real.

Creating is not creating something new. Creating is cutting something out of the infinity of Nature and giving this limitation a name.

Everything you complain about, stays as long as it can enjoy listening to you. Everything you praise with your astonishment, comes always back to you.

Do every day the things that you would do once your dream is true. Act independently from anything around you. That is the way to your dream.

React on events that you love to see and ignore everything else. By doing that, you see more of the events you have wished for. Things you don't wish to live disappear.

Everyone who doesn't see you value today, comes back tomorrow.

If you use the ப்லன்த ப்பான (planta bona) as help and find anything on this website useful, you are 1% of the 1% of the 1% of the world's population. You are very powerful, very wise and you will find your free, self-determined, Golden way.

The more attachments you leave behind, the more things you see as illusion and the more you can change them. Attachments are all things or beings that you believe you need.

In order to relax and find out the secrets of quietness, you sit down alone and in a quiet place, look with both eyes onto the tip of your nose and feel what happens.

If you are One with Nature, you are the one who owns nothing and the one who owns everything, both at the same time. You are not striving, you just are. You are not knowing, you are seeing.

You always already can do whatever you need for your purpose. No matter if you follow a big purpose or a tiny purpose, the powers that are helping you are infinite and give you everything you ask for.

Inspiration by images is more powerful than technical explanations. Truth is seen beyond through time and space.

Treat everyone as your friend. Treat things as friends. Treat plants and animals as friends. They are your friends.

Treat all things as a filigrane piece of Gold, for which you are responsible for the next 100 years. You act with Love, and more beautiful things come into your life, because they feel good in your company.

Once you are One with Nature, every word you speak is like a Golden Pearl, that is aligning perfectly into an infinite chain of pearls, and it never stops becoming more and more beautiful.

To see more beauty in this world, be like a branch of a Tree: Grow beautiful and Golden, don't care about the rotten branches. The Tree itself cares about the rotten branches and removes them one day. The Tree gives those who want to grow infinite energy and lets them grow and live forever.

All you can do to help others, is only inspiration. Be Gold, act Gold, think Gold, and trust, the right ones are inspired by you and change themselves, if they like to do it.

Once you have realized your Golden source and where you come from, those around you will also start to see their Golden core.

Breathe noiseless, calm and deep down into your between-legs-area, then breathe deep out upwards your spine (back) upwards towards the air above the back of your head, and then move this air in an imaginary bow above your head towards your nose, where you breathe it in again. Like the flame of a candle, like a raindrop, like your heart.

Protect your inner fire and let your inner candle burn glaringly bright. Lit up other lights, when they beg you to do it. Don't run after others to help them, because running after others causes the risk, that your light might be turned off by the hasty wind of moving too fast. Stay a light, burn every day brighter and brighter and stay always within yourself.

Live Freedom, Love and Infinity.

Only those who dig for Gold, will find Gold.

Spread your truth when your truth helps you, and when you learn something by sharing it with others.

We are teaching the best, what we most want to learn.

Live as Gold. Glaring, Quiet, Conscious, Wise, Timeless.

Control your thoughts. Every thought is within you because you want to think it.

If you are One with Nature, what you remember as past, imagination, future and reality melt down to one.

Make the Earth more beautiful, she is your path. Embellish her with your beauty before you leave. Everyone who follows you, will remember what beauty is.

The more you observe yourself below a magnifying glass, the more you see even your smallest edges and roundings. You can let the magnifying glass crush on the floor whenever you like to.

Sex is creating new life. Those who don't waste this magic power, will become a symbol for Love, Freedom and Gold. Who honors this great power, is free from any bodily sensual distractions. He becomes Gold, by breathing deep, noiseless and in a oval circle down his front belly until deep between his legs. Then he breathes noiseless upwards through the spine up to the back of his head, then an imaginary bow above the head back into the nose. This breathing is called Golden Circle Breathing.

Eat conscious and the less ingredients, the better for you. Choose every single ingredient by hand, and value your meals like Gold, it is the substance with which you build your body. Your body is the Golden tower from which you marvel at the beautiful world. Do you like to build it conscious made of Gold or weak and made of dead animals and worthless waste?

There are some, who drink their own Urine and they find a free Golden syrup of life, that may crush everything that they believed to know about nutrition. If you eat a couple of weeks only based on plants (vegan), your Urine will taste like healthy, alcohol-free Beer and will make you strong and healthy. Urine combined with pepper and lime juice tastes like Champagne and unfolds effects like a magic elixir. If you drink Urine, you don't eat salt in any meal, because then you activated an infinite circle that gives your body enough salt and other nutrients, vitamins and more.

There are those, who get all their energy just by Breathing. If you find such ideas interesting, you will find the right ways, if you search for them within you.

Eat, drink, breathe, look, meet, listen, read, speak, fantasize and think only what you want to become.

Control your life by your imagination.

Stay away from garlic, onions and everything that causes bad odor, and everything that

covers over the taste of the ingredients of your meals.

The less extreme something is, the less you are addicted to it. This is true for every event in your life.

Everything beautiful that you are not able to forget, is timeless reality, everything else is temporary illusion.

See the most beautiful character in those who don't seem to have it, and be astounded about what happens.

Strive always for the Best, your Golden way, but be always happy about this moment.

Comfortability makes you tired and kills off energy. Stay energetic, healthy and young by taking on challenges all the time.

By breathing in the Golden Circle Breathing style you don't need sleep and have infinite energy. Act wise with this energy.

Strive only for something, if you're ready to go this way with pleasure and patience.

This world is created by 3 opposites. Good and calm, Evil and energetic, Neutral and timeless. Listen to the third one, that connects Good and Evil like a floating bridge to a Golden temple of reality.

Don't change your body to look more beautiful to anyone else. Make it only more beautiful if it gives you a better feeling even in the wilderness, where no mirror and no others are watching you.

You find the end of all wars on the outside, once you have ended all wars within.

Imagine how it is when you can live for 3,000 years. You act wise and conscious, like Gold, immediately.

Tell children wise, truthful, inspiring stories, that teach them bravery, trust and power.

If children do something else than you have expected, don't scream at them. Show them in a friendly voice what they can do differently.

You are free like a child. Try continuously new things, until you find your Golden way and forget everything that you don't need.

Wear the best quality of clothes and love your nakedness.

Eat the most healthy food, drink the cleanest water without gas (or your Urine), think the cleanest thoughts.

Your Urine is not waste. Your Urine is sterile (it is even anti-septic) and contains thousands of healthy nutritional things and a lot of energy, that can help you staying healthy and strong for a long life. Eat plant-based and natural for a couple of weeks. Then you drink every morning one glass of your Urine and if you like, drink as much and as often as you want.

At first you feel your truth. Then you learn your truth. Then you teach your truth. Then you live your truth.

You don't need much more than Air if you are One with Nature.

The moment you imagine you are the owner of all things, any kind of striving for things slips sway and you act solely based on wisdom.

Explore the secret functions of your body and the abilities of your consciousness, by listening to your feelings, your heart and signs.

All pictures in your imagination are creating.

You can train your words and actions quietly in your mind, before you are singing them.

Use times of waiting or long ways to sharpen your mind. Learn that waiting is the same as impatience and it is far more healthy for you to find beauty, infinity and happiness in each moment.

Laugh or smile, and recognize how it makes you instantly happy.

Sometimes we need unbelievable stories to learn the truth.

Do every bad habit instantly different than before, and forget that you've called it a habit.

You are not your past. You are not your future. You are not the picture of you that others have created in their mind. You are the one who is imagining the past, the future and the fantasy.

Imagination is creating all things that are taught as knowledge. If you like to find an answer

to all your questions, leave every kind of knowledge behind and observe what you can see, once you don't have any categories to put things in.

Hate, envy and laughing about others are signs of self-hate and self-denial. You are already complete, beautiful and free. The world loves you, without reasons.

Impatience is the fear of not being able to change it fast enough. You can change everything, at any time. Just give the world a little bit of time to give you what you want.

If you believe in any kind of god, creator or consciousness, it is right and good. Everything you see here is completely possible in any kind of belief system, religion or faith. If some things feel bad for you, don't do them.

Regardless of how long you decided to stay in this world, make it a bit more beautiful. Because you don't know for sure, if you're not coming back some day.

If you did bad things, the world forgives you in the very moment that you take responsibility and do everything to make it good again, and promise that you do it never again.

Don't talk about mistakes of others or what they could do better. Show them what is right for you by living it.

Don't look into the mirror to verify your beauty. Look into the mirror to be astounded by just being here. Your body is a masterpiece of Art, a Golden tower from which you are observing this beautiful world.

Don't compare yourself and your actions. Just go every day one step upwards, and you're good.

Don't feel bad if you see someone who seems to be bigger than you. Instead feel inspired, lifted up and be thankful, because he is a mirror of what you can be.

We don't talk about anything we don't want to see, and everything we want to see becomes inevitable.

Don't think about what you don't have. Be astounded and thankful for what you have. He who has nothing, be astounded about your imagination.

Win any game by not trying to win.

There is no 'just a bit'. Take a path, or don't take it. If you take a path, you go it straight

forward, and ruthless. The way you don't go doesn't exist.

If you have children, do only what you also allow them to see.

If you have parents, honor them, but go your own way if it feels right for you.

If you look upwards into a cloudless sky, you see Trillions of little, wobbling worms of energy, that celebrate this beautiful world so much, that they dance for you until the infinity finds an end.

This world is like a consciousness that observes itself in a mirror. We decide for scratching the mirror or giving it a kiss.

Sometimes we have fun telling a story about ourselves, to remind us, we are not this story.

A beautiful flower grows perfectly, because she doesn't care how her shadow looks like.

Those who don't go consciously through life, copy everything they see or hear from others. If you are one with Nature and control consciously what you see, you don't copy any longer, and others start copying you.

Ideas are ideals. Those who scare away from your idea, are not with you, and those who go with you, will be astonished together with you about the result of your idea.

Everything is changing over and over again, until forever. Some day, even these lines have disappeared down into the dust of history. But maybe the world will remember you, if you do something good with it.

GOLDEN MOVEMENT

Important Disclosure: The following body movements are personal experiences and no medical or health advice of any kind. The Author takes no responsibility for any risks or damages that could result from acting based on this information. I show you these insights as a gesture of goodwill, and nothing of it is true or false for everyone.

Your body loves movement.

But did you know that you can grow your muscles by only imagining moving your arms?

Even official scientific studies have already proven that.

With that said, these are the Three Golden Movements:

The Six Golden Movements, The Golden Circle Breathing, Imaginative Movements.

1. The Six Golden Movements that give you energy and overall awakening of your consciousness

The following body movements are easy and have helped me to overcome many health issues after the first eight weeks, and they may also lead you to spiritual insights due to their energy activation.

To do the first movement, you're standing straight, arms spread straight to your sides and you are moving yourself in circles like a dancer, circulating from left to right.

For the second movement, you are kneeling on the ground, having your back straight. Then you bend your back slowly backwards, until your head is bended slightly to the ground and then you go slowly back to a straight pose.

For the third movement, you lie down on your back and you just bend both your legs straight upwards, as far towards your heart as you can. Then let your legs get back to the ground, before you repeat it again.

For the fourth movement, you knee down and have your hands on the ground in front of you. Then you bend your head slowly and slightly backwards, while stretching your knees so that your legs are straight. Do it carefully the first times, it should never hurt. Let your whole spine relax and 'hang it' loose on your hands. I feel a huge energy boost every time I do it, so you might also feel it, when it's right.

The fifth movement is a backwards bridge, where you stand on your hands and legs, straight back, your front looking upwards. You sit down with your legs straight in front of you. Then you put your hands sideways on the ground and lift slowly your body upwards, while bending your knees, until you stand on your feet and hands at the same time. Bend your head slightly backwards, but always be careful and do it slow.

Practice every movement three times in a row. Practice it every morning in a moment of aloneness where you don't care about time.

After seven days, you repeat every movement five times. After fourteen days, you repeat every movement seven times.

You raise the number of repetitions every seven days by two.

Once you do every movement twenty-one times, you simply stick to this number and do it daily.

The sixth movement is a non-movement: No Sex

There is a simple method to save your inner energy of your body: Absolute celibacy, no sexual intercourse or thoughts, ever.

For some, that might sound impossible, which is caused by the western 'fun society', but sex is NOT enjoyment.

Sex is solely feeling good for one purpose alone: Creating a new life.

That means, if you like getting a child, and you are really feeling capable of giving your child true wisdom, security and wealth, you can use the biological process of sex to have a child.

But let me warn you: In all my researches and from all spiritual or metaphysical scriptures I have learned that even having only one child robs you from your full spiritual potential.

I think it works a little bit like a bubble: If you create a child, this child is within a bubble of consciousness, drawing energy from you.

You live also in such a bubble from the moment of your birth. Every time we have a child, this child is the one who has to go the full spiritual way and live through every mistake or problem that all of our ancestors have accumulated over lifetimes, to be finally free from everything, which is called enlightenment.

If the child doesn't do that, but gets a child himself, all the spiritual potentiality will be transferred to the next generation - until one decides to end this infinite circle of pain and challenges.

Another group of people believe in things like 'sex magic' or similar ideas, that could use sexual techniques to make some goals happen.

But in its essence, the sexual energy that you save, will automatically raise upwards your spine and give you spiritual powers when you simply practice the Golden movements and the Golden Circle Air Method (as described below).

Sex as enjoyment in any way is the exact opposite of freedom, as the core of enjoyment in

sex, sweet candy things and egomaniac 'success' is caused by the need to get somewhere else than you are now.

The will to get somewhere else and the need are two different things.

The will is your conscious and free decision to move, which is the essence of life.

But the 'need' to get something, somewhere or some certain feeling (like sexual feelings) leads you always to misery.

Need reflects weakness and the absence of spiritual insight - a need implies that you are not infinite, and that is a lie and limitation that you create yourself.

This is only a warning for those who want to use their own power to the highest amount possible - which leads to infinite power.

I have found the five movements above the first time in the 'Ancient Secret of the Fountain of Youth' by Peter Kelder, and I described them on this site to preserve them for future generations.

The author describes the practices as rejuvenating, and even that they might make humans younger again, so it might sound odd or like a fairytale to some.

I promise you: If you open yourself a little bit to such seemingly 'impossible' ideas, maybe you find out that some of them are quite possible?

Trust only your own conclusions from real tests and experiences from your perspective.

2. The Golden Circle Breathing

Sex creates new life. He who doesn't waste his precious energy, becomes a symbol for love, freedom and Gold. He who honors this Golden power, is free from all sensual addictions.

He becomes Gold, who breathes deep, absolutely noiseless and in a circle deep down the front of his body until you reach the area between your legs. Then you breathe noiseless through your back spine upwards towards your upper back head and further in a huge imaginary bow above your head, until your breath reaches your nose again. This breathing is the Golden Circle Breathing.

3. Imaginative movements

As told above, your imagination can empower you tremendously by training and giving you insights just in your mind.

You don't need any techniques for that.

Just close your eyes or look into a fire or a candle, and imagine in all details how you walk on a beach, or how you train your muscles inside an outside gym, or whatever you like to learn.

Your overall health and fitness will probably thank you, and you may find a whole new world of perception.

The right way of non-movement

If you sit for a long period of time, look up some yogic sitting poses and implement one or two of them into your daily habits.

Replace all chairs by simple pillows, not too comfortable.

Sitting on hard ground in a basic yogic sitting pose keeps your attention far more awake, you need less sleep and whatever you do becomes more powerful.

I sit everywhere in a yogic pose, because it keeps your back straight and healthy, and your energy is focused far more than sitting normally in a chair.

And, one of the most famous yogic sitting pose with your left foot crossed above your right leg, raises your overall energy tremendously.

I actually eliminate comfortability where I can, because it keeps you more alert, more adventurous and more awake and conscious in everything you do.

GOLDEN NATURE

Some of us feel more connected to Nature.

When more of us realize that we are in fact ONE with Nature, and neither connection, nor disconnection is even possible, everyone of us acts in a perfect, Golden way.

Everyone can appreciate Nature only as much as he appreciates himself, because he is already one with Nature.

When you are one with Nature, all trees are your legs.

When you are one with Nature, all beings are your breathing.

When you are one with Nature, the Sun is your eye.

For those who seek a way to live as One with Nature, I have written ப்லன்த ப்பான, which means planta bona, you find it on <http://timsindermann.de>

I have writte ப்லன்த ப்பான in the language of Nature, and it's quite impossible to translate it, because every language on Earth is limited, while the language of Nature is infinite.

Planta Bona is a way explain to you the infinity that I see and live every moment: It is impossible, but it helps you to understand who you are and what this world is.

Golden Simplicity, Golden Movement and Golden Nature are realizations and helpful practical ideals that everyone can see in any moment of the infinity of our Nature.

This whole book is only a quick introduction into a world of limitless infinity.

If you like to find out more secrets about this world, maybe it is time to become an adventurer and embrace the unknown?

You find the original ப்லன்த ப்பான Planta Bona and all works by Tim Sindermann on <http://timsindermann.de>