

Marianna Farfalla studied andragogy (a mixture between sociology, psychology and philosophy) and specialized in Gestalt, psychosynthesis, Intuitive Development and Pathwork. She had various jobs and worked for many years as a vocational education teacher and as a psychotherapist. In her early forties she moved to Tuscany where she wrote two books on health and happiness which received a lot of media attention.

MARIANNA FARFALLA: THE IMPORTANCE OF LIVING CONSCIOUSLY

Living consciously means that you regularly pause and reflect on your way of living and consider the consequences of your lifestyle for yourself, your fellow men and our planet Mother Earth. Living a spiritual life involves living consciously and treating yourself, other human beings and our planet Mother Earth lovingly. Everything is connected because we belong to a large global community in which every positive action contributes to the well-being of all the planet's inhabitants and every negative action disrupts the world's harmony. A spiritual life means being aware that there is more between heaven and earth without clinging to religious dogmas that have become obsolete by now. For centuries all problems on earth have been caused by a distinct lack of true spiritual awareness. Spiritual awareness requires getting to know yourself on a deeper level and reconnecting yourself with the inner source of happiness that you were born with. From that source flows your pure intuition that will always steer you in the right direction in your life and will tell you what you should and should not do to stay happy and healthy. Intuition is the voice of your soul and the nature of the soul is endless joy. The soul is also the source of creativity and an endless creative life-force.

All life on Earth is operated by a Universal Intelligence¹. This Universal Intelligence ensures that animals follow their instincts and people their intuition. Birds instinctively respond to a signal that they must fly south, without that signal they would freeze to death. Without their instinctive signal people will die too. The process in humans only takes longer than in animals; human beings become ill first because they do a lot of things that damage their health such as eating too much and too much of the wrong things, smoking, using drugs, drinking alcohol and working too hard.

When you look at young children you can see that they are still connected with their inner source of happiness. A baby smiles at you for no particular reason; he just expresses his natural joy.

Children are still uninhibited, they live in the here and now, they can become completely absorbed in their game, and they are creative and live life to the fullest.

So why it is that many adults hang around bored or sit glued to slot machines and why do they become addicted to videogames or sit listlessly in front of the TV? How is it possible that happy toddlers turn into zapping zombies?

The reason is that our source of happiness becomes blocked during our upbringing and education, because otherwise it would be very difficult to convince people to work forty hours a week in offices and factories for fifty years of their lives. The message must be hammered home that to count in our society you must work as hard as possible and earn as much money as possible.

¹ Noot vertaler: In het Engels wordt voor Universal Intelligence geen bijvoorbeeld naamwoord gebruikt.

You must develop certain qualities and characteristics to succeed in life.

First of all you must learn to develop your mind and suppress your feelings, boys in particular.

Secondly, you have to adapt certain behaviour patterns to make it to the top: you are expected to keep working and to remain busy and idleness is not appreciated. And what's more, you must also do everything perfectly; you cannot afford to make mistakes. Girls are expected to adapt another behaviour pattern as well: they must always be kind and look attractive.

These behaviour patterns have become so dominant in our cultures that they are sometimes referred to as the sub-personalities. If you're dominated by one of the following sub-personalities: the tyrant, perfectionist, the critic or the pleaser, you run the risk of burnout and illness. The problem with people living unconsciously is that they identify themselves with their sub-personalities and as a result they will get caught in these patterns. Finally, we are constantly being fuelled by individual rivalry and competition: we fight tooth and nail to stay ahead of the game and reach the top. Such behaviour hampers a fruitful collaboration. These learned behaviour patterns make up the conditioned self. This prototype man has separated himself from the big picture and must participate in a large-scale system of maximum production and consumption that causes major global problems such as the climate crisis and the credit crunch. On the face of it people live lives that fulfil all their material needs but they experience an inward emptiness because they lack inspiration, a sense of meaning and a feeling of unity. Globalization has caused a tidal wave of cutbacks, redundancies and increased workloads have resulted in an increasing number of people getting tired and burned out. At the moment family relationships are under great pressure and more and more youngsters are going off the rails. This inner turmoil and worries about the future create a craving for addictive substances. Once you've found your True Self your cravings for addictive substances will automatically disappear.

I know from experience what it means to be dominated by your sub-personalities, because I was working myself to death until other people opened my eyes by asking: 'Marianna, what on earth are you doing, you are working much too hard'. And I just asked: 'What do you mean?' because I was completely caught up in my conditioned self. It took a burn-out to open my eyes before I started looking for my True Self which I finally found in Tuscany.

My own quest for happiness started when I was twenty-eight years old and it took me many hours of therapy, support groups, courses, studies, yoga and meditation to find happiness. Therefore, I would say that I have every right to call myself a hands-on expert who wishes to share the knowledge and experience that she gained to help others finding the pathway to happiness more easily. In my psychotherapy practice I came across many clients who were struggling with the same problems. I found out that almost all physical and psychological problems are caused by a negative self-image and bad eating pattern.

In my documentary, *Happiness and Health* that I produced on my own, I have combined universal wisdom about what makes us happy and worldwide research about what keeps us healthy, with the aim to help you free yourself step-by-step from your conditioned self and your subsequent stressful, unhealthy lifestyle thus enabling you to reconnect with your True Self, as a centre of infinite creative consciousness. Consciousness is the key that opens the door to liberation. You need to be liberated from these negative behaviour patterns that are harmful to you and only limit you. And then by using your creative power through positive thinking and creative visualization you can create a better future in which you can realize all your dreams.

The only path to lasting happiness and excellent health and the only mutually beneficial way to solve the huge problems in this world is to create a sustainable economy that meets out true needs.

On the website: www.blauwdrukvooreenbeterewereld.nl you can find more information about this documentary, which is now available at for instance www.bol.com and the Free Record Shop.