

Being Free

Get Out of the Box

The Method With 99 Exercises

Bernhard Kutzler

Being Free
Get Out of the Box – The Method With 99 Exercises
Bernhard Kutzler

Cover design © Hannes Kutzler, www.HannesKutzler.com
Copy editing by Philip Yorke
Publisher: Bernhard Kutzler, Scharnstein, Austria, www.BernhardKutzler.com

ISBN paperback: 978-3-903368-00-2
ISBN hardcover: 978-3-903368-01-9

© 2021 Bernhard Kutzler, www.BernhardKutzler.com
All rights reserved.

No parts of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the copyright owner. This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form of binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser. Under no circumstances may any part of this book be photocopied for resale.

Thank you for buying an authorized edition of this book and for complying with copyright laws.

Contents

The OTHER Story of the Eagle in the Chicken Coop	1
Programs	11
<i>Homo sapiens</i>	31
Feelings and Thoughts	44
Needs	54
Fear and Anxiety	65
Aggression	72
The Body Speaks	81
Growth	87
Potential and Purpose	101
Mistrust	105
Freedom	113
Dead End	121
<i>Homo automaticus</i>	142
<i>Homo liber</i>	147
Becoming Free	153
The Method	157
Glossary	169
Resources	171
Acknowledgement	173

The OTHER Story of the Eagle in the Chicken Coop

One day an eagle laid an egg in a chicken coop. The egg hatched and the newborn eagle learned from its peers how to live like a chicken. Life was OK – except for a yearning that made it seek. But none of what it found truly satisfied its yearning.

Would it help if someone told the eagle that it is not a chicken, but an eagle?

No, this would not help. The eagle has learned to “be” a chicken; it carries a “chicken program” that tells it how to behave under which circumstances. It feels safe and comfortable “being” a chicken – except for the yearning.

Would it help if the eagle attended an eagle seminar in order to learn to be an eagle?

No, this would not help either. Learning to be an eagle would install an eagle program that would overlay the chicken program. Then it would be an eagle who believes it is a chicken who has learned to behave like an eagle. This would be even more confusing than continuing to live as a chicken.

The only way for the eagle to be what it truly is, is to free itself from the chicken program.

Why did the eagle’s mother lay her egg in a chicken coop in the first place?

Because she also lives in the chicken coop and believes that she is a chicken. In fact, ALL birds in the chicken coop are eagles who believe that they are chickens – and this has been so for thousands upon thousands of years.

*

This story is not about a valuation between eagles and chickens. Eagles are no better than chickens. They are different. This story is about ending up in the wrong life because you grow up among those who have ended up in the wrong life in the same way. And the story is about how to find your true life, your true nature.

I call this story "*The OTHER Story of the Eagle in the Chicken Coop*" because it differs from the one you may know.

In a common version of the story of the eagle in the chicken coop, it is enough if someone tells the eagle that it is an eagle.

But this is an illusion. If the eagle has lived its entire life as a chicken, it *knows* that it is a chicken. If someone tells it something else, how can the eagle believe it more than its lifelong experience? How would you feel if someone told you that you are something completely different from what you are living today? Would you give up your old life and start a new one based on this information? Maybe you would have to leave family and friends, quit your job, and live somewhere else. Would you have the confidence and courage to do that?

In another version of the story of the eagle in the chicken coop, someone leads the eagle on top of a mountain and gives it a kick so that as the eagle falls down, it remembers how to fly.

But this is also an illusion. A living being doesn't *remember* its potential. It *develops* its potential. For this it needs an environment that demands and thus promotes its potential. Let us consider a cheetah. A cheetah born in the wild develops its potential as a hunter, thus becoming the fastest mammal on this planet. The cheetah must develop its full potential to survive. Until it is skilled enough to prey on its own, its mother feeds it. A cheetah born in captivity learns that food comes from an animal keeper. It need not run fast and prey. And because it doesn't have to run fast, it doesn't develop this potential. It could not survive in the wild. No matter how hungry the cheetah was, it could not suddenly run fast enough and kill a prey animal.

*

We humans are like the eagle in the chicken coop. We also copy the way of life of our parents and the people around us. We carry a human

chicken program that tells us how to behave in which situation. As a result, we lead a limited life and develop only a fraction of our potential.

What is our eagleness? What is our true nature?

We can see this in those who are closest to the true nature of humans: children.

Children live by their true nature. They are authentic. They permanently ask 'Why?' and 'Why not?' with all their senses in countless ways and listen for answers. As a result, they grow physically and mentally at an enormous speed. This gives rise to their joy in and deep satisfaction with life.

There is nothing more beautiful than watching a child explore the world.

It may seem paradoxical at first, but ...

... true satisfaction with life arises when you are never satisfied with what you have achieved.

Children are like that. They are not satisfied with being able to crawl; they want to stand, walk, and run. They are not satisfied with someone holding their hand while they walk; they want to walk on their own. They are not satisfied with being fed; they want to hold the spoon themselves. They are not satisfied with grunts and groans; they want to speak all the languages they hear. They are not satisfied with what they know about something; they want to find out more about it. They are not satisfied with what they can reach; they want to reach what is out of reach. Children always want to know more, do more, reach more, achieve more. They want to grow without stopping. The power behind this is their ravenous curiosity.

Growing from curiously exploring the world is our true nature. It is our eagleness.

But this deeply fulfilling life stops when children grow older. It stops because they copy their parents' way of life. It stops because they hear they should be satisfied with what is. This is a stupid request, which is not only against the nature of humans, but against the nature of life. The same thing happens with the children as with the young eagle in the chicken coop. As the life of adults comprises programs and limitations, children learn to live a life comprising programs and limitations.

The apple doesn't fall far from the tree.
(Proverb)

This limited life is called the "*seriousness of life*." Have you ever questioned this phrase? Why should life be joyful and deeply fulfilling only during childhood? Why should life be serious and limited as an adult?

There is something wrong – and the OTHER Story of the Eagle in the Chicken Coop shows what is wrong.

The eagle in the chicken coop lives like a chicken. 99% of its behavior comes from its chicken program. The chicken program is its prison. The seriousness of the eagle's life is to live like a chicken.

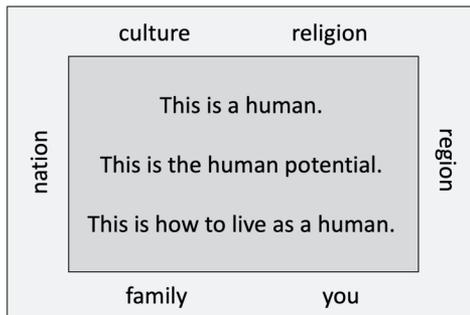
It is the same with us. We, too, are controlled almost exclusively by a human chicken program. This program is our prison. We live the lives of our parents – with slight changes. Our parents live (or lived) the lives of their parents – with slight changes. And so on. This goes back to the beginnings of humans.

What happened then?

Biologically we are apes. But we are more than apes, otherwise we would still live in forests and climb trees. We can behave *differently* than an ape.

A long time ago we started to use this ability. We behaved slightly differently than apes. Each new generation copied the behavior of the previous generation and behaved slightly differently again. Thus, we edged away from the life of an ape. After thousands upon thousands of years, the way of life we have today resulted.

You might argue that there are many ways of life on this planet. A Japanese lives differently from a US-American. You live differently from your neighbor. But these differences are superficial. Common to all human ways of life is an idea, developed over tens of thousands of years, of what a human is, what the human potential is, and how to live as a human. Cultural, religious, national, regional, familial, and individual peculiarities augment this idea. This makes the box that mentally imprisons a person. We call it the *human box*. It consists of countless programs.



The human box

The human box is neither right nor wrong. The OTHER Story of the Eagle in the Chicken Coop shows that it limits us individually and collectively, so that we develop and live only a fraction of our potential.

*

What does this insight do to you?

Maybe you say: *"I am content with my life. I know how to behave in which situation. This gives me security, and this is more important to me than anything else."*

Being content with what is is one of your programs. If you hold on to this program, you make a choice. This choice is neither right nor wrong.

You may as well say: *“It is remarkable (or whatever word you want to use here) what I have achieved in my life, although I have only developed a fraction of my potential. But I have always felt that there is more to me; I want to know what this is.”*

In this case, the OTHER Story of the Eagle in the Chicken Coop shows how to find your true nature. It also shows how *not* to find it.

It is of no use if someone tells you what your true nature is. You cannot know if what you are told is true. And even if it is true, the human box is in your way of implementing it.

It is also of no use if you attend seminars to learn something that you believe or hope is your true nature. What you learn would be a program that is superimposed on your programs. Your behavior would not be genuine. You could not be authentic because the human box would stand in your way.

You do not need to *search* for your true nature because it is in you. It is “under” your programs. It is trapped in the human box, which is your human chicken program. If you want to know your true nature, you have to *free* it. For this you have to free yourself from your programs. You have to get out of the (human) box.

*

What experience do I have to write competently about this?

Since 2011, I have been exploring the human box and how to get out of it with the meticulousness of a trained scientist.

Before that, I was a successful mathematician and entrepreneur for over twenty years. I taught at a university and developed and distributed mathematical teaching tools. It was a nice and varied career. But one day I realized I was just functioning – both in my professional and personal life. I ended my career and in 2011 started exploring the human box and how to get out of it. In 2014, I said goodbye to family and friends, sold my apartment, and moved near the Austrian mountains. As part of my exploration, I lived for 3.5 years with no social interaction and no media consumption. This research is my life topic.

*

Do you know the movie 'Matrix'? There is the legendary scene where Neo and Morpheus meet for the first time.

Morpheus: *I imagine that right now yo're feeling a bit like Alice tumbling down the rabbit hole.*

Neo: *You could say that.*

Morpheus: *I can see it in your eyes. You have the look of a man who accepts what he sees because he is expecting to wake up. Ironically this is not far from the truth.*

Do you believe in fate, Neo?

Neo: *No.*

Morpheus: *Why not?*

Neo: *Because I don't like the idea that I am not in control of my life.*

Morpheus: *I know exactly what you mean. Let me tell you why you are here. You are here because you know something. What you know you can't explain. But you feel it. You felt it your entire life. That there is something wrong with the world. You don't know what it is. But it's there. Like a splinter in your mind. Driving you mad. It is this feeling that has brought you to me.*

Do you know what I am talking about?

Neo: *The matrix.*

Morpheus: *Do you want to know what it is?*

Neo *nods.*

Morpheus: *The matrix is everywhere. It is all around us. Even now it this very room. You can see it when you look out your window or when you turn on your television. You can feel it when you go to work; when you go to church; when you pay your taxes. It is the world that has been pulled over your eyes to blind you from the truth.*

Neo: *What truth?*

Morpheus: That you are a slave, Neo. Like everyone else you were born into bondage; born into a prison that you cannot smell or taste or touch; a prison for your mind.

Unfortunately no one can be told what the matrix is. You have to see it for yourself.

Morpheus offers Neo two pills: This is your last chance. After this there is no turning back.

You take the blue pill, the story ends, you wake up in your bed and believe whatever you want to believe.

You take the red pill, you stay in wonderland and I show you how deep the rabbit hole goes.

The human box is the matrix of your life. It is the prison for your mind. Which pill do you choose?

If you choose the blue pill, close the book. Store it in the basement, throw it away, or give it to someone. If you choose the red pill, keep reading. This book is a guide down the rabbit hole. I show you the most important parts of the human box. And I show you how to get out of it.

*

Get ready for fundamental changes in perspective. All you need is curiosity. But I am not talking about the curiosity about the latest gossip about neighbors, relatives, or celebrities. Nor am I talking about the curiosity about which new theories are *en vogue* in biology. I'm talking about the curiosity that has the courage to leave the known, the familiar, in order to discover and explore something new.

Children have this curiosity. They constantly leave their comfort zones and invite new things into their lives. Children are focused, initiative, autonomous, and courageous. These are the traits that identify the true curiosity in you.

If you encounter perspectives on the following pages that make you uncomfortable, summon up all your courage and engage with them. See what comes out of it. You can always return to your old perspectives if you wish. At least give the new perspectives a chance.

*

I am often asked: “*What do I get out of it when I free myself from my programs?*”

You will find your true nature and thus have access to your full potential. This opens up the limitlessness of your existence and enables the greatest possible experience of fulfillment.

However, this answer is not tangible because it lies outside the horizon of experience. You need true curiosity to choose the question “*What am I?*” as the motive for getting out of the box created by your programs.

A child has this curiosity. It leaves its comfort zones every day without asking what it gets out of it.

I had this curiosity in 2011. I wanted to know my true nature and my full potential. That’s why I “set out” without knowing what to expect. The more programs I freed myself from, the closer I came to my true nature and the more fulfilling my life became. My “old” life with my mathematics career seemed a fulfilling life to me at the time. But the fulfillment I experience today goes far beyond that. I cannot describe this increase. You can only experience it. And you will experience it only if you have the courage to go on this path.

But there is another, a tangible benefit: your health.

My experience is that every disease, every pain, and every injury relates to programs or the way we deal with life situations.¹ Diseases, injuries, and pain are invitations to change something.² The further a person moves away from their true nature, the “louder” the body speaks like this. If we ignored this voice for years, serious or chronic diseases, chronic pain, an accumulation of injuries, or increasingly adverse life situations can develop. The closer someone comes to their true nature,

¹ This includes nutrition and exercise. Hunger, appetite, and a desire to move can be completely or partially distorted by programs – or you have learned to ignore natural impulses.

² In the section “The Body Speaks” at the end of the chapter “*Homo sapiens*” I give examples of what I have experienced in this regard.

the healthier they become and the smoother their life goes. I had this experience again and again.

However, this answer has a caveat. Health is as relative as fulfillment. During my mathematics career, I felt healthy. But after years of freeing myself from my programs, I have attained a health that goes far beyond what I considered health at the time. I cannot describe this improvement. You can only experience it. And you will experience it only if you have the courage to go on this path.

*

This book is a **workbook**. It contains 99 exercises integrated into the text. The exercises help you see and explore the human box. They also prepare you for getting free from many of your programs.

Take plenty of time for the exercises and do them in writing. It makes a difference if you do an exercise in your mind or on paper. Write down everything that comes to mind. If you don't have enough space, use extra paper. Analyze and revise your notes. This will help you take on a bird's-eye view and see patterns. These patterns reveal programs. The exercise also starts your process of getting free from these programs.