

Stuttering and dyslexia

As a child I stuttered. I had difficulties to articulate words, and of course still more difficulties to pronounce sentences. (To write and read was as difficult. Today we have a word for this, dyslexia). It was an enormous stuttering, I got red from the strain. Eventually I understood that the strain was one more contributing factor to my stuttering. The more strain, the more stuttering, less strain, less stuttering.

But if I prolonged the words, so to say sang them, the stuttering ceased. My fight against the stuttering resulted in a still greater awareness of how I spoke, awareness of my words, awareness of how my words were created, awareness of my flow of thoughts. I discovered the awareness. In time I discovered thoughts, my world of thoughts as an object, like my eyes for seen objects, my ears for heard sound waves. I discovered thoughts, I could mould them, modify them, just like a baker forms the dough. I could choose different objects with my thought, and one always present object was the breathing. Awareness of breathing helped me to understand, how I through the breathing could get at my mental anxiety. I saw how thoughts became words, actions, habit, character and eventually destiny. Today, almost 60 years later, I see a happy little boy, who discovered the awareness, the power of thought over action and the power of action over thought. I say my confinement in the process, I also saw my possible freedom, and I stopped stuttering. In my thought world I could touch the moon, the sun and the stars, but I couldn't understand grown ups.

Why didn't they use my way to discover the world of thoughts, why did they concern themselves only with superficial knowledge? Many capable doctors couldn't help me, the little boy. Of course I got confused, the little boy could do what the grown ups couldn't.

Eventually I left my child's paradise for words with interpretations. When I learned to bicycle, I sensed the balance, pedaled, and suddenly I left the sensation and the feeling and passed over to the thoughtform "I can do it, I bicycle myself". The adult world won, unfortunately. I continued to learn the superficialities the adults saw as important. But the interest for the mental world has remained all through my life.

An episode when I was 20 years old contributed to a still deeper insight into the mental. I worked at that time at the medical faculty in Zagreb (in Croatia) with maintenance of medical instruments. One of my colleagues (we were four plus the boss) stuttered. When I merged into the company, I started to stutter out of sympathy. Then I was teased by my stuttering colleague. By I didn't worry, I understood the mechanism of stuttering, I remembered my earlier stuttering and of course had the tool to stop stuttering. I stopped stuttering, and into the bargain I got a still deeper insight into my thought world.

We worked as usual on our place of work and when opportunity was given privately. It's called "black work" (?) in Sweden, but in old Tito's Yugoslavia it was a simple extra income, that the authorities didn't care much about. Our boss was a very untrustworthy liar. He wasn't a criminal, but he lied and cheated all who got in his way. I suffered from this situation. My father had taught me always to tell the truth. My experiences later taught me, that it was sometimes better to say nothing. But now I suffered from a real conflict. I was forced time after another to witness lies and little deceits, but I didn't dare to speak my mind. I was afraid to get dismissed, to lose my dwelling or of other unpleasantnesses.

At the same time I practised Yoga and read eastern philosophy. In a calm state, with my breathing calm, my thoughts too, I said to myself: "The next time my boss acts deceitfully, I will tell him: 'The boss lies as usual, and all of us knows of his

cheating ways!'. Then I thought no more of it. But one day! Yes, I remember that day, I can feel it more clear than the present, when I write or talk to you. We were all present, I was leaning over an apparatus, and the boss answered the telephone – and started to lie as usual. And suddenly, as if the lightning had struck, all was quiet, I jumped out of my body, about 1½-2 yards up, I can see everything in the room in all directions clearly, every scratch and stain, and hear myself say: "The boss lies as usual, and we all present know about his cheating ways!". It was very quiet, I hear, I sense the silence, and after a short time everything returns to the usual. We all were quiet for quite a time, we never spoke about this, I wasn't dismissed and my boss never lied again, at least not in my presence.

I at once understood how matters stood, but if I had known about this in advance, I hadn't dared to experiment, afraid of bad consequences.

To sum up, already in early childhood I sensed, I experienced, I understood what awareness is. I saw the value, the difference between inner powers and outer verbal knowledge. I saw the flow of thoughts from the beginning to the power of habit, which for many becomes destiny. Already at that time I understood the power of thought over action, but also the power of action over thought. Still I have needed 30 years' practise of acupuncture and in total more than half a century to create a simple therapeutic and learning system, the BioHarmonizer Concept and the CorrectusBack Method. What I needed such a long time to achieve (and I think I'm fairly intelligent and convinced that I can learn quickly), I can teach others in one or two months.

This is a shortened and modified extract from "Manifesto for self liberation", intended for my children.