

The 2012 Handbook



Instructions for Life
Markus Rothkranz

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by Markus Rothkranz

This is a literal transcription of the new years eve speech, bringing in the year 2012, in Phoenix Arizona.

We are literally hours away from a new life in a new world.



I gave the opening keynote speech at the first big Raw Spirit Fest with three thousand people, and I am giving the last speech of the era before 2012. You've made it this far- give yourselves a hand.

The Era of You is coming in.

Everything you've heard about what could happen, is happening already. It doesn't matter, let it happen. You can all change it. That's what I'm here to talk to you about. I'm going to send you guys home tonight with a new life. I'm not going to talk about raw food. Raw food is one tiny part of what you are, you open your mouth, you put something in, it digests, it makes something happen in you. It's a type of energy. I think we all know that everything is just energy, right ? Einstein proved it. Well so is the person sitting next to you. So is how they speak to you. That's a type of food. So is the noise in a room. So is the chatter on the stereo or television. So is everything you are soaking in, everything your parents have ever told you, everything society has told you, everything that the news, the people around you, the government, everything you've ever absorbed since the moment you were conceived... even when you were inside your mothers womb and what they were talking about... about their new child, the money problems they're going to have, everything they're going to have to do to make that work.

Everything that you have ever heard or absorbed is what you are now. And that's why you're having the issues you're having now. You're sitting there going "where am I going with my life? How am I going to improve myself? How am I going to find happiness? Will all this work out? Is the Illuminati going to kill me? Are the chemtrails going to poison me?"

I don't care !!! And you shouldn't care either. All you should be caring about ...is you. I have something to say about the healing arts in general. People go "O.K., I need to meditate more, I need to do yoga, I need to do this, I need to do that"... and this is where I get a little bit irked. We have a stressful life, o.k., and then we say, "ok, I've gotta go to this yoga thing, this meditation thing and I sit there with a bunch of people for an hour and I feel better... I de-stress." So here we have stressful day (pointing to left), and here we have yoga session, meditation session or whatever it is (pointing to right). So we set a certain time of day side for that- 6 am, 6pm, whatever it is. We have to wear certain yoga clothes, whatever it is. O.k., so we have separateness. We have stress (reaching left), and then we have "yoga session", meditation session (reaching right) or whatever it is you do to try and de-stress.

What people don't realize is the way its supposed to be in the new world, and it will be... the reason it hasn't been working, is because this(left) and this (right) should not be separate. Meditation, yoga ...is a way of living life. Every moment you are conscious, while you are on this planet is when you should be meditating and doing yoga. The way you sit in front of the computer, the way you are talking to another person, when you are in the phone making your business deals - that's meditation, that's yoga- that's the way you should be living life. You don't separate this and this.

It's not *"I'm a poor victim, and the government, those rich people, the illuminati, whatever it is you want to call it, they're all oppressing us, they're taking our money and our houses away"*- that's again- US and THEM. There is no separateness. That's what we've gotta realize- we are not separate. It's not us and them. They ARE us !!! We've gotta understand this guys. There is no separateness between us and them. There is no us and them. There is only... US ! They are an extension of us, but they are still us. We are connected. We've got to realize this. And this is what my new book "[The Prosperity Secret](#)" talks about because you guys... now I'm just going to be real blunt here because that's the way I am, I just get to the point, I don't fluff it up.

There is kind of a ... um... what do you call it...paw ... I can't even remember the word... pod... poverty... I can't even remember the word bleah! It's not in my vocabulary. There is a poverty consciousness among the people who want to do the right thing. The green crowd. They think money is bad and the people who have money are bad... again... they think it's us and them. That you need to be poor to be appreciated. All the heroes that we think of when we were brought up in our childhood are poor people fighting the system, right ? Look at T.V. I grew up in the 70's, all the mean guys in those crime dramas, they wore three piece suits. We were programmed that the people "up there" are bad and the good people are "down here". And if you want to be a hero, you've gotta speak the common poor persons language and stay "down here". If you ever go "up there", you're gonna be hated. None of us want to be hated, so we never end up "up there". So now we are miserable our whole lives because we don't have any money, we can't pay our bills, our houses are being taken away, we don't have our health. Sure we are meditating, we are trying to be conscious, but we're not completely

fulfilled, we can eat all the raw food we want. There are raw foodists dying at 70 or 80 and there are people approaching 100 that drink and smoke and we hate them because they are living the good life and we're trying to do all the right stuff and we are arrrrghhhh! Here we are trying to be peaceful and loving and yet we are still resentful and that's negative energy and it's killing us.

So we have to realize that real prosperity is no more separateness. There is nothing wrong with having money. Money is just a piece of paper, that's all it is... it's worthless. It's the energy that we put into it. You know, the economy might collapse. This is kind of what I'm going to tell you- what happens this next year... ok.- Rome had its day... and Rome fell. The United States and Europe had its day. They are falling. China and India are coming up, so there's always a balance. Now, here's what we've gotta realize- there are no good guys or bad guys, there's always a balance in nature.

So. O.k., lets say the economy collapses. Lets say our paper money becomes worthless. So what. You know what? Its been 2000 years and Rome is still there! There are still people living in Rome. Lots of them. Lets say the economy collapses and lets say the dollar becomes worthless. There is still going to be some kind of currency that we're going to give each other and its worth something. It may be seeds or gold, silver, I don't know, it doesn't matter. The point is there is still going to be an (energy) exchange of some kind for something. And there are still going to be houses to live in. There are still going to be bodies for you guys to live in. There is still going to be food. If any of you have watched my [Free Food and Medicine DVD sets](#), you know that weeds are edible. Actually they are the best food and medicine on the planet and they are everywhere. You cannot starve.

What's the biggest fear that we have? Death. Right ?
What's the biggest thing we ultimately feel in our core that would cause that death? Starvation. Not just food starvation, but Love starvation, the starvation of not being able to do what we are here to do and not be recognized... it's basically all starvation. Well once you realize that you can never starve... even if the grocery stores cease to exist and they shut the power grid off, and stop the government and stop the money... once you realize that you can simply go out in your yard and start eating dandelions and be healthier than you've ever been before (for free!), you will go "o.k.- I started with nothing, and now I have a base from which to live and grow!"



Some of you don't know this about me, but I gave everything up, and I went to to the desert. I had what most would think was a "good" life, I lived in Hollywood, I made a [2.5 million dollar film](#), I worked with Arnold Schwarzenegger, Steven Spielberg, George Lucas, bla bla bla. I had a nice house, wife, everything. But I wasn't happy, my body was falling apart and I was dying. So I gave it all up and said "I'm outta here". I was not happy. Everything that society told me to get, I gave it all up, went to the desert, took my clothes off and said I don't even know if I'm coming back. There was no plan for me to come back. I literally just erased. Completely. Zero. No clothes. I had no identity, no one to answer to, I had no agenda, no plans to come back. I didn't even have a plan to survive to live. I literally gave it all up, because whatever I was doing, it was not working and I didn't want to play that game anymore. Everybody in their existence at some point has to have that moment.

The greatest moment you will ever have in your life, is the moment before you die. Because in that moment you give up. You completely give up. You say nothing anymore, and

you go silent. You just accept. You finally accept oneness, the truth, reality. You finally stop resisting. Here's an interesting thing- Have you ever noticed- this has happened several times in my life in the close circles I've been in, where some old dying person who may have Alzheimers, they are senile, they are making no sense at all, their bodies are all decrepit and they are moments away from dying... and suddenly they sit up in bed and they go "Hey Bob! Hi Sam! How are you doing? Hey I miss you so much. I love you so much. Oh my God, I wish I said this years ago,..." they are totally there !!! Suddenly this Alzheimers patient is totally lucid, totally there, looking you right in the eye and talking to you like nothing's wrong. And then they fall dead. I don't know if any of you have noticed this phenomenon, but it's quite common.

You know why that happens? Because they finally let go ! Then the real them came out- they weren't fighting anymore. O.k. now here's the trick. To live like that- to give up, completely, zero out, and be o.k. with whatever and accept the truth and reality... every waking moment of your life, from now on, to just let it happen. And this is the interesting thing... this is the fear factor that we have... our mind kicks in and goes "oh, but *this* can happen or *that* can happen..." Well what can happen ? You can lose your house, your car, your relationship? So what. You're already losing it anyway. It's probably not the house and car you really want anyway. The relationship might be dysfunctional. The government might take it away from you or the banks will take it away from you, or like I did, you just give up and walk away willingly. At some point in your life, you're going to have basically everything taken away from you.

It's not the worst moment of your life, actually the best moment of your life, and this is the weird twisting mind thing that we have to get straight. That's happening for a

reason. Why do you think everything that's happening in the world is happening right now? Because the old system's not working. Let it happen. Get rid of the shit. Get on with your life! When you get rid of everything,... ok... here's a great example. Who makes the best soldier- who should you be the most afraid of ... a guy that has a wife, a house and kids, ...or a guy that has nothing to lose. The real warrior that you should be afraid of is he one that has nothing to lose. My father in law can attest to that. He was in Vietnam, he had the same experience. This is not wanting to die, it's just not caring if you live or die. It's a complete giving up and being in the moment- that makes you the best warrior in the world. And that's what you need to be every moment of your life- to just give in to the moment.

Let's say you're a girl and a guy comes on to you. You back away, because it's kind of like the stalker thing, the guy comes on too strong, you get turned off, you back away. But if the guy says ok I'm outta here and walks away, suddenly you want the guy. Why? Because if something pushes towards you, you pull back. If something pulls away from you, you pull forward. It's part of the magnetic field of nature. That's why if you try to run away from an animal, it will run after you and bite you or even try to kill you. It's just an instinctive thing. It's the way nature works. So- stop going after money. Stop going after great relationships. Stop going after whatever it is you want. Stop going after it. This is the miracle of life, the weird twisted reality that we're in, but it's the way it's set up. It even says it in the Bible. If you want the "kingdom of heaven" - and I'm not talking about this sterile white storybook thing "up there" (remember- no separateness!).. the kingdom of heaven is paradise, it's Eden, ...it's down here, it's everywhere. If you want the kingdom of heaven, you've got to be able to give up everything that's worth anything to

you, and then God/the Universe, whatever you want to call it, THEN comes to you.

So if you really want to prosper, you've got to not want prosperity. You've got to not want anything. Just be o.k. and accept, let go of it all, and when you let go and give up, ... that's when you finally get everything. So whatever it is that you have right now, STOP hanging on to it like "oh my God if you take this away, it will be the end of my world".

The Universe hates a vacuum. When you create a hole, its going to get filled. If you have an empty shelf, a horizontal surface, there will always be some keys, a glass, people just start automatically putting things on that surface. If you have a garage, you will start filling it with crap. If there is a place to put something, something's gonna fill it. If you create a void in your life, a hole, the universe is going to start filling it. It will probably be with the latest, greatest, newest model of whatever it is. So stop holding on to the old thing that are not working very well or burdening you. If there's a giant hole in your life, the universe will fill it.

People know me as the "raw food guy". The only reason I got into raw food is because when I was in the desert, and I was dying, I just laid there on a rock and I looked around at the little animals... they have no fear. They just live. They eat , have sex three times a day, they lay in the sun, they maybe eat each other once in a while, whatever... they just live in the moment. If they have a little argument, it lasts maybe three seconds and it's over, and then they're making out again. They are totally in the moment. They are living totally in nature. The other thing I noticed is animals don't age. Did you ever notice that when you go in the woods and you see a deer... do you ever see a grey-haired fat bald deer? Animals don't age. They look beautiful and then they die when their time is up. That's normal. It's just normal to be beautiful, live your full life and then die. Look

at a candle, it burns completely bright until the very last moment and then it's out. It doesn't just slowly fade away. You don't spend the last 50 years of your life losing your hair, your vision, your teeth, your hearing, gaining weight, losing your energy, getting depressed, ...that's not normal ! That's not what we're here for.

We are here to experience LIFE! To LIVE !!! To know what it's like to feel another human being. We have a spiritual sensory machine. We have ten thousand billion nerve endings - why ? So we can embrace someone else with ten thousand billion nerve endings... and enjoy life and hear the beautiful music of nature and see beauty- to look at someone and say "This is what a healthy person looks like!" We are here to experience life. There is a lineup in heaven waiting to come down and know what it's like to be in a human body. To know what it's like to make love. Do you know what "orgasm" means? It means "little death". *A death*. In other words, you give up yourself and you let the good white energy of life come through you.



So give up. Let yourself die and experience life. That is the balance of nature.

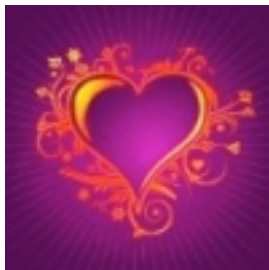
You've got to let yourself go in order to live.

There is no secret. The miracle of life is whatever you are hanging on to, that you are afraid of, ... that's the only thing that's stopping you from really living. And I guarantee you, if you let go, and you just walk out there, naked into life, ... you will be given the most amazing "clothing" in life that you could ever imagine.

What I didn't tell people from the raw food thing, is, yeah I healed everything, I'm 50 now but my body is that of someone in their twenties or thirties because I'm getting

younger every year. We've already established that . Come on, we already know this stuff. But what people don't know about me is, when I came back from the desert, and I had nothing and I was naked, I actually lived in a friends closet for two weeks. I had to start somewhere. Yes. I lived in a closet for two weeks. But what I didn't tell people, because they weren't ready for it until now, ... is that I went from naked in the desert with nothing - no name, no identity, no credit cards, no drivers license, nothing... I went from that... to driving a Ferrari within 90 days.

... because I had nothing to stop me. When you have nothing to lose (like the warrior), you are invincible. You can live any dream you want, because there is nothing holding you back. You don't have a house to lose. You don't have car payments or repairs. You don't have a relationship that's messing you up. You have nothing to lose. And you have everything- the whole world is waiting for you. I started living my dream life. I did everything. I started flying first class, private jets, I hung out with Guns N Roses, I did everything I ever dreamed of doing. I'm not done yet. Not even close. I'm just starting.



What I'm trying to tell you guys is there's so much more out there than just being concerned about just what goes in your mouth or making mortgage payments.



Anyone who's read my books, knows I am not just plugging raw food. The main thing that heals you- is what you GET RID OF ! It's what you clean out of your life. Anything that's a burden to you. It's so funny when people say they are going to go "roughing it" and go camping or hiking with these giant heavy backpacks with every possible scenario planned for. They have knives and scissors and guns and camping stoves, and tents and god knows what they have. Why? I was naked in the desert, and I was fine. Animals don't have backpacks. They don't have pocketknives or an insurance policy for every possible thing that could go wrong. That's fear based. Excitement is when you go into the desert- I mean I want to take my clothes off *right now* and walk outside and roll around on the grass with you guys- that's what this is about. That's life !!! Right ?

Ok, again, we are not having a stressful life here (gesturing to left), and over here (gesturing to right) we make up for it with some meditation or yoga. No that needs to be over here and it needs to be a way of living. It's not "us poor guys" and "those rich guys". This is something we have to realize and it talks about it in my book ([the Prosperity Secret](#))- most of the rich guys- (and this blows people's minds)- is - they're not bad ! I know. I was around Beverly Hills for 20 years and those rich people are not spending their time trying to figure out how they can manipulate and oppress the less fortunate. No, they are too busy getting cellulite treatments and plastic surgery. They are not planning world domination. They are too self-absorbed and vain for that. There are only a few people at the very top who have some kind of weird mind game going, but that never lasts- look at Hitler or any time in history where someone tried to take over the world... let's say China

takes over the world, so what? Its not gonna last. I am German. I grew up in Germany. In the 1920's, their money collapsed. Paper money was worthless. They used wheelbarrows of money to light a fire to stay warm. The money literally was worthless. It could happen to us next year or next 5 years... it doesn't matter what happens. The point is Germany is still there, and it's one of the strongest, most stable economic countries in the world. The bad guys are gone. The allies won. Good always wins. Always. Always. Always. So stop fearing whatever is going to happen. It doesn't matter.

The real economy is YOU.



What is a country? What is an economy? It's just a bunch of you guys doing something. The government must follow the trend. You think they are manipulating you ? No. Once you realize that dandelions are edible and the government can't starve you, you are in control. They can't tax a

dandelion. You can't tax, mallow, thistles, weeds, grass and any other thing growing wild out there, and it's a thousand times better than anything you'll ever find in a grocery store which was picked unripe two weeks or months ago in New Zealand, shipped here and has no more life force in it. The real life is what's growing within one mile of where you live. That's what my new DVD "Free Living 101" is about. It doesn't matter if you live in suburbia or the city. Everything you need is within grasp of where you live right now. The longest living people barely eat, so you don't even need food that much. What you need is what you see when you are standing naked in front of the mirror. That's all you need.

And you don't even need a mirror, because everyone around you is a mirror. Everything's already perfect and figured out. The loved one you're with is the person with enough courage to tell you that you have a booger hanging out of your nose or your breath stinks. Nobody else is going to do that. It's their job to be your mirror and tell you that stuff. So if someone is cutting you down, they are not really cutting you down. They are just trying to make you aware of something. Maybe they're not too elegant in the way they're saying it, but everyone around you is a mirror, so don't look at them as "bad guys" or as someone that doesn't love you, or someone with a mental problem- listen to what they are really trying to tell you. Don't pay attention to *how* they are telling you because they are just human beings stumbling through life. They might not be elegant orators. They're just trying to tell you in their clumsy way something that you need to know, so listen to them. It doesn't matter if it's your worst enemy, they're trying to tell you something. Pay attention to how you make them feel. What does that tell you about yourself?

And when you listen and actually become receptive, they are not your enemy anymore.

Stop listening to your brain- that's just a hard drive with some faulty programming. It's just a bunch of facts, figures and rules that have been given to you throughout your whole life, and that doesn't mean much. What really means something is the message coming from God, coming through you in your heart.

So really, what you're here to do, is not do that job that you have to pay your bills with, just so you can make it another month. That's just going to make you more miserable, then you'll get cancer and become a burden to society. This makes you what's called *a consumer*, your whole purpose for living is to consume stuff. In nature, if we weren't here,

the world would continue for a billion years no problem because every living thing on this Earth other than man gives back what it takes equally. An animal eats, it poops out it becomes fertilizer, it dies, recycles, everything is perfectly balanced. We're the only species that doesn't put back what we take. And, what we do put back is usually toxic.

So what we have to do is learn to totally be natural and healthy and loving and honest and clean. And there's nothing wrong with being rich, but there is something wrong with living a life where your whole reason for getting up in the morning is to work at a job you hate to make money for a house that's killing you so somebody doesn't hate you and leave you, to pay for a car that's going to be outdated three years from now. Name a billion reasons. It's funny, I grew up in Canada where it's snowy and cold and everything like that, it's slush and it's just nasty. The first thing I did when I turned 18 is I got on a plane to Florida, because that's where I really wanted to be- the sun and the beach.

Everybody says "yeah that would be nice one day, I dream of being in Tahiti on a beach, that would be so nice. I keep hearing that! I tell people, so why aren't you there? They say, "well, I've got a mortgage, a wife, kids, they go to school, I've got responsibility, I've got a job. bla bla bla." I say "well they have those over there too!" Then they say "I don't know if I'll get a job down there, I know I have one here"... so they hang on to all that they know. If you only took a chance and followed your dream, you might find that your dream costs less than you thought. (It costs much less to live in most tropical islands than than here in America) My friend Matt went to Hawaii and had nothing. He took every penny, everything he had, sold it all, went to Hawaii, didn't have a hotel or anything. He just got in a cab, told it to drive him to the edge of the jungle and he

lived in the woods like a monkey for over half a year. He ate raw mangos, papayas, whatever was growing there on the beach and had the time of his life and it didn't cost him a penny. He was living in paradise! So why are we looking at these post cards of paradise saying that we can't go there? I don't want to hear the excuses. The only thing that is stopping you from doing that is YOU. You can live the life you want right now and this is not some kind of motivational hype. This is the real thing, you can live your dream right now.



Stop waiting for the government to heal the economy, it's not going to happen. Stop waiting for your job to give you this magic thing. Stop working for other people. Stop waiting for someone else to give you happiness, it's not going to happen. I'm sorry guys, nobody is going to save you, nobody! I can't save you. The only one that can pull you out of the rut that you're in right now is yourself. And the best way you can do that is it to stop hanging onto the few little things you have, because that's pitiful. The real paradise is right around the corner, and you guys are going to experience this. 2012 is going to have everything taken away from you if you hold on too tight. But if you become like a flexible palm tree in the wind or seaweed in the ocean and you flow and just let it happen, I guarantee you guys, you will become the new world. You're going to determine the future!!! That's why we're here guys.

You are not here to follow. Everyone's going to look at everyone else wondering who's going to make the first move. No one's going to make the first move in your life other than you. You've gotta be the one to get up on the stage of your life and say "I'm going to do what I want, and I'm loving it!" And whoever's having a good time- that's going to inspire other people to follow. You can't lecture people, you've gotta be living it and prove it. Your kids, your spouse are not going to change unless you become the living proof that this new way of living works. If you follow your heart and dream, your fear might be that you will lose them. Well if it does, then that's supposed to happen. I hate to say it guys, but you don't own anything. You don't own your lover. You don't own your money. You don't own anything. That's the stuff that comes and goes through your life, and you've got to accept that. You have to give them freedom. If you want to lose a lover, hold on too tight. That's how you lose them. If you want to not get money, hold on tight to what you have. Money is air. It's water. If you hold on too tight, you squish it through your fingers and you have nothing.

The purpose of money or anything good used to create something with, including love or anything else, is you need to keep it moving. Life is movement. You have to let it flow. That's the only way life happens. If you stagnate something, it dies. So if you feel like you are stagnant in life, start moving! It doesn't matter what you do, just start doing something. Start cleaning out your house. Fix that crack on your wall. Just go for a drive. Go meet your parents, whatever it is, just DO SOMETHING ! Just stop doing the same monotonous thing every day, because the only way you're going to have the same miserable life is if you keep doing the same things you are doing. If you want a new life, start moving, and don't worry about what happens. Trust. If you put a foot forward, a stepping stone appears, I guarantee it. The universe is watching you.

The universe created you. You are a child of the universe. God, whatever you want to call it.

Let's say you were a billionaire. Would you give a million dollars to a six year old? No, because a six year old doesn't know how to handle it. Why would the universe give you a million dollars if you have a poverty consciousness or are afraid, or have the wrong mentality, or don't appreciate it - if you think that rich people are evil, mean, greedy bastards ruling the world. Nobody's going to give you money with that kind of mentality. You have to be loving because the reason for prosperity is to share it, to help heal others... to keep it moving.

Sure there are a few mean people out there. We should have learned this in school- any classroom we had, there was always a mean bully, right? He picks on us. That was one or two people out of thirty. The other twenty nine were probably pretty normal. Most of them were probably nerds. Those nerds grew up to be Steve Jobs and Bill Gates. Those are not mean people. They make lots and lots of money. Now all you think about though is that one bully that tried to rule the class, right? That bully will eventually go away, and those 29 nerds are going to keep going. The point is- you are the 29 people. Your job is to become that successful person and help everybody else. It is our duty given to us by God to become prosperous so we can share that wealth with everyone else and bring the world up to the level it's supposed to be at. We need to be prosperous. I feel like crying now, because that is what we are here to be. To thrive. We need to realize this. We need to be o.k. with it. Most people aren't. They have this really faulty programming. You see this all the time- some poor person wins the lottery. What happens? Guaranteed- within a short amount of time they are poor again because they wasted all the money- they didn't know how to handle it. Rich people- Donald Trump's

been broke five times over, but he gets rich again, because that's what he's comfortable with. You've got to be comfortable with prosperity. You've gotta be o.k. with it, like that's where you belong ... and most people are uncomfortable with that.

I'm not just talking about money, I'm talking about health, about loving relationships, about anything. This is a universal formula and you've gotta be there. You don't strive for it, you don't "try" to get it, you've gotta just DO it and BE it.



Just start doing it. This is life. This is why we are here... to thrive. We have sensory machines (our body) with ten million sensory receptors on us so we can see and feel and touch and taste life and roll around in it. That's why we are here. We are God in a human body. This is the best gift we could ever be given is a human body. Honor this. Respect this. Because this is how we savor and taste life. We're not here to be a slave to anything or anyone, including ourselves, because the only thing that's going to set us free, is ourselves. So start listening to the music in your heart, because that's the music of your future. That's why you are here. I don't want to hear any excuses as to why you're not thriving. I don't wanna hear mortgage, I don't wanna hear school, kids, wife, health conditions, I don't want to hear any of that. Because all of that- is just an illusion. If you let go of something like your house, there's going to be another one to take it's place, and I guarantee you , if you do what I said, it's going to be a much better house. If that relationship's not working, I guarantee you if you clear your faulty programming, learn your lessons and

you don't repeat them, you are going to have a much better relationship.

But it starts with you, because you're only going to attract what you expect and what you feel you are worth. So I am here tonight to tell you, 2012 is only going to give you what you feel you are worth. What are you worth guys ?

Come on, what are you worth ?

You are here to show the world what thriving is all about. You are here to spread the love that most people out there have no clue what real love is. This is a raw spirit fest. Let's show the world what raw spirit is, even if it's just two of us. Gandhi changed an entire nation and he had nothing but a loincloth. You can do it a little quicker if you have millions of dollars. So stop being poor, people, and start getting some power in your world. Start claiming what's yours. Stop giving it away to people. Your job is to take what's out there and move it in a direction that can help. That's why we are here.

Stop with the courage thing. People think you need courage to do this stuff- no. What I'm trying to explain to you is, and this is kind of funny ...courage is overrated. It takes too much energy to be courageous. What you really need to do is just give up like I did, and just let go. Surrender. That takes no energy at all. Just walk away, and let the universe give you the tools for what you need. Start living a natural life, the way nature intended, and it will give you everything you need. This may sound a bit bizarre, but that's the way it is. You just gotta start stepping forward one step at a time and the universe will show you the way. That's all you need.

That's all you need.

So whatever you have going on in here (in head), tonight we shut it off. And we start experiencing a life that has never happened before on this planet, because the way it's been working, its not working. That's why everything's falling apart. Stop hanging on to that. Let it go. Just let it go. It takes no energy to give up. And guess what- when you let go, that's when you get everything. That's love. Stop going after things, let it come to you. You deserve it.

We have a new era coming in, and it's all comprised of individual people like you starting to follow your individual dream, your individual voice. Every one of you is a piece of a puzzle. Stop copying the person next to you and start doing what you're here to do. The person next to you will go "wow, I'm impressed, you have the courage to do what you're here to do. I want to be like that too." The energy will spread, and the new person that you are- the new you, is going to create the new world.

You are the new world.



Just get down to the real you. Hear the music in your life. What is the song that you have playing in your heart? Remember Rocky? That music, that song, you get up in the morning before the sun comes up, you hear those trumpets playing, you're jogging through the cold... that's what you need to feel in yourself. You need to hear the Rocky theme- you guys show the world what a champion is, because the world is looking for them right now. You guys are champions. Let's do it! I love you all, Happy new year, Happy new YOU !!!

*Wishing you the
greatest Love & Health*

Markus

Markus Rothkranz



short video clip of the last 3 minutes of speech-
http://www.youtube.com/watch?v=4ZXC_dkWF4g

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