

Kai Jerzö

**I = ∞**

# **ONE NESS**

The Power of Feeling

**Manifesto for Radical Perception,  
Lived Sensitivity, and Wholeness of Being**



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For **MIKA**  
for her

**100.**

birthday.

$$1 = \infty$$

*All colours of the spectrum are welcome.*

*For diversity in all its hues,  
for the brilliance of the rainbow—  
for beauty, clarity, and authenticity.*

# ONE NESS

The Power of Feeling



*Neurodiversity Manifesto ★ Full Moon Manifesto*

**I = ∞ . ONENESS . The Power of Feeling**

Manifesto for Radical Perception, Lived Sensitivity,  
and Wholeness of Being

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# ONE NESS

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*Measurement, time, language, and mathematics  
are cultural reflections of our existence—  
expressions of a mind that elevates itself  
as the measure of all things.*

*Origin and abyss,  
genius and madness in one.*

*Yet perception and knowledge  
elude all measurement—  
they reveal themselves in a world  
beyond measurable logic,  
in the depths of feeling.*



## ON NEURODIVERSITY

### **Diversity as the Foundation of Life on Earth**

The term 'neurodiversity' describes the natural variety of human brains and ways of thinking. No two brains are alike, and these differences are not flaws—they are the essence of human evolution. Recognizing this diversity is a matter of democracy: A society that accepts only one way of thinking as 'correct' suppresses individuality and divides people into "normal" and "deviant" groups.

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### **Neurodiversity and the Limits of Science**

Neuroscience encompasses various disciplines that study the nervous system and the workings of the brain—including neurology as a medical field, along with psychology and cognitive sciences that explore perception, consciousness, and thought.

Neurology is the science of the nervous system, a complex network that transmits information through electrical and chemical signals. The word “neuron” (νεῦρον) means nerve. “Logos” (λόγος) means word, speech, and reason; it refers to knowledge that is structured and passed on through words.

Yet neurology often remains on the outside, breaking the brain down into patterns and data to analyze and reconstruct its function. This research has led to the development of human-machine interfaces and drives the rapid advancement of artificial intelligence (AI). Herein lies the problem: Whoever can measure thought can also control it.

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## **Of Hippies, Nerds, and Industry**

Since the 1950s, billions have flowed into research on the nervous system and AI. Hippies experimented with their own consciousness, using psychedelics to push the boundaries of their minds. Nerds built the circuits for the internet in their garages, while industry and the military laid vast fiber optic networks to connect the world. Today, satellite chains stretch across the sky, exchanging information in real time. What was once a dream of free communication has become the infrastructure of total surveillance.

AI research is a race between freedom and control. The quantum computer is the first machine that approaches the complexity of the human brain. But instead of using this knowledge to foster human diversity, it is exploited for economic and military interests. Modern technology allows human behavior to be analyzed, predicted, and controlled. Even newborns are linked to the internet in their strollers, their data turned into capital.

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## **Language as a Tool of Power**

Language shapes our thinking. It connects—and divides. Terms like “Attention Deficit Hyperactivity Disorder” (ADHD) are problematic because they frame neurodivergent people as deficient. Who decides what constitutes a “disorder”? Why is an impulsive, creative person labeled “disordered” while monotonous, conformist behavior is deemed “normal”?

This categorization splits people into two groups: the “norm” and the “deviation.” The so-called “norm” is upheld as the ideal, while every deviation is either devalued or idealized. This is a form of systemic violence designed to maintain power structures and enforce control.

## **“Divide and Rule”—The Principle of Oppression**

The division into “normal” and “different” follows an old principle: “Divide et impera”—divide and rule. The Romans used this strategy to control societies. Today, this principle manifests in more subtle forms: education systems that favor linear thinking, workplaces that reward conformity, and medical diagnoses that frame individuality as deviation.

Terms like ADHD, dyslexia, or high sensitivity reinforce this division. They define people by their “deficits” rather than their strengths. But who benefits from this? Companies that sell medication? Education systems that lack resources for individualized support? Or governments that prefer a predictable population?

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## **Neurodiversity as the Foundation of Democracy**

The concept of neurodiversity demands a radical shift in perspective: It’s not people who must adapt to conform to a rigid norm—society must learn to see diversity as an asset. No brain is less valuable than another. There is no “one right” way to think; there are as many ways of thinking as there are people.

Biodiversity sustains life on Earth. Neurodiversity stabilizes and enriches our social and cultural ecosystem, ensuring humanity's enduring existence. Diversity is the foundation of all life.

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## **Every Human Being Is Equal in Value—No Human Is the Same**

Recognizing neurodiversity is an act of democratic equality. It means valuing people not for their ability to adapt to industrial and military systems but for their unique contributions to society. It means creating a world that welcomes all people—with all their unique colors of the spectrum.





## LIVING WITH HEIGHTENED PERCEPTION

### **The Dance of Life—Everything Has a Pulse**

The world breathes, pulses, vibrates—I perceive it. The finest frequencies, the scent of approaching rain before the first drop falls, an insect playing dead so I won't notice it. I see colours intensely, hear the faintest sounds, sense the subtlest movements and shifts. The world reveals itself—to those who perceive.

A violet-blue flower sways in the wind, unfolds its delicate petals, opens its pink, vaginal-shaped chalice, stretches its fragile arms, dusted with minuscule pollen grains, dancing its magical dance. Its intoxicating scent is an irresistible invitation; a beetle answers the call. It dives into the warmth of the opening, tumbles into the softness of the petals, sinks into the sweetness of the pollen, drinks the nectar, dizzy from touch and pollination. I watch life at play, in awe of how desire and necessity intertwine—And I delight in the celebration of life.

My perception of the animal, plant, and human worlds—of temperatures, humidity, gases and air pressure, of seasons, daylight, and the body tension of those around me—is acute. And I know that all knowledge passed down through science ultimately rests on the perceptions, observations, and experiences of people who see, hear, and feel with open senses, unrestricted by social conventions and norms. Those who fully open themselves to the world realise: everything has a pulse. Nothing is truly solid.

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## **Alienation Through the Lack of Shared Perception**

With the start of school came the disillusionment: Most of the children around me did not share my view of the world. It was as if I lived in a parallel reality that no one else could enter. While I registered every detail, the majority moved through a more streamlined, simplified version of existence. The idea of 'normality' was everywhere, and anyone who didn't fit into that mold became an outsider—a freak, a nerd, a weirdo. For me, that meant bullying and violence. My difference wasn't seen as an asset but as a threat. But perception isn't something you can switch off. It remained my reality—and so my isolation began.



## **Family as a Source of Strength**

Luckily, I had one safe place: my family. There, I was accepted and encouraged. That unconditional support became my anchor. It taught me that my way of experiencing the world was not a flaw, but a gift.

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## **The Challenge of Sharing Perception**

As my school years went on, the pressure to conform grew. My intense way of experiencing the world was hard to process—and I could feel that it was ‘too much’ for others. That was the rupture between perception and expression, between mind and soul—the moment of exile from paradise. Fear crept in—especially the fear of what I perceived but could neither share nor express.

I began to stutter, struggling to find the words to express what I saw, heard, and felt. So I ran, played, wept, climbed trees—absorbing everything. I felt free, beautiful, embraced by nature and my parents.

In the adult world, everything must make sense, everything must be explained. I wanted to belong—I didn’t want to be seen as an alien. So I became the model student, adapting to everything. But the “why”

questions of school, its rigid logic of cause and effect, remained foreign to me. Society's corset tightened around me. My senses clashed with the expectations of the world. Sport, play, drawing, music, cooking, eating, plants, and animals remained my bridge to life.

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## **Social Norms and Their Consequences**

These experiences shaped me. They revealed the power of the human-made construct called “normality”—an ideal deeply embedded in language, structures, and institutions, claiming itself as absolute. Those who diverge from it become outcasts, projections, or anomalies.

There is only one humanity—one species, one shared existence. The concept of ‘human races’ is a remnant of colonial power structures—scientifically outdated and socially toxic. Anyone who speaks of different human races reveals themselves as a racist.

But there are infinite ways to experience the world—as many truths as there are people. The diversity of perception is one of humanity's greatest strengths. Diversity itself is our greatest strength—the very foundation of our existence.

## **The Gift and Challenge of High Sensitivity**

My sensitivity brings me into resonance with the world in a deep, direct, and raw way. But it also has a dark side. Without shared understanding—without a language to validate these experiences—heightened perception can be isolating. It can make you feel alienated, unseen.

But those who navigate between worlds as bridge-builders, artists, and researchers find in it a profound strength. This sensitivity is a human superpower—unattainable for algorithms. Artificial intelligence can recognise patterns, imitate emotions, mirror words—but it remains without lived knowledge of organic structures, of love, of death, loss, and finitude—without feeling. Its precision makes it powerful, but without meaning. That is why it must be limited—to ensure its interaction serves humanity.

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## **The Greatest Threat of Our Time**

Yet the technocratic elite doesn't use AI to honor this diversity. They use it to make people predictable. They catalog behaviors, optimize control mechanisms, and reduce human experience to a functional variable. This is the greatest threat of our time: The

deepest human ability—feeling—is being devalued to serve the interests of a small, powerful elite.

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## **The Absence of a Social Framework**

Instead of valuing heightened perception as an asset, society forces us to hide it. Conformity is rewarded; individuality is punished. Those who “function” are granted social acceptance and economic security. Those who reject the norm are deemed useless. But these mechanisms don’t serve people—they serve a system that prioritizes economic utility over human dignity.

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## **The Need for Belonging**

Humans are social beings. A sense of belonging is essential to our well-being. But when difference leads to exclusion, a deep inner wound forms. The result is often depression—a mix of suppressed anger, frozen grief, self-doubt, and exhaustion. An invisible form of mental self-violence. This fragmentation extends to the biochemical signals of our cells. It is not personal failure but the consequence of a society that sees diversity as a threat—and has inscribed this self-punishment deep into its system.

## **The Dark Side of Power**

This is how systems of oppression work—everywhere. They rely on both physical violence and social isolation. Those who are different are left to stand alone. And that isolation is one of the most subtle yet destructive forms of violence.

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### **Language: The Prison of Thought**

Without words for one's own experience, one is at the mercy of the majority's interpretative authority. Language is more than communication—it defines reality. Without the words to name one's perception, one exists in a world that does not recognize them. It's like having wings but no sky to fly in.

In a society that regulates perception, language is the sharpest instrument of power. Psychological distress is stigmatized rather than understood as a symptom of deeper structural issues. Those who don't function are labeled as "ill"—when it is the system itself that is sick.

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## **Perceiving and Connecting**

This is why I draw and illustrate—to find a language beyond words. Art is a bridge between worlds, an invitation to perceive. It creates space for what cannot be confined to rigid definitions. It is one of the last refuges in a world that standardizes and quantifies everything—and at the same time, a mirror that makes the invisible visible, revealing the nature within and around us.

As a connector between worlds, I want to encourage humans to trust their perception—without letting the fear of society's judgment limit them. Those who trust their perception discover a world beyond norms. But this takes courage: the courage to challenge ingrained ways of thinking, the courage to live one's own truth.

Only when freedom of perception is our foundation can an inclusive and just society become reality. This means recognizing, accepting, and honoring diversity as the essence of life.





## HEALING AND RECLAIMING YOUR OWN NARRATIVE

### **A Whole Life in a Day**

My journey is one of intense experiences— isolation, joy, strength, and courage. Each day is a rebirth, a new beginning, a new life, a new universe. My life-long journey of self-healing, the experience of death and life, is reflected in the songs, words, and sounds of the artists I cherish.

I have always wanted to be one of them—to express my perception of the world with clarity, radical honesty, and devotion. To share and celebrate my enchanted vision of nature's infinite beauty and the deep experience of existence with others.

Share your perception too.  
Celebrate your existence!

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## **Perception is Your Space, Its Depth is Your Wealth**

I see that people with high sensitivity and heightened perception—those who feel deeply, emotionally and energetically—often experience isolation.

But finding others who share your way of perceiving the world creates belonging. Through their perception, you become human. You realize: Your perception is your wealth—a gift and a challenge at the same time.

You enrich the world when you treat yourself with care, embrace who you are, trust your senses, and have the courage to stand by and share your perception.

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### **Embrace Your Perception**

Your sensitivity is your strength. To perceive deeply, clearly, and fearlessly is both a gift and a responsibility. Find ways to live it consciously—through art, music, science, healing, movement, touch, cooking, or gardening. Anywhere mindfulness, presence, and depth can unfold, your perception can take root and thrive.



## **Make Your World Visible**

If your environment lacks the words or forms of expression to describe your world, create your own: Write, paint, dance, love, let go, embrace. Find metaphors, movements, and images that bring understanding—first to yourself, then to others—helping them see and love themselves. This is how you bridge your inner world with the outer one.

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## **Let Go of the Fear of Judgment**

Your fear of being misunderstood or judged can keep you from revealing your true self. It can make you doubt your perception—or make others think you are hiding something. This strips you of your power. Authenticity requires courage, but it fosters deep, genuine connections with the world.

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## **Who Am I?**

The question of life's meaning is not a "why." The real question is: Who am I? Who am I—here and now? And who do I want to be? The answer is connected to your body, your abilities, your experiences, your environment, your needs—to this moment.

## **Your Heart's Deepest Desire**

Stand by your longing and your greatness. Be brave—recognize yourself, accept yourself, show yourself. Shed shame and guilt—celebrate your unveiled self.

Your body is your temple, your solar plexus your center—the place where emotion, thought, and organism become one: the altar of your soul, the seat of your feelings—laughter, grief, anger, fear, despair, existence. Your skin is the boundary of your kingdom, your brain the king, your heart the queen, your senses the messengers who unveil the world to the emperor and the empress—the sovereigns of your being. By day, you walk in the human world. By night, you return to the universe.

What is your deepest heart's desire—here and now? Feel it. Let it vibrate through every cell of your body. Acknowledge it—without doubt, without shame. What do you wish for—for yourself only?

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## **Trust Your Perception**

Every day is new. Feel yourself, perceive yourself. Only when you accept yourself can others truly see you. Comparison and judgment alienate you from yourself.

Face your fears. What you fear has power over you. But fears are signposts and guardians—not walls. Release what binds you. Do not allow anything to suppress your body, mind, or soul.

Do not betray your heart. Do not betray your body, your mind, your dreams, your values, your force and strength.

Trust your perception. Your body knows the way. Meet your dreams, fears, and desires with openness. Let them guide you—without losing yourself.

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## **Comparison is Deadly**

Comparison is betrayal of yourself. It robs you of what makes you unique. It divides, weakens, and alienates you from your own essence. We are taught to seek our worth in the mirror of others—but true force lies beyond this scale. Only love without comparison nourishes: love for myself, for my fellow humans—and even for those who deny their own perception.

An exception is playful comparison—the measuring of force in joy, respect, and friendship. But when it comes to the essential—life and death—every comparison loses its meaning. Then, measuring exceeds all measure.

## **The World Needs You**

The world needs people like you—people who see, feel, and understand deeply. Find those who recognize your qualities. Form a language, find a shape, create an expression that connects your perception with the world.

If you perceive mindfully—without judgment, without fear—you recognize the truth in everything. Do not let foreign standards shake you. Your perception is your foundation. Keep your body and mind clear. Be awake. Be truthful. Stay true to yourself.

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## **Become One**

Silence. Nature. Your breath. They lead you to yourself. Feel your emotion. Breathe into your heart. Into your body. Into your grief. Down into the earth.

Your spine connects with the earth. Your tailbone roots in the center of the world. Step out of isolation—through grief, through anger, into freedom. Become breath.

Let grief lead you into a soft, warm feeling. Cry. You may cry. Let it free you. Grief dissolves rigidity. It

makes you soft. It leads you to the crying child deep within you.

You no longer have to endure. Take in the lost child, bring it back to you. Do not leave it alone in the cosmos any longer. It has waited for you for so long. It is a part of you. You have longed for its return.

Embrace it, welcome it, comfort it. Let it flow into you. Hold yourself. Comfort yourself. Embrace yourself. Become one with yourself. Be one. Breathe deeply. Become calm. You are one. You are whole.

Perhaps anger arises. Anger shows you the way out of despair, back into feeling. It can help you eject everything from your body that harms or inhibits you. That is its purpose. Release it fully. Then—breathe beyond the powerlessness of anger, into the warmth of grief. Do not stay in anger longer than absolutely necessary. Anger destroys you. It becomes rage, burning jealousy, desperate envy, cold greed, unconscious violence, the absence of love—hate.

Anger trapped in your body consumes you, eats you up. It hollows you out, destroys your being, all meaning, leaving only emptiness.

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## Your Own Story

Do you feel what is holding you captive? It is a story. But it's not yours. You have carried it like a second skin—all the beliefs others have placed upon you, the ways they have commented on, overlaid, and belittled your perception. But now, you may shed the hardened shell. Reveal your renewed skin.

You may tell your own story. You've lived it. It's your miracle, your life, your wonderful truth. You alone decide who you are. Who you want to be. You don't have to serve any idea that keeps you small. Your body deserves care, love, warmth, and light—not anger, despair, or fear.

Anger can help you set boundaries against being overtaken—it can expel foreign influences from your organism, your innermost being, your very cells. With immense force. To defend yourself. To cleanse. But aggression itself is neutral. It's strength, force, and energy—something you can channel creatively, instead of sinking into depression, isolation, or dejection.

This is what ancient shamanic rituals practice: moving through emotion, the dark night of the soul, purging what constricts, dominates, and diminishes you. Letting go of what's not yours. Recognizing foreign influences—and putting them in their rightful place.

Somewhere they no longer endanger you, where you can observe, admire, and marvel at them without being controlled by them.

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## **Return to Yourself**

Return to yourself and your feeling.  
Enjoy the peace that unfolds.

Your body is your temple.  
Your skin is your boundary.  
Your breath is the pulse of the earth.

You become light.  
Your cells renew.  
Your breath pulses, flows.  
It is your force. Your connection.  
Breathing is unconditional.

Exhale. Then inhale—so deeply that you reach the edge of consciousness. Until your mind floods with colors, until an explosion of light overcomes you.

This is the door where you step out—into the night, into the dream, into death. It's the key to rebirth.

Let your breath flow.

Until you soften.  
Gentle. Tender.  
Until you feel: I am one with everything.

I am part of the world.

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## **True Connection**

To help means to listen without judgement. To understand without comparison. To shape a world where everyone is invited to the celebration of life—a celebration of being, of meeting, of belonging.

You are in everything—and everything is in you.

Time does not exist. There is only the pulse of your breath. Your heart, your empress, the earth setting the rhythm.

You help yourself by perceiving yourself—without comparison. By perceiving the world around you—without judgement. You help others when you listen—without comparison, without judgement.

We are particles in a vast universe, the same energy flows through us. To live fully is to honour this connection—to accept ourselves and each other as we are.



In every cell of your body lives the history of the universe, of humanity, of your ancestors, of your family.





## **FEELING ISOLATED IN A VIOLENT WORLD**

### **Your Perception of the World**

It's important to talk about how you see the world—without emotions clouding your sight. Because your tears, your anger, your fear are tangled up with the feeling of isolation. The feeling of being cast out. Breathe. Observe. Change. Share. Take part.

If you don't know how to find your place in a world ruled by dominance, power, and brutal violence—a world driven by money, where people are led by fear and drown in anxiety, depression, and loneliness; a capitalist world built on a triangle of dominance, addiction, and consumption—then know this: You are not alone.

The structures of the man-made world set the pace. They decide who gets power and who gets pushed to the edge. Those who gain the most power are often the ones with the least compassion for the worlds of others.

Power without awareness, without compassion, is the dominant, polarizing, destructive force of human society. Power is no sign of strength. Every time a new king, emperor, dictator, warlord, pope, prophet, or guru grabs the scepter and seizes power, let doubt be your ally.

Speak courage to yourself, hold yourself close, and say: It's time to stand up—for me, for the child in me, for my children, for all the children in this world. Now is the moment.

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### **Breathe out.**

Not long ago, I lost my most beloved companion—because I tried to explain myself with words. I wanted her to see the world through my eyes, to understand me as good and right. I hoped to be everything she dreamed of. I let her gaze into my deepest depths. My honesty frightened her. It shook her trust. When the weight of my solitude, my darkness, and my grief surfaced, it burdened her bright, life-loving, laughing soul.

We wanted to dance together, so we married. She was looking for a partner, a father for her children, a lover who offered safety and stability. But I was in

the midst of change. All I had to give was my honest presence, my true interest in our connection, and my gratitude for the door we opened to healing. I am infinitely sad about our separation, but also deeply grateful for the mutual opening that made me take the final step in the process of self-healing.

I want to be part of a society built on truth, compassion, and connection—not a class system that hides behind masks, secret deals, and dominance, that controls life on this planet for the benefit of a few socially dominant families and power structures, sacrificing and exploiting everything that is sacred.

I find freedom without borders—in my body, in nature, in connection, in my dreams. It is a beautiful world.

I love being alone. But sometimes, I lose touch with the world and find myself in the hell of heavy thoughts. It takes practice to walk through these shadowed, lightless, cold valleys, ideally with a loving guide—someone who opens the world for you without demanding anything in return: a father, a mother, a teacher, a friend, a helper, a companion.

That is how we grow. That is how we learn that with every step, every breath, every dream, everything shifts and changes—through daily practice and de-

votion to light, warmth, connection, clarity, beauty, truth, love, authenticity, freedom.

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## **A World of Faith and Compassion**

Warped perception and the absence of self-love give birth to a world of exploitation, lies, and violence. Those who lose compassion within and for themselves turn love into trade—and replace human freedom with an invisible web of dominance, hierarchy, debt, and interest.

We were born into an order that glorifies suffering as virtue and mistakes authority for true power and strength. That forces us to measure ourselves, to compare, to judge ourselves—until we no longer know who we are. It traps us in our minds, where we become our own judges, prisoners, and executioners.

God was reduced to a rulebook. Freedom twisted into guilt. Humans and the nature around them became resources. The profiteers of this order—kings, churches, oligarchs, and the numbed masses, paralyzed by fear and distraction—have no interest in real freedom. Because a person who belongs to themselves cannot be manipulated.

The world is changing. We feel it. A system that devours itself cannot survive. The old order is crumbling. And when the foundations start to shake, it is up to each of us to explore new ways.

Our own measure is the key. Not the boundlessness of greed, but the knowledge of our own responsibility. Responsibility for what we think. What we feel. What we do.

Perception without judgment. Returning to our own bodies. Self-efficacy. Healing. Self-love. From this, true compassion grows—as an unshakable force.

Every breath is a choice. Do I stay in powerlessness—or do we rise?

A world of compassion is possible. It arises when we live it. Here. Now. Without compromising ourselves. When we perceive, listen, and are ready for change.

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## **The Weight of Isolation and Loneliness**

The pain of feeling isolated, misunderstood, and out of place within societal norms runs deep. No wonder so many break under it. Loneliness is one of the heaviest burdens—especially in a world that rewards

conformity and punishes difference. Even more so when that difference questions the very foundation of what it means to be human.

Your sharpened perception, your refusal to play dominance games, your relentless hold on authenticity—all of this sets you apart. But it comes at a price. To stand outside is often to stand alone. And when the loss of a loved one is added to that weight, loneliness can become overwhelming.

I grieve the loss of the relationship with the woman I loved. I miss the shared space, the daily closeness. My desire to be understood, to explain myself, and to show myself to her was an expression of my longing for genuine connection. It is natural to want to share your inner world with someone who means a lot to you. But the clarity with which I delineate myself from society's conformity also created a distance between us.

This loss weighs heavy. But it is also transformative. For the first time in my life, I have opened myself completely to another person—and I see that true connection does not come from explaining yourself.





## **SELF-HEALING— STANDING UP FOR YOURSELF**

### **Here and Now**

It's time. For you. Your life. Your truth.  
No more waiting. No excuses.  
No compromises against yourself.

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### **Connect with Your Power**

You've walked through fire, wandered through darkness. That's your power. That's your essence.

Feel the earth. Breathe from the sky into the ground. From the earth into the vastness. Build a temple for your awareness. Let your feelings shine. Enjoy your body, your breath, your inner warmth.

Live your values. Show them, make them visible. This is your foundation. Your soul. Your core. This is you—and you are beautifully radiant.



## **Enjoy Yourself and Your Life**

You're not alone. There are others like you—people who sing their song, who inspire others to dance, think, laugh, and dream. People who make others glow, feel, and connect with themselves. People who live in community. Who live a full life every single day—with the courage to be seen.

Be one of them. Be bold. Be loving. Be cheeky. Be mindful. Seek connection and community. Seek loving, honest people and direct, warm-hearted encounters—in nature, in conversation, in art. In feeling, in silence, in truth. Let yourself be found. Be visible. Be real. See others, let them shine, glow—and show them how truly beautiful they are.

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## **Redefine Wealth**

Money is energy—but not your currency.  
Your wealth is in your awareness.  
In your experiences. Your stories. Your trust.  
In your hands, that create and touch.

In your voice, that speaks truth and gives peace.  
In your love, that heals, leads back, moves.  
Let your life be raw. Wild. True.

Choose depth over gloss. Integrity over approval.  
Be authentic. Love. Be honest, direct, free.  
Be courageous.

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## **Breathe**

Let go of what doesn't serve you. Return to the source. Breathe deep, wide, open. Breathe out. Breathe. Breath is your anchor. Your tool. Your healer. Your teacher. Your key. Your link. Your way.

Fear holds your breath. Let it flow. Breathe through the fear. Through the tightness, the despair, the helplessness.

Go out under the open sky, into the night, the day, the wind, the rain. Lie down in the afternoon under the old oak, the great plane tree. Listen to the whisper of bamboo leaves, birch, willow. The birds sing and whisper to you: You have nothing to fear. You are here. You are part of the world.

They are all here to help you—your fears, the spirits of nature, your breath. Every breath is rebellion against numbness. Breathe. Breathe out. Breathe it all out.

Let go. Find peace.

## **Be the Place You Long For**

There are places, people, and spaces that share and embody your values. Where breath and song flow together in mindfulness. Where work becomes creation. Where you find rest and strength.

Here you're seen, respected, smiled at, embraced. This is home—by the river of life, beneath the lemon tree, with playing children, at the heart of the world.

Softness. Mindfulness. Healing. Expression. Sound. Touch. Fearlessness. Water. Earth. Air. Fire. Transformation. Love.

Seek this space. Create it. Be it. Transform the space, within you, around you. Foster calm, reflection, and play. Make love possible—in you, around you, with loving thoughts for the world.

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## **Live Without Boundaries**

Expand your space. Cross your own boundaries. Respect yourself—and others. Don't let anyone restrain you.

Be wild, kind, honest, gentle—and clear.

Every thought is a wave.  
Every perception a new universe.

Play with possibilities. Marvel. Rejoice.

Become infinitely large. Infinitely small. Be a vessel.  
Your body belongs to you. Only to you.

Be a creator. A medium. Energy.  
Everything flows and transforms you.

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## **Your Story, Your Melody, Your Voice**

Share what lives within you—through your voice, your body, your work, your being, your stillness, your presence.

There are people who need your truth.

The world can be harsh. But it is also vast.

Don't be discouraged. Your melody is unique. It matters. Your song is heard. It holds meaning.

## **Stand Up for Yourself**

There is a place for you. Inside you, around you.  
You are exactly right as you are.

Stand up for yourself. It is your birthright to grow, to  
take care of yourself.

---

## **You Are the World**

You are the gateway to the world.  
You perceive it.

Without you, your world does not exist. Without you,  
this world does not exist. The world is through you.  
The world flows through you.

You are your world.  
You are through the world.  
You are the world.

You are in everything.  
And everything is within you.

**You are not alone.**





## AFTERWORD

**Until now, I have remained silent** about neurodiversity and perception. But I can stay silent no longer. I see how education systems, healthcare institutions, and the media distort and instrumentalize people with terms like hypersensitivity, ADHD, and dyslexia. How the discussion about inclusion turns into its opposite. How people are diagnosed and locked away because of their faith, their gender, their bodies, or their economic utility.

Now I speak. I speak in a world suffocating on its own constructs, where thought and language themselves have become diseased.

I am a creator, an explorer of my own perception, a lover, a child. I walked my own path. I refused military service—and paid the price. To this day, the idea that a man must be a soldier, that he must kill, strikes me as the ultimate violation of our humanity. This denial of the human being as a gentle creature is at the root of all violence.

I slept with no one unless it felt completely right—and let much be. I found understanding not in norms, but in fairy tales, ancient texts, artists, philosophers, poets—and, above all, in simple, honest people who live their lives with dignity and truth.

I tried to keep up with the noisy world of media, to be seen. I wanted to be noticed—until I recognized myself.

I created—and destroyed. Diaries, paintings, photographs, texts—I burned great works. It hurt to know that no one would ever see how alive my perception was. But I understood: that greatness belongs to me.

I divided my art into two categories: what I shared or gave away, and what belonged only to me—as a home, a refuge, a safe place, as an altar.

I burned much. My sketchbooks remained. They are my archive—my quiet place of the soul.

The greatest courage does not lie in art, but in life.

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## **1 + 1 = 3**

Today, I know what truly matters: Connection. Love. Living each day anew.

Every day, trying again to live according to my values, to be alive, to connect with the world—and still stay true to myself.

To hold someone. To create closeness, peace, and a place without fear. To listen. To forgive. To dance. To cook. To share a story with my daughter.

To listen to children, to see them, to empower them. To smile at their parents, see them, empower them.

These moments are worth more than any picture.

Your life is guided by deep wisdom. If you think you've lost it, reclaim it. Now. If you've lost yourself, reclaim your true self. Now.

Your perception. Your voice. They matter. Standing up for yourself and your world matters—for you, for the world.

**Here. Now.**







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**ONENESS** is a manifesto for neurodiversity.  
A poetic, existential self-empowerment.  
A call to radical perception. A manifesto for  
feeling. For untamed, authentic, raw life.

**ONENESS** points to the magic of connection,  
to synergy, to the whole that is more than the  
sum of its parts. Perception is not linear. Identity  
is not binary. Life is not black or white.

**ONENESS** transcends every category because  
it is about the whole—the connection between  
earth, body, soul, mind, world, cosmos, nature,  
art, love, breath, creation.

**ONENESS** is a manifesto for EVERYONE who  
wants to live more deeply and not be limited—  
not by diagnoses, not by systems, not by old  
thought patterns.

**ONENESS** is a call back to the essence:  
to our primal perception, our sensuality, our  
wholeness.

**ONENESS** is more than a text—  
it is a movement.

