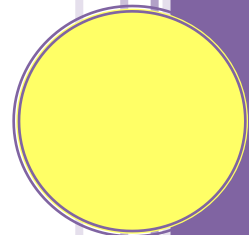


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**DAN**  
**DAN Institute**

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**Information letters of the DAN Institute, Schweiz**



Dear friends

We are often confronted with the questions what DAN actually means, what it is or where the term comes from. We would now like to take the opportunity to fully inform you on the DAN term and what it is all about. Light will be shed on the external form, the organisation and the "inner" form.

This text attempts to illustrate the complexity. We have therefore created various sections, each dealing with a specific aspect, for better understanding. It is individually shown what idea of man forms the basis of our work and what values the DAN Institute stands for. But both sides of course go hand in hand, depend on each other. We have attempted at explaining individual parts and then summarise them to DAN.

We hope to provide lots of information on DAN and the DAN Institute with this edition. It is clear that this document cannot provide comprehensive information. Our wish was to provide basic information on the work and the backgrounds of the DAN Institute in a brief form. The public website *www.dan.ch* is available for additional information and dates.

We now wish you a pleasant read and hope that as many questions as possible can be resolved with this brochure.

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## **What is the DAN Institute?**

The word DAN originally comes from the Hebrew and refers to a person who stands above something, who does not get caught up in a problem but detaches from it and stands above it. Only if you can do this, is it possible that a problem can be solved. If you cannot stand above the problem, you get caught up in it and become part of the problem itself.

The DAN Institute, foundation for the overall teaching of man, aims at spreading spiritual values in our materialistic world and get people's attention for them. Support is also offered in many forms which promotes man becoming whole. It was Shakespeare who said "there are more things between the sky and earth than school wisdom will let you imagine". Our society is influenced by science and ration, but often forgets that there are also other levels. The DAN Institute endeavours to bring these "things between the sky and earth" closer. It also wants to show that this is not a load of fantasies or things "you simply have to believe in for them to work", but that they are technical procedures.

In order to be able to achieve this, the DAN Institute mainly pursues the following basic ideas:

### *Support for a conscious life*

Support is provided for an expanded consciousness, i.e. methods are shown how to live consciously. Conscious life also means conscious treatment of yourself. To this end, it is necessary to take your life in your own hands, make your own decisions and not just hang around – human beings are not the victims of circumstances.

### *Promote independence and personal responsibility*

Independence and personal responsibility are promoted. Help and supportive means are provided and ways shown, but everybody may or has to take the steps themselves, of their own will and drive. Responsibility for yourself cannot be delegated to other people. Everybody has been blessed with a free will. This will must be respected.

### *Develop own skills*

Individual skills are roused, promoted and developed in seminars and training. Human beings are regarded as a whole and not as the sum of individual parts.

### *Helping people to help themselves*

The DAN Institute shows ways to help yourself; so everybody is put in the position of taking an active approach to their lives – the first step to real independence. Only if you live your life independently and yourselves, do you really live.

### *Coming out*

With this work the DAN Institute aims at improving the spiritual values' position in society. The range is open to everyone, no elite insular existence is required but real meddling in the middle of everyday life. This openness can help to reduce prejudice towards work in the spiritual field.

### *Commitment*

The DAN Institute has no members or the like. There is no commitment (be it in idea or financial). Every person decides for himself whether, what, when and with who he chooses to use an offer.

### *Material reward*

The DAN Institute is a non-profit organisation, but also needs funds for operation. They consist of the following: sale DAN products, information letter subscription and donations.

The great objective of human beings is to find their way back to the origins via the five soul qualities (joy, unconditional love, humility, modesty and truth – truth to oneself). The DAN Institute aims at providing assistance here with its range.

## **Idea of man**

Human beings are very complex matters. But they do not just consist of material parts (cells, muscles, organs, bones, etc.), but also many more too. Known, not material parts which human beings are made of are thinking, feeling, loving, intellectual capacities, etc. Every one of these parts ultimately consists of energy which pulsates at different heights.

Human beings are not only what they can perceive with their five senses. Many levels remain inaccessible to us with our senses, but that does not mean that they do not exist.

Everything, not only human beings, consists of energy at different levels of pulsating. Not all parts have the same frequency. This results in only few parts of an entity pulsating at very low levels can be seen, felt, i.e. perceived with the five senses. Human beings, on the other hand, also have parts pulsating at higher levels, but which can not be perceived with the five senses.

An error has emerged over time in the understanding of the perceivable and the non-perceivable. This error had its effects on the levels pulsating at higher levels, i.e. on fine material bodies. If I can comprehend something with my five senses, it is perceivable for me. But if I cannot comprehend it with the five senses, it is not perceivable. This results in a fatal mistake: one became true, and the other was declared not true. Over time and shaped by scientific thought everything which was not perceivable or measurable was regarded as non-existent. The fine material levels of human beings were no longer taken into account. This meant that human beings lost a very considerable part of themselves: they lost their wholeness.

The existence of human beings is shaped by three parts, by the body, soul and spirit. Every one of these parts has its importance. It is not about promoting the part and neglecting the others – this would again result in lacking wholeness. Only if these parts are in harmony, only then can the nature of human beings be one with itself and its environment.

The DAN Institute, foundation for comprehensive teaching of man, assumes wholeness of an entity. The effort is always directed at the whole human being with all his parts. Only if all parts in harmony can human beings be healthy. If a tool is used it is always with the intent on promoting a human being's

wholeness. Individual parts are of course worked on, but only for the whole to come into harmony.

If there are levels with human beings which cannot be perceived with the five senses, it is logical that there are also levels around us which cannot be perceived with the traditional senses. Many people indeed sense that "there is more between the sky and earth", but have difficulty accepting this fact, because they do not see or hear anything. Science also explains these things as humbug, because they cannot be measured or proven. However, the same science once rejected the idea that there was such a thing as bacteria and viruses, because they cannot be seen.

There are also energies around us and they can influence us. If human beings want to be understood in their wholeness, their surroundings must also be included – and this includes everything, whether it is visible, measurable or not.

Another very central point is the development of man. Every entity develops in a very personal way. This means that not all people are located in the same place. If you compare the development with a hike, you realise that not every hiker stands at the same place – one is a little further back, another a little further ahead, a third one is having a break, etc. This observation is value-free, because further ahead does not mean better nor does further back mean worse. Every person is where he stands.

A person's development has one aim, that is to **become whole and return to the origin**. Only if a man really is whole, in harmony with all his parts can he return. It is clear that this is a long path which cannot be "completed" in one go. This path is taken as a "race in stages", while the soul repeatedly embodies and incarnates itself in order to face the next stage.

In order for the entity not to get lost on this journey, values are in place which everybody can refer to. DAN is committed to these values, DAN vouches for them.

## Values

DAN has also, as mentioned above, committed to values. This mainly includes the following main pillars:

- The five soul qualities
- The law of echo
- The free will

### **The five soul qualities**

The five soul qualities represent the crash barriers on the journey back to the origin. Everybody can repeatedly orientate himself by these qualities. They represent reliable signposts and always show the direction. The five soul qualities are: unconditional love, joy, humility, modesty and self-honesty.

#### *Unconditional love*

Unconditional love is the basis on which the entire existence stands. Every drive of existence, every creation stems from this principle. Without this love no life of any kind is possible – this is what constitutes and keeps together the whole large existence. These thoughts are difficult for many people to understand, as they comprise dimensions which no longer can be grasped with the intellect but only with the heart.

#### *Joy*

Joy is a quality which pulsates at a very high level. It should and can be the basis for action and thinking. This enables the whole way of life to be full of this virtue which pulsates at a high level. Every action, every thought then becomes a messenger of this high pulsating.

People started losing joy a long time ago. As soon as material is taken into account excessively, as soon as enmeshment appears in the material, joy loses out. Joy is a quality which neither demands nor serves a purpose. It is therefore opposed to the game with material. If material takes the lead, joy loses its basis – the seriousness of life kicks in. This seriousness of

life, so-called reality, however, is an illusion, because it occurs in the material only.

### *Humility*

Many people have difficulty with the term of humility, because this term has been bent many a time. The most common contortion of the term became slavish obedience, that is a form of obedience which is indispensable and absolute. This is wrongly understood humility in that it tries to circumvent a person's free will. But nobody can and may do this.

Humility in its basic meaning denotes recognising and taking one's place in the whole, accepting and using one's tools. The you humble fulfil your task.

Everybody has his task and has been assigned a place for it. This is actually not the correct way to put it. Because everybody selected a place before incarnation; everybody set their tasks they want to approach in this incarnation themselves – but this was "forgotten" at birth.

### *Modesty*

Many people see some negative in the weighting sense of this term. The opinion prevails that modest people always put their demands aside, do not stand out and lead a miserable life.

In its basic meaning, modesty means using one's tools efficiently and in a targeted manner. Everybody came into this incarnation with skills and tools. These tools are precisely tailored to one's task, everybody has what he needs for his journey.

### *Self-honesty*

Self-honest, the honesty towards oneself, is one of the biggest pieces of support on the journey to one's own development. It

is not always the other people, when something changes. Everybody must learn that he too can behave badly. This is an opportunity if it is taken.

## **The law of echo**

The law of echo is simple to understand. Difficult is the fact that this law is a law. In other words, it develops that way, whether you like it or not.

The law of echo can be described in a short form:

*What I do has an effect.*

*What I do not do has an effect.*

*What I affect affects me.*

This means that it is clear that everything a person does has an effect. You can also get used to the thought that something you do not do is also an action. A brief example: we open the door or we do not open the door, we have an effect in both cases. Our action (opening or not opening) has an effect on us in both cases. These effects fall back on us like an echo.

The same is the case during life, all the time, at any given time. An action, whether it is active or passive, has an effect and confronts us. The echo, i.e. the effect, is sometimes immediate, sometimes a certain amount of time passes until a reaction occurs. But it is certain that a reaction will occur.

## **Free will**

The present of free will is one of the most valuable assets all entities have. The intellectual world respects this free will. In the incarnated condition, however, a lot is undertaken to oppose the individual's free will with the dictate of a foreign will. This leads to rule and abuse of power.

One fact must be taken into account: everybody is responsible for what he does and what he does not do. Everybody can live

the way he likes – he alone takes the consequences for its actions or non-actions.

Nobody who is interested in real development will try to control somebody else's free will. This is a good criterion for trusting or not trusting a group or an individual person. If the free will is accepted you are at the right place.

But there are still commandments and prescriptions by society or norms within the community which must be respected and complied with. But this has nothing to do with the fact that the free will is suppressed. Every community has its rules of ensuring cohabitation. If this is not the case, some get lots or others rise to become despots. You subject yourself to these norms from free will because you understand that they are necessary for individuals and everybody to develop.

Free will therefore does not only mean: "Do what you want, devil may care, other people are none of my business." No, free will means going after one's business in a responsible manner and developing in a sound way of life to the benefit of the whole.

## **Range of the DAN Institute**

The range of the DAN Institute consists of several tools. But all of them are based on the values specified above. It is a principle of the DAN Institute that a tool must also be a support and never create dependence. Another requirement is that they have to be practical and fit for everyday use.

Because people are so complex, it is logical that the offer of helps is also comprehensive. The DAN Institute generally offers help in the following areas:

- Harmonisation of body, soul and spirit with energies
- Tips for shaping one's life
- Help for specific problems
- Supporting products and publications

The range can be subdivided into four groups:

- Seminars and training
- Individual treatment
- Books and publications
- Products

## **Seminars**

### *DAN energy*

**DAN energy** is taught in various seminars. This is comprehensive knowledge which is passed on in portions. Already after the first seminar, the basic course no. 1, the participant will be capable to activate himself (and others) with DAN energy.

### *Cosmic rays*

The cosmic rays form another energy system which is adjusted to the requirements of today. This seminar focuses on the practical application for itself and for the overall whole.

### *Atlantic pattern*

A lot in life is shaped by behavioural patterns and these patterns are often run without us actually realising. Such behaviour can originate from earlier incarnations, but it takes effect now. This seminar provides insight into the procedures of such patterns and provides help for their solution.

### *DAN body energy exercises*

These simple but efficient exercises stimulate the entire human being from the body level. Everybody is thus capable of doing something for their own good.

### *DAN essential blossom drops*

These tools are a great help in everyday life. The seminar provides an introduction to the individual types.

### *Energetic tools - tips*

Many simple energetic tools can be used in everyday life. These exercises are passed on in theory and practice.

## **Training**

Comprehensive training is provided. It is held at the DAN Institute's headquarters in Muri (Switzerland).

Training to DAN energy instructor

Training to DAN therapist

Training to seminar manager

DAN body energy exercises

DAN essential blossom drops

Energetic tools - tips

### *Therapeutic treatment*

The DAN therapist looks into the problems and blockades in deep level. The focus is not on the symptoms, but always on the causes. Only when the reason for the problem is solved, is healing possible. The range of the DAN therapist includes the following:

- Targeted energy work
- Consultation meeting
- Activation with DAN energy

## **Books and publications**

The ideas and values which the DAN Institute stands for are specified in various books. All these texts are not theoretical discussions on some "so-called esoteric" topics. This publications intend to focus on the practical side, they want support applied in everyday life.

### *Information letters*

These regularly published documents are press releases on a certain topic. Information letters can be subscribed to.

## **Products**

### *DAN products*

These natural products made from top-quality raw materials can support individual areas of human beings. Over time more than 100 different DAN products have been created which can be used in many different ways.

### *DAN essential blossom drops*

These special tools can support human beings in many situations.

The entire range is specified in detail on the homepage of the DAN Institute under [www.dan.ch](http://www.dan.ch). It also includes details on dates and ordering options.

## External form

In 1991 the DAN Institute, foundation for the overall teaching of man, was established in as a foundation under public law based in Muri (Switzerland). Its aim is to provide tools which help you to find back to yourself in this hectic, fast-paced time.

As the tasks have consistently grown, adaptations have been continuously made to the business operation. The latest restructuring was in 2005. The DAN Institute today presents itself as an organisation with the following bodies:

DAN Institute  
Foundation Board

DAN Centre

DAN Association  
Board of Management

The Foundation Board is responsible for the strategic orientation of the entire DAN building. Training is also carried out from the DAN Institute. The business operation (DAN products, administration, facilities, etc.) is in the hands of the DAN Centre which is administered by the business management. The DAN Association comprises people who have been trained at the DAN Institute. In its function as a professional association, it is responsible for further training, quality assurance and public relations.

The legal form of the foundation provides clear structures. A clear legal form was consciously chosen in order to distinguish itself from other organisations and ensure transparency. The annual financial statement is audited by a trustee and subsequently submitted to the regulating authority (Eidgenössische Stiftungsaufsicht [Department of the Interior] in Bern).

The DAN Institute has no members. If somebody attends seminars and/or training he does therefore in no way become a member. The DAN Association is an exception: DAN therapists and DAN energy teachers have formed a professional association here in order to better reach their targets. Everybody can help to promote the aims of the DAN Institute, but nobody can become a member because this does not exist. The principle of free will also applies here. The DAN Institute is

neutral and neither politically nor religiously nor in any other way bound.

**It is committed to the ethical values of the five soul qualities, free will and the law of echo only.**

## **Finally**

The DAN Institute has developed from an idea to a complex structure. But the focus is always on human beings and their developments. The finding that every entity is part of a whole is central here. Every entity is part of a whole – and only if individuals are fine is the whole fine. Only if the whole is fine is the individual fine.

The fine material levels are indispensable for the understanding of human beings. If this level is neglected, the entity human being is reduced to the physical body and its functions. But then the central part is missing, its wholeness.

The wholeness also includes the fact there are entities which cannot be perceived with the traditional five senses. Angel entities, for example, cannot be seen with the physical eye, but they nevertheless exist. All these entities are part of the whole, just like human beings too. It is possible to see these entities, to feel that they exist and therefore to use the help which they offer people. The DAN Institute has set the target to show support how this is possible for everybody.

With its work the DAN Institute is committed to the whole; it aims at showing that this whole greatly exceeds the rough material level which can be perceived with the five senses. It is thus logical that research is conducted. Another aim is that energies can be made visible, that energetic procedures can be visualised. The results of this research are occasionally presented in speeches.