Hans and Helga Religion Compendium

By

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Introduction

This little booklet is just a collection of religious memberships and quotes from both Hans and Helga.

The first section is quotes by Hans. Hans grew up in Germany during a time when religion was just part of the family responsibility. The von Schweinitz family lived in Silesia and was responsible for building multiple churches. In some churches there is a booth or box identified with the von Schweinitz crest. The church at that time was not just for Sunday services, but was an integral part of the local society.

Through his US Air Force career, Hans was exposed to various religions through the world. Sometimes through his co-workers, and sometimes from the country he was stationed, such as Thailand with its Buddhism.

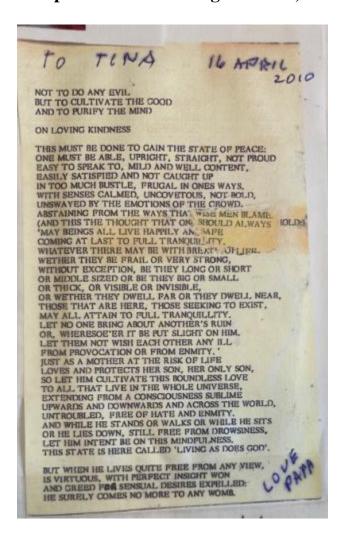
Thought out their lives they would quote from various religions and sometimes would provide these quotes to their children. A few of them are included herein.

Although the family was never devoted church attendees, there was always a thread of religious compliance in the family conscious. Sometimes the family would also have a membership in one of the local churches.

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16 April 2010 to his Daughter Tina, from Buddhism



Hans was stationed in Thailand from November 1968 to December 1970 during the Vietnam War. Being involved in all that strife and with representing a country (USA) that was in turmoil, Hans was amazed on the calmness and acceptance of the Thai people. He finally realized that the Buddhism religion that the Thai practiced effected not only their belief of the supreme being, but also effected how they behaved towards events and other people in their normal everyday actions.

"on Loving Kindness" is a quote from Buddha and is originally written in Pal. Recitation (or practice) of this should be practiced thousands of time daily in Buddhist countries.

Prequel
Not to do any evil,
But to cultivate the good
and to purify the mind.

On Living Kindness

This must be done to gain the state of Peace:
One must be able, upright, straight and not proud, easy to speak to, mild and well-content, easily satisfied and not caught up in too much bustle, frugal in one's ways, with senses calmed, uncovetous, not bold, unswayed by the emotions of the crowd, abstaining from the ways that wise men blame; (and this the thought that one should always hold;)

May beings all live happily and safe
Coming at last to full tranquility,
Whatever there may be with breath of life,
whether they be frail or very strong,
without exception, be they long or short,
or middle-sized, or be they big or small,
or thick or visible or invisible
or whether they dwell far or they dwell near,
those that are here, those seeking to exist;
may all attain to full tranquility.
Let no one bring about another's ruin,
or, wheresoever it be put slight on him,
let them not wish each other any ill
from provocation or from enmity.

Just as a mother at the risk of life loves and protects her son, her only son, so let him cultivate this boundless love to all that live in the whole universe; extending from a consciousness sublime upwards and downwards and across the world, untroubled, free of hate and enmity. And while he stands and while he walks and sits or he lies down still free from drowsiness, let him be intent on this mindfulness: this state is here called "Living as does God".

But when he lives quite free from any view,

is virtuous, with perfect insight won, and greed for sensual desires expelled: he surely comes no more to any womb.

Ten Commandments



In 2003 Hans had a major stroke. The stroke effect several areas of the brain. Hans spent several years rebuilding the effect sections of his brain. One area that was effect, was his ability to recognize anything that he was looking for. Even going to the grocery store was difficult. He could be looking right at his favorite grocery item (grapes) and not recognize them. Often he would have to ask an attended for help to locate the grapes, and he was standing right in front of the display. This handicap made it difficult for him to find items on the internet. Hans in 2009 spend hours searching the internet for the 10 Commandments. He finally found an acceptable version and spent even more hours trying to get the printer to work correctly. Putting the prints into the frame was easy, that was just eye-hand coordination, which had recovered quite well. I do not know what us Kids had done wrong, because both of us kids received this print as a Christmas present.

- 1 Thou shalt have no other gods before me
- 2 Thou shalt not make unto thee any graven images
- 3 Thou shalt not take the name of the Lord thy God in vain
- 4 Remember the sabbath day, to keep it holy
- 5 Honor they father and thy mother
- 6 Thou shalt not kill
- 7 Thou shalt not commit adultery
- 8 Thou shalt not steal
- 9 Thou shalt not bear false witness against thy neighbor.
- 10 Thou shalt not covet

Religious quotes by Hans

Hans also had a sense of humor. This a list that he sent his daughter back in 2008.

Religious Views of Life

TAOISM

Shit happens.

CONFUCIANISM

Confucius says, shit happens.

BUDDHISM

If shit happens, it isn't really shit.

ZEN

What is the sound of shit happening?

HINDUISM

This shit happened before.

ISLAM

If shit happens, it is the will of Allah.

PROTESTANTISM

Let shit happen to someone else.

CATHOLICISM

If shit happens you deserve it.

JUDAISM

Why does this shit always happen to us?

ATHEISM

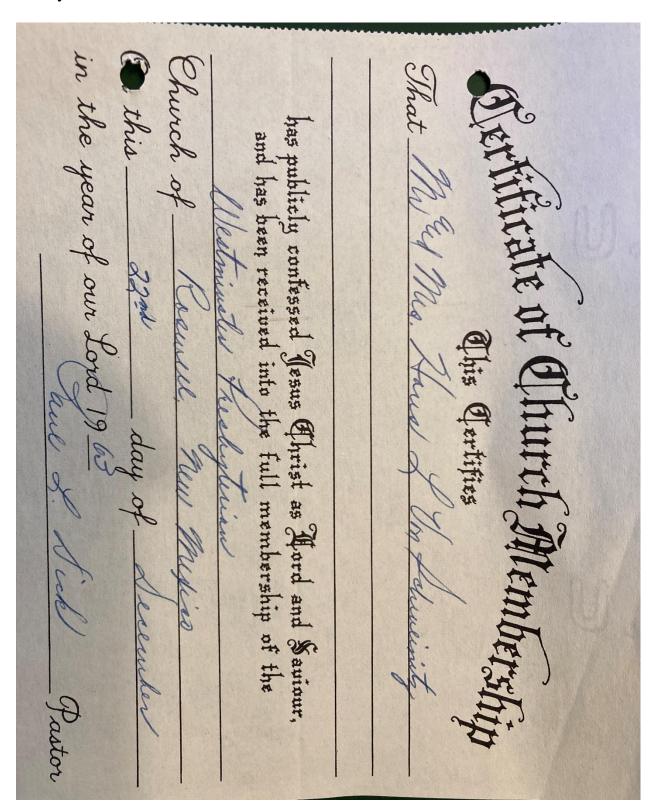
I don't believe this shit.

AGNOSTICISM

What is this shit?

Membership in Roswell Church

On 23 September 1963, the family became members in the Westminster Presbyterian Church in Roswell, while Hans was stationed in Walker AFB.



Membership in Scientology

In 29 September 1969, Hans became a Hubbard Apprentice Scientologist in the Hubbard Association of Scientologists International. Hans and Helga liked to explore various religions, and this could just be part of their "expanding of the mind". In November 1969 Hans was stationed in Thailand for a year and he also explored Buddhism.



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