



Newsletter 4 - September 2018



Group update by Keith Davidson

There has been a lot of positive change since our last newsletter. First and foremost, the group has changed its name to FIGU-Interessengruppe für Missionswissen England. This was done to reflect the various different locations where group members live across the North and South of England. The group is now searching for a more central location to hold group meetings making it more convenient for all existing members and potential new members to attend.

One of the main projects the group has been working on since our last update is our new website. Several meetings were held to determine the overall site structure, image selection and content. Our new site was then designed by an external web designer following a carefully developed brief from the group. The new site has been designed using the very latest Word Press platform and can be found at: www.figu-england.co.uk. We have also implemented a redirect on our old site to direct visitors to the new website. Our new site features regular updates on the Homepage relating to upcoming Group Meetings and Info Stands along with a new Blog section. The Blog is there to stimulate discussion, debate and to attract repeat site visitors by sharing the very latest information relating to the FIGU Mission. The main site covers 7 key sections:

1. Homepage featuring latest updates & Blog topics
2. FIGU
3. Group
4. Overpopulation
5. Spiritual Teaching
6. Ufology
7. Contact Us

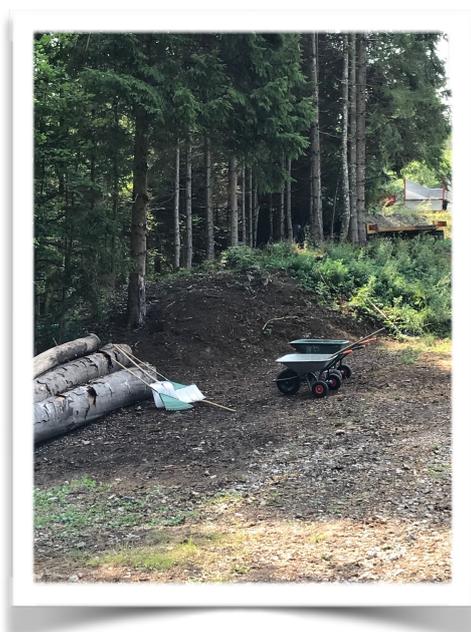
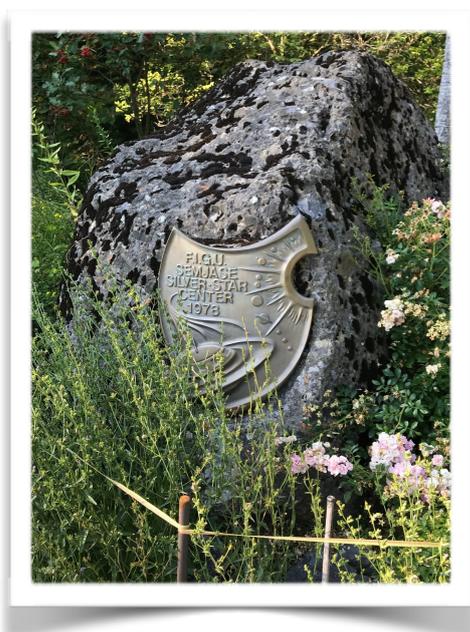
I am pleased to report that our site traffic has increased markedly since the launch of the new site from a monthly average of 25-30 visitors to a daily average of 25-30 visitors. Another important communication tool is our group newsletter. We have spent some time as a group developing the content and setting clear guidelines for the same. In order to maintain frequency of publication, we have developed a formal production schedule and discuss content during the scheduled Group Meetings to ensure content conforms to our set guidelines. The latest newsletter is then uploaded to the Newsletter Archive section of our new site and shared widely amongst the various worldwide

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FIGU Interest Groups and Mother Centre. Perhaps one of the most important activities we undertake during the Spring & Summer periods is the operation of a regular Info Stand. This is currently undertaken in the university city of Cambridge. Typically, 3 to 4 group members man the stand from 10am until 4pm on one Saturday during each month of operation. We do get a reasonable amount of engagement with passers-by and offer a wide cross-section of the official FIGU booklets. However, stand visitors can vary from those genuinely interested to know-it-alls. For the most part, our stand visitors are of a good nature. Typically, each month we distribute a good number of the official FIGU booklets, most especially those covering Overpopulation.

I am also delighted to report that a large proportion of our group has visited the SSSC in Switzerland this year. Whether attending a Passive Meeting, visiting on a Sunday or undertaking 3 days of scheduled work at the Centre, everyone has been warmly welcomed and gained a deeper understanding of the Mission and the operation of the SSSC following their visit.





Warnings about the future, FIGU & joining the dots

By Karl Beaney

Recently BEAM/FIGU released an article (<https://theyflyblog.com/new-prophecies-andpredictions-from-billy-meier/2018/01/05/>) where Billy discusses, with Ptaah, 2 new visions/ probability-calculations of the future here on Earth. This conversation excerpt makes for an uncomfortable read. More recently an English translation of an article by Mariann Uehlinger was published in FIGU Bulletin No. 101 on page 29 (http://www.figu.org/ch/files/downloads/bulletin/figu_bulletin_101.pdf), this article also deals with a similar subject matter.

When one takes into account all the other warnings, prophecies and predictions made by Billy, FIGU and the Plejaren it is clear that the human beings of Earth will experience some rather unpleasant events if we, as a civilisation, continue on our current path. After reading these articles I had many thoughts about my future, about the future of this civilisation and planet and also the role/importance of FIGU in all of this.

After some contemplation and given that I recognise Billy's warnings as authentic and valid, one question kept presenting itself: what should I do? Or more specifically, as a mere individual what can I do? Any student of the spiritual teaching or serious reader of the FIGU material should be striving to think (and act) logically, rationally and with intellect. So if I recognise the published warnings as real and true is it logical, rational or clever not to act? NO

Now I have decided that I should act, I have to decide how and when I will act. Not acting upon the warnings at all is foolish, acting too late is also foolish.

Once I have decided that it is only sensible to act at some point, hopefully sooner rather than later, the next hurdle is: what shall I do? Or, how do i act? The aim of this article is to stimulate some thoughts about these matters not to tell you what you should do. But i would like to draw your attention to a few things that I feel are important. FIGU has, and continues, to make huge amounts of information available. Why? Because we, as individuals and as a civilisation, are in desperate need for it. The information FIGU releases is wide ranging, comprehensive and unique to FIGU. That fact alone really is something special. Part of the FIGU Mission is to disseminate the spiritual teaching. This is done so an individual can learn the creational laws and recommendations if he or she is willing.



Once a human being has started to implement the creational laws and recommendations into his or her life a logical step is to then become part of a group with like minded individuals, like this groups form all over the world and create a world wide community. The reason for this, considering the repeated warnings/prophesies/predictions, should become obvious.

To me, this highlights the urgent necessity for individuals who are following the FIGU material to come together and act in a way that is in line with the spiritual teaching. In this way a solid foundation can be built to ensure a better chance for future generations to find the material/ spiritual teaching so a change towards the better can take place.

To highlight this point I include an excerpt from 150th official contact of October 10,1981 ('Pleiadian-Plejaren contact reports', Block 4, pages 230-231, sentences 86-103):

Billy With the irrational craziness of the human beings of Earth, however, this cannot be the case, because they will not let themselves be instructed.

Quetzal With this, however, the humankind of Earth drives itself into an abyss without hope of rescue. However, the human beings of Earth shall not die out and be eliminated, which is why suitable measures must be taken.

Billy And what should these measures then look like?

Quetzal As irrational as it sounds with the cognisances about the terrestrial overpopulation: a new people must be founded. Which, however, must be a people that lives in accordance with the natural creational laws, through which they will become an ideal for the great mass of the humankind of Earth made stupid and has an instructive effect on them...

So what can I do? At first glance it may appear that we, as individuals, are powerless to affect the world and it's happenings. But that isn't the case, each individual can set a chain reaction into motion by trying to implement the spiritual teaching into one's thoughts and actions. Even if a critic doubts the possibility of affecting the outside world in this way, surely no one can deny that a positive change will surely take place on an individual and purely personal level. The conclusion of Mariann's article touches upon the importance of trying to implement a personal change towards the better:

Mariann Uehlinger Conclusion: If the human being of Earth changes nothing in his/her thoughts, feelings, actions, and deeds to the positive, then an unbearable suffering is certain for him/her, because the above-mentioned sentences of the prophecies will be transformed into absolute fulfilling predictions. The outcoming effects of the terror of the ruling elite-dictatorship will be gruesome and for a long time lead to brutal religious terror, foreign governors, Gewalt-ruling, surveillance dictatorship, peoples-mixing, war, illness, infirmity, hate, terror, revenge, affliction, hunger, thirst, hardship, brutality, torture and torment, immense environmental damage due to climatic disasters as a result of overpopulation, etc., etc. The human being will then not be able to avoid, sooner or later, voluntarily to join the 'spiritual teaching people' and to turn to the 'teaching of the truth, teaching of the spirit, teaching of the life' and to the 'Goblet of the Truth', to study the teaching, to implement it in life and to evolve in terms of consciousness.

What a shame it will be if us human beings of Earth only learn after enduring these terrible occurrences. I only encourage all readers of this article to give some serious thought to the warnings issued by FIGU and to think through the consequences that this civilisation will have to endure as a result of the past and present course we are on. Then decide what you will do about it, if anything!



Relaxation brings harmony with the forces of nature – Part 2

By Alexander Swainson

Before I start, I should explain that I am writing from my own perspective as a teacher of body awareness/movement and Tai Chi Chuan, a Chinese discipline which in fact has its roots in Nokodemion's 'Meditation in Bewegung' (Meditation in Motion). My journey as teacher and practitioner has been travelled in parallel with learning from the FIGU material, which has been of tremendous value in understanding how to consciously decode and express the laws and logic of nature in the human body.

In the first part of this article, I explained that relaxation connects us with natural-creative forces because of gravity. Relaxation represents a letting-go of tension and a giving-up of direct resistance against gravity, which immediately places the relaxed part of the body in the hands of gravity. This is because the excessive tension that once pulled that part of the body up against gravity is released so that its mass can once again unite with gravity, with the same effect as when you let go of any object and let it fall freely to earth. Now, imagine that this object is in fact a stick that you have allowed to fall into a river, but that the river is somewhat choked up with weeds and other obstructions and your stick has got stuck before it has had the chance to pick up any speed. This is what happens when most people try to relax one part of their body in isolation; gravity gets released but then hits a road block i.e. more tension, and so it is stopped in its tracks. So in order for our stick to keep flowing down the river unimpeded, we must work to remove the weeds and other obstructions from the river, starting with the ones directly impeding the stick and then working our way down the watercourse.

Our body is indeed like the river choked with obstructions. Its inherent fluidity often loses its power and dynamism because, rather than introducing obstructions from the outside as in the case of the river, we get in our own way and introduce obstructions or blockades entirely of our own making. This is generally done by pushing (or fighting) against ourselves, which inevitably creates a resistance as an immediate reaction, constituting an unreal limitation which is entirely self-imposed. In our unknowingness we assume that this resistance is normal and that every action must entail a fight with external forces. Mostly, this process happens unconsciously and results in unresolved internal struggles which get passed onto our daily consciousness. Of course, we mostly blame others for the resultant conflicts that inundate our lives, without realising the cause!

Learning to relax as a functional response in everyday life can be very helpful to us in breaking the above cycle. This is where Billy's clear terminology can help us, which allows us to make a simple

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distinction between the 'tension reaction' and the 'relaxation reaction' (Meditation aus klarer Sicht, p. 85/86). If the tension reaction (the fight/flight/freeze response of the sympathetic nervous system) predominates then we will tend to bring our fight into the world through unresolved stress, fear and anxiety rather than to seeking to resolve the struggle internally. Resolving the struggle internally requires us to develop the relaxation reaction (regenerative response of the parasympathetic nervous system) as a predominant response to any given external material factor.

And so, again this is where it pays to learn to relax in a rational manner, which entails understanding how to relax all parts of the body in a logical sequence by fathoming their holistic connections. Once relaxation becomes more comprehensive and therefore rational, we can gain a more intimate and harmonious connection to the universal forces that govern our material existence. Through this tangible feeling and sense of harmony within our body, we can take this new experience of ourselves in the physical realm and begin to refine it, applying the same principles (and modes of functioning) to our understanding of the metaphysical world. It will then be possible to realise more of the meaning behind meditative sentence no. 73 from Meditation aus klarer Sicht: 'Constantly, I remain relaxed and thereby gain might over myself'.

The concluding part will follow in the next newsletter.





Be your own therapist

By Aimee

Nowadays, one can have a glimpse how the world society suffocate its fauna and flora if we honestly realize a declining state into which the natural environment has turned to become due to human overpopulation resulting in pollution, global warming, intensive farming practices, exhaustion of natural resources. This might sound a bit extreme or unpleasant for those who have no interest in those matters, but if we become aware of this context and pay attention to the warnings received from FIGU and the Spiritual Teaching written by <Billy> Eduard Albert Meier which can be compared to a microscope for us to examine how life unfolds throughout our own experience and the reality generated from it.

Many of us aspire to change the society which we live in despite unnatural human laws from which we cannot recognize anymore true love and knowledge. Under the advice and recommendation from the 'Teaching of the Truth, Teaching of the Spirit, Teaching of the Life' and the 'Goblet of the Truth', true change and progress become possible for individual beings, which will naturally have an effect on our relationship towards one another and our immediate surrounding. Taking part with the FIGU interest group for the mission knowledge in England can sometimes be felt as a therapy. It should be mentioned once more that everything we do has to be done by oneself and for oneself, only then can we start to live what we grasp vis-à-vis the Spiritual Teaching and so to become our own therapist.





Translation - Laws and Recommendations of the Behaviour - Mastering Problems of the Life (pages 487- 489)

By Karl Beaney



Gesetze und Gebote des Verhaltens - Probleme des Lebens meistern

von «Billy» Eduard Albert Meier

Seite 487 - 489

Der Mensch kann nur allein lernen

Der Mensch kann nur für sich allein lernen, und er kann sich auch nur allein wandeln und zum Besseren und Guten ändern. Es gibt keinen Menschen, keinen Guru, keinen Meister und keinen Erhabenen oder «Göttlichen» usw., der einen anderen Menschen die lebensumfassende Kunst der effektiven uns wahren Meditation wirklich lehren könnte. Also gibt es aber auch keine Methode und kein System dafür, denn allein die Suche nach dem Licht im eigenen Innern führt den Menschen zum wirklichem Weg der Selbsterkenntnis.

Ängste und Abhängigkeit

Will der Mensch wirklich leben, dann muss er seine eigenen Fesseln sprengen und eine Befreiung von all den falschen Sicherheiten schaffen. Schon von frühester Kindheit an prägen sich im Menschen psychische Abhängigkeiten und Ängste vielfältiger und tiefgründiger Art aus, die ihn daran hindern, das zu sein, was er wirklich in seinem ureigenen Wesen ist. Dieses gilt es zu ergründen und in seiner Ganzheit Wirklichkeit werden zu lassen, um das Leben wirklich als Leben zu leben.

Laws and recommendations of the behaviour - Mastering problems of the life

by «Billy» Eduard Albert Meier

Pages 487 - 489

The human being can only learn on his or her own

The human being can only learn for himself or herself on his or her own, and he or she can also only developmentally change himself or herself on his or her own and change to the better and good.

There are no human beings, no guru, no master and no sublime ones or «godly one» and so on, who would be able to really teach another human being the life-all-embracing art of the effective and true meditation. Therefore there is no method and no system for it, for the search on its own for the light in one's own inner leads the human being to the real way of the self-cognition.

Anxiety and dependency

If the human being really wants to live, then he or she must burst his or her own binds and bring forth a liberation from all the false securities. Already from the earliest childhood on psychical dependencies and anxieties of manifold and deep-grounding kinds precisely form themselves in the human being, which hinder him or her from being that which he or she really is in his or her entirely own Wesen. It is necessary to fathom this and to let it become reality in its completeness, in order to really live the life as life.



Das Lösen von Problemen

Grundsätzlich löst der Mensch seine Probleme nicht dadurch, indem er sie zu lösen versucht, sondern nur dadurch, indem er diese aufgreift, sich ihnen stellt und ganz bewusst sowie willig sie angreift und mit allen Mitteln bewusst bekämpft.

Lösungen für Probleme werden nicht dadurch gefunden, indem Lösungen zwanghaft gesucht werden, denn dadurch werden die Probleme nur noch komplizierter. Der Mensch kann nur frei von Problemen werden, wenn er alle Vorstellungen von sich selbst loslässt und meditiert. So muss er dem Leben richtig begegnen, dieses ganzheitlich und konkret leben, und zwar Tag für Tag, und dabei die Beziehungen zum Mitmenschen zum Besseren verändern. Das ist der springende Punkt, und um den geht es; in keiner Weise jedoch darum, was die Welt an und für sich ist, sondern was der Mensch eigens selbst ist.

Wird das begriffen und dadurch gehandelt, dann kann im Menschen Hoffnung keimen, im tiefen Wiedererfahren der Natur und der schöpferisch-natürlichen Gesetzmässigkeiten, und zwar im harmonischen Einklang mit dem Rhythmus des Lebens. Und dadurch kann der Mensch eine völlig neue Beziehung zu sich selbst, zum Leben und zur Welt schaffen.

Der Mensch hat die Welt und sich zerbrochen

Der Mensch der Erde hat seine Welt in Stücke gerissen und hat sich dabei selbst zerbrochen und vielfach zerteilt. Dennoch sucht jeder einzelne nach einem guten, schönen, ruhigen und lobenswerten Leben, das er mit sich selbst in Einklang bringen kann; und das trotz all der furchtbaren Begegnungen und Erlebnisse mit vielen Mitmenschen, trotz Verbrechen, Mord und Totschlag, Terrorismus und Krieg. Verlassen kann sich der Mensch jedoch nur auf die effektive schöpferisch-naturmässig aufgebaute Wahrheit mit all ihren Gesetzmässigkeiten, der entgegengesetzt Religionen, Sektierismus, Philosophien und Ideologien äusserst und absolut töricht sind. Wichtig ist nur die Realität; das, was der Mensch täglich beobachten und betrachten kann; das, was täglich tatsächlich geschieht und was die Natur und das Leben effektiv in Realität bieten.

The solving of problems

Fundamentally the human being does not therethrough solve his or her problems, whilst he or she tries to solve them, rather only therethrough, whilst he or she takes these up, delivers them up to himself or herself and quite consciously and willingly tackles them and consciously fights (them) with all means.

Solutions for problems are not therethrough found, whilst solutions are forcibly searched, for therethrough the problem only becomes more complicated. The human being can only become free of problems, if he or she lets go of/releases all imaginations of himself or herself and meditates. So he or she must meet the life rightly, live this integrally and concretely and indeed day after day, and at the same time change the relationships with the fellow human beings to the better. That is the nub of the matter/point, and what it is all about; however in no wise about what the world, in and of itself, is, rather what the human being is (in) his or her own self.

If that is comprehended and acted to accordingly, then hope can germinate in the human being, in the deep re-experience of the nature and of the creational-natural law-principles, and indeed in the harmonious consonance with the rhythm of the life. And therethrough the human being can bring forth a totally new relationship to himself or herself, towards the life and towards the world.

The human being has broken the world and himself or herself

The human being of the Earth has torn his or her world in(to) pieces and has broken and split himself or herself into many pieces at the same time. Nevertheless every individual searches for a good, beautiful/fine, calm and laudable life, which he or she can bring in(to) consonance with himself or herself; and this despite all the frightful meetings and experiences with many fellow human beings, despite felonious acts, murder and manslaughter, terrorism and war. However the human being can rely only on the effective creational-nature-based built up truth with all it's law-principles, which are set against extremely and absolutely foolish/misguided religions, sectarianism, philosophies and ideologies. Only the reality is important; (in) that, what the human being can observe and look at and consider daily/ everyday; (in) that, what actually happens daily/ everyday and what the nature and the life effectively offer in reality.

Translation by Karl Beaney (May 2018)



Sustainable Farming by Keith Davidson

One of the most important aspects of the Spiritual Teaching for me is to ensure I implement it into my everyday life. In previous articles, I have written about this from mostly a personal perspective. This time, I would like to share how I am attempting to bring the teaching into my professional life as an arable farmer.

Since taking over the farm in 2011, I have been particularly interested in how we can farm in a more sustainable way and enhance biodiversity. I also work with a number of public sector organisations focused on environmental matters as well as environmental charities. It quickly became clear to me that how we were farming was not having the most positive effect on the environment. Typically, we would apply uniform applications of fertilizer and sprays across the year in favour of a chosen mono-culture be this a crop of wheat, barley or oilseed rape. Very often, a lot of the nutrients we apply can leach out from the soil and end up in water-courses or downhill from their intended target. Similarly, a lot of the sprays we apply kill everything save for the chosen monoculture. Moreover, modern agricultural practices have become so efficient that there is little grain remaining on the deck following harvest to feed birds over winter. This, coupled with the maximum use of all field-space, leaves little habitat for invertebrates and other flora and fauna on farm. Many of the creational natural laws come to mind here, most notably:

- **The Law of Love**

The following excerpt from Love Teaching Letter Number 27, page 296, sums it up perfectly for me, *“The infinite love of Creation connects all life, because in all life this love lies hidden. All of nature in its indescribable splendour is nothing but the love of Creation, which is expressed visibly. Its laws are so wonderfully arranged, that people everywhere come up against its radiating love”*.

- **The Law of Harmony**

The importance of striving for neutral positive equalisedness within the farming operation is critical. Focusing overly on monocultures at the expense of nature’s polyculture is a form of *ausgeartet* in my opinion.

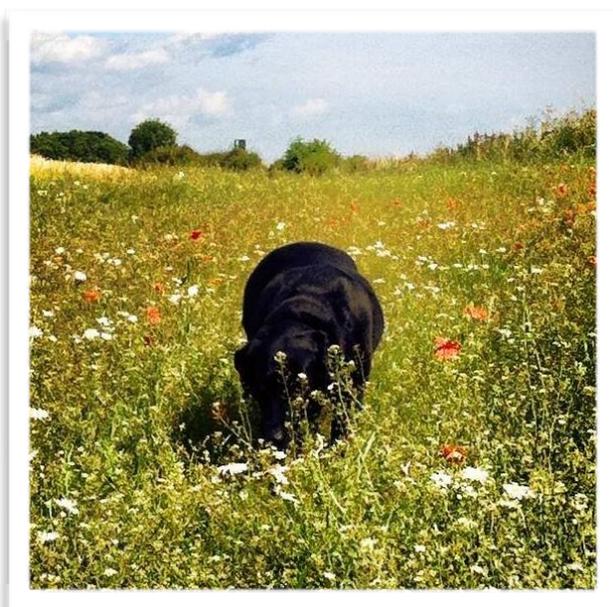
- **The Law of Cause and Effect**

Until a neutral positive equalisedness can be established, the law of cause and effect brings home the consequences of the resultant *ausgeartet*...declining number of invertebrates, declining number of farmland birds, soil erosion, nutrient leaching, pollution, increased flooding, soil infertility, unprofitability and so on.



To bring us back into some kind of balance, we have introduced a number of schemes across the farm to enhance the farm's overall biodiversity. These measures include:

- 3 hectares of wild flower margins
- 3 hectares of wild bird seed as a dedicated feeding area
- Selective felling of ancient woodland to allow more light to the lower canopy
- Establishment of an apiary to enhance pollination of crops & the local habitat



However, this is just the beginning. More recently, I have been investigating new methods of crop cultivation to invest in soil health and structure, trap more valuable nutrients in the soil, reduce overheads, improve yields and improve our overall environmental impact. This journey began by setting aside 10 hectares of arable land for a trial of differing methods of tillage. The whole field is sown with Spring Barley which is then used for malting as it is a low nitrogen input crop. One third of this area was sown using a no-tillage method which least disturbs the soil. One third was sown using a minimum tillage method which has a reduced impact on the soil when compared to traditional tillage.

Finally, one third was sown using the traditional inversion method of tillage using a plough. Presently, there is a lot of discussion and debate within the agricultural sector about soil health so we decided to run a series of Soil Health events at the farm and record them so we could share the journey with other interested farmers and growers across the country. Our videos can be found via the YouTube tab on the farm's website – www.seahamgrangefarm.com

The first of these events was a workshop held in April 2018 comprising industry experts and agronomists. I was delighted with the attendance and feedback from the event with over 50 local farmers attending to learn more about soil health and the trial plots.



We then followed this event up with a farm walk in July taking delegates into the trial plots in the 10 hectare field where they could see, discuss and debate the impact of the differing tillage methods on the soil itself, the established crop in field and the nutrients captured in the soil and tissue samples taken just prior to the event. All the scientific data we have collected supports the zero tillage method as being the best to:

- *Maintain the best overall soil structure*
- *Trap valuable nutrients in the soil*
- *Retain the most moisture in the soil*
- *Provide the best drainage by allowing earthworms to create natural channels for the surface water*
- *Minimise leaching of nutrients via improved natural drainage and absorption*
- *Enhance microbiology of the soil by allowing natural decomposition of a top layer of decaying organic matter into the topsoil*
- *Minimises pollution of surface and ground water via enhanced soil retention of nitrates, phosphates and potassium*
- *Reduce contracting costs and diesel usage*



When it comes to harvesting, we will measure the yields of the 3 areas so we can determine which area has been the most productive overall. I am delighted to say that our new approach has been recognised by the EU Topsoil project and we have been asked to present the findings of our trial at their conference which is being held at Durham University later this year, see - www.topsoil.eu . We are also looking at our crop rotation to include cover crops which fix nitrogen from the air and trap it within the nodules of their roots. The nitrogen can then be used for subsequent cereal crops. Cover crops also help stabilise soil structure and minimise erosion.

The final piece in the jigsaw is to reduce our overall use of chemicals and bought-in nutrients so to do this we are moving to a variable application of all sprays and fertilizers. Traditionally, most farmers would apply a uniform application of these products across all their crops at the relevant time. Today, new technology enables the farmer to place the chemicals and the fertilizer exactly where they are needed by harnessing satellite imagery of the crops along with nutrient maps of each field.

There are many challenges in farming right now...Brexit, climate change, commodity price volatility and rising fuel costs. However, my determination to implement environmental enhancements and pursue new methods of crop cultivation has principally come about because of the Spiritual Teaching and a better understanding of the creational natural laws. Instead of deploying more and more chemicals, designed to fight against nature, we are now leveraging nature to enhance all aspects of the farm (soil, crop, invertebrates, flora and fauna). Whilst this is very much still work in progress, we are moving away from a single-minded focus on monocultures to a more pluralistic approach focused on development of all the complementary aspects of a polyculture across the whole farm. To me, this is much more in line with the creational natural laws delivering a sustainable model for farming that works for the farmer, the consumer, the local habitat and nature in general.



Dates for your Diary

Month	Group Meeting Dates	Info Stand Dates
September 2018	8th September 2018	22nd September 2018
October 2018	13th October 2018	-
November 2018	10th October 2018	-
December 2018	8th December 2018	-
January 2019	12th January 2019	-
February 2019	9th February 2019	-

Please check our website for the very latest information regarding upcoming dates for our Group Meetings and Info Stands - visit www.figu-england.co.uk

