



## **Newsletter 5 - March 2019**



### **Group update** by Karl Beaney

Since our last Newsletter the group has been somewhat slow. Some of the contributing factors are work/life demands, changes in life circumstances, personal projects, illness and the like. Life has its demands on each and everyone (whether part of a FIGU interest group or not) but when a group consists of such few members these things do have an impact.

The group meetings have continued, in the most part, even if there have only been 2 attendees. Occasionally meetings have been cancelled when the room can not be secured but we have recently found a second option in that respect. Whenever a meeting takes place good conversation flows and many interesting topics and issues are discussed. The group newsletter has really provided a focus for all of us, even if meetings and attendance has been low. The stated intention of releasing a newsletter every 6 months gives the opportunity for all to contribute. I think I can safely say for the whole group that trying to write an article is a good challenge for all and provides a method of learning like no other.

We are still reading and discussing Billy's book 'The Psyche'. It is taking us a while to get through the book but often just reading a page or two gives the group so much to discuss. That in itself is an interesting point, which has often arisen: Should we read a lot and perhaps miss out on good discussion/learning material or should we take our time, read, discuss, share related experiences and so on? As a group, we haven't come up with a definitive answer but we seem to adapt to whatever content we face. Sometimes we can breeze through a section rather quickly and the discussion is minimal; other times we read a page and then discussion flows for an hour or so.



## **Relaxation brings harmony with the forces of nature – Part Three**

**By Alexander Swainson**

“The consciousness-motion i.e. the swinging wave of the consciousness is determined through the conscious effort of the learning and the thereout resulting development, i.e. evolution, which is reached through the achievement of a destination consisting of distinct factors and which moves the consciousness, because energy and power are transferred to the body and the body transfers again its energy and power as well as perseverance to the consciousness.”

### **The Goblet of the Truth, p.569, sentence 479**

The previous two articles explained how systematic training in relaxation helps us to work with gravity and brings about a more profound connection to the forces of nature. They also explained that our relationship to gravity is determined by how we use our body mechanically and that this factor is, in turn, conditioned by our mentality. Our use of the body and our mentality feed off and influence one another. If our mentality is rooted in fighting directly against our true selves, nature and the wider world, then this ensures that our nervous system will be predominately wired to a 'tension-reaction' as a result of the created resistance.

Through the tension-reaction, the energy arising from the consciousness meets a barrier and is suppressed, ensuring that it is greatly inhibited in its passage into the human body. Motion gets in the way of itself and is sluggish, being laden with resistance. The enormous enlivening, regenerative, creative power of the cosmic electromagnetic life energy is therefore greatly reduced in its potential. The relaxation-reaction, on the other hand, releases substantial energy from the mid-brain into the body, as well as effectively priming the body to receive the energy itself. With the body becoming a truly receptive vessel, the inherent double-spiral structure of this creation-given energy informs the counter-rotating, fluidly pulsating bodily motions which serve to extensively distribute, process and return the energy, reinforcing the consciousness-power. Relaxation, therefore, catalyses the evolutionary cycling and recycling of energy between the consciousness and the body, which can also be perceived as a process of teaching and receiving, whereby the body is the student and the energy of the consciousness is teacher. The motions of the body process the lessons and return the cognitions to the 'teacher', who provides further feedback, and so on (1).

To give a more specific example of the above process, if the tension-reaction is invoked on the inhale, everything in the body gets pulled up against gravity and the cranial bones clamp down on the brain, subjecting it to excessive material pressure (compression), precisely at the time when the opposite needs to occur. Therefore, habitually and each time the human being breathes in, he/she is placing another brick in the hardening wall between the physical body (expressing the external nature) and his/her inner spiritual BEING. Conversely, if the relaxation-reaction is trained



to be activated on the inhale, the physical body is able to open from the inside via the implosive effects of allowing gravity free passage through the body. Through the effects of gravity-powered suction, the energy of the consciousness is allowed to flood into the body. A correctly formed inhalation posture represents preparation for action, where internal motion predominates (internal displacement). This posture 'fills out' into an overall flexion (like drawing a bow) where energy converges in the centre of the body. According to Traditional Chinese Medicine, this area - located behind the navel between the kidneys - is referred to as the 'Gate of Life' or 'Motive Force' and is structured energetically as a double-spiral vortex. Conversely, the exhalation posture, representing action, gives rise to the external expression of the 'Motive Force', whereby the spine straightens and energy is returned to the extremities. The body in locomotion combines these two alternating processes of flexion (inhalation posture) and extension (exhalation posture) and their respective transfers of energy and power between the consciousness and the body, albeit at a different amplitude and frequency to breathing. When the flexion-extension motions are equalised, this creates harmony by employing the unifying effects of gravity to create unbroken waves of force that rebound and swing back and forth in perpetuated motion.

The above represents a summary of some observations and research findings from my own journey as a practitioner and teacher of Tai Chi Chuan, Qigong, Meditation in Motion, martial arts, body awareness, biomechanics, etc. It is therefore a very personal perspective, somewhat technical and no doubt difficult to grasp, which is why I will finally rely on the following passages of the Goblet of the Truth (p. 569), to shed some more light on the value of studying the processes I have attempted to describe in this article:

**477.** If your material body lacks the energy and power of your consciousness because the latter stagnates, then this standstill holds back the blossoming of the body and hinders it from keeping healthy, because the body, without the consciousness-evolution, uses itself up in its own swinging waves i.e. motions, wilts and decays; therefore, it can no longer renew itself, because it lacks the power source, the motions i.e. swinging waves of the evolution of the consciousness; therefore it is useless, if you move only physically, but leave the evolutionary motion of the consciousness out of your attention.

**478.** It is useless, if you do no work and make no effort concerning your consciousness evolution, and indeed also then, if, to exercise your body, you regularly undergo fitness trainings and go for walks and do all sorts of other things to keep your body in shape, because truly, it ages quickly nevertheless and decays, if it does not live in the same swinging wave, i.e. motion with the evolving consciousness.

(1) Ptaah mentions the teaching and informing qualities of the fine fluidal energy as part of this explanation: <http://au.figu.org/fine-fluidalness.html>





### Geisteslehre - What it is and why I study it By Karl Beaney

I decided to write about the Geisteslehre mainly because I have asked myself these questions a number of times and haven't come up with a clear and concise answer. Of course, I know why I study the Geisteslehre and because I study it I know what it contains, but if someone were to ask me these questions it would not be easy for me to give a simple, concise and straightforward answer. So I write this article for my own learning more than anything else.

#### ***What is the Geisteslehre?***

The Geisteslehre (translated to spiritual teaching in English) is a teaching that is only available from FIGU Switzerland and is only available in the German language. To study the Geisteslehre one must be a passive-member of FIGU Switzerland. The course costs money and comes in the form of 4 lessons in one book, each book of 4 lessons costs 45.00 Swiss Francs plus postage - the student receives a new book, which contains the next 4 lessons, every 4 months. Therefore the student receives 3 books (or 12 lessons) per year and I believe the course lasts for more than 30 years, although I am not entirely certain of its exact duration.

Before I attempt to clarify what the Geisteslehre is (for me and in my words), I would like to mention something that I have often encountered in English speaking circles that creates a bit of confusion. Billy's various books and writings are not the Geisteslehre itself, rather they are books, articles, essays etc. that deal with subjects and themes in or around the actual Geisteslehre. These writings, particularly Billy's books, can be used to assist one's study of the Geisteslehre. Of course, all of Billy's writings contain the same teaching, the same principles, values, etc. that being the spiritual teaching, but the actual Geisteslehre itself is the study course. Having said that, it is my firm conviction that anyone who seriously and honestly studies any of Billy's writings gains huge benefits, whether that be one article, one book or the entire Geisteslehre course.

The theme 'What is the Geisteslehre?' is dealt with in the FIGU booklet titled "Philosophie des Lebens". I now include some translated excerpts for clarity about what the Geisteslehre is and is not. I include these excerpts because I think it is better, where possible, to get the information straight from the source.

From page 7

***Viele Menschen haben ein völlig falsches Bild von der Geisteslehre, weil sie sich darunter etwas Religiöses oder Sektiererisches vorstellen.***

Many human beings have a completely false picture of the Geisteslehre, because they imagine something religious or something sectarian about it.





Also from page 7

***Dass die Geisteslehre aber einen wahren Pazifismus, wahre Liebe, Menschlichkeit, Ausgeglichenheit, Frieden, Liebe und innere Freiheit sowie wahren Frieden, das wahre Menschsein, Harmonie und eine positive Lebensweise mit positiven Gedanken und Gefühlen lehrt sowie Wissen und Weisheit, davon haben die Antagonisten keinerlei Ahnung.***

But the antagonists have no idea whatsoever about the fact that the Geisteslehre teaches a true pacifism, true love, humaneness, equalisedness, peace, love and inner freedom as well as true peace, the true being human in the real and true sense, harmony and a positive mode of life with positive thoughts and Gefühlen/feelings as well as knowledge and wisdom.

From page 23

***Das Lernen/Studium der Geisteslehre ist ein Erarbeiten des Wissens der schöpferischen Gesetz- und Gebotsmässigkeiten. Das Lernen/Studium fordert keinen Glauben, sondern gegenteilig eine offene Neutralität, Unvoreingenommenheit, eigene Motivation und eigenen Willen sowie eigene Freiheit und Selbstentscheidung. Die Gesetzmässigkeiten sind bestehende schöpferisch-natürliche Gesetze, die eine universelle und unumstössliche Gültigkeit haben, während die Gebotsmässigkeiten Empfehlungen und Richtlinien sind, die – wie bei den Gesetzen – bei deren Befolgung dem Menschen grossen Nutzen bringen.***

The learning/study of the Geisteslehre is a creating of the knowledge of the creational laws and recommendations. The learning/study demands no beliefs, rather on the other hand an open neutrality, impartiality, one's own motivation and one's own will as well as one's own freedom and self-decision. The principles are existing creational laws, that have a universal and incontrovertible validity, whilst the recommendations are counsels and guidelines, which - as with the laws – bring great benefit to the human beings with their following/compliance.

From page 49

***Der einzige wahre Weg, der dem Menschen zur Verwirklichung seines Lebens bleibt, ist der, die natürlichen Gesetze, Gebote und Richtlinien schöpferischen Ursprungs zu lernen und diese im Leben zu verwirklichen, und zwar derart, wie die Geisteslehre alles lehrt. Das bedeutet zwar eine zähe und lebenslange, harte Arbeit, wobei jeder Mensch selbst über das Für oder Wider bestimmen muss, denn kein Mensch kann oder darf zu seinem Glück gezwungen werden.***

The only true way that remains to/for the human being for the realisation of his or her life is to learn the natural laws, recommendations and guidelines of creational origin and to realise these in the life, and indeed in such a way, as the Geisteslehre teaches everything. That means a tough and life-long, hard work, in which case every human being himself or herself must determine everything, for no human being can or may be forced to his or her fortune/happiness.

So, now for my attempt to explain what the Geisteslehre is (for me) and why I study it. I will keep it brief, bearing in mind my intention set out at the start of this article:

To me the Geisteslehre is a study course or teaching to assist and guide human beings who want to progress, and have success, in their life and consciousness evolution. The Geisteslehre does this by explaining and teaching all the necessary truths and knowledge so the individual can start to think about and work out the true reality of oneself, one's life, one's surroundings and all things connected to the aforementioned - it really is that varied and vast. The Geisteslehre does not spoon feed knowledge to the ones studying it, because knowledge can not be gained like this, it (the Geisteslehre) merely gives the necessary facts and foundation explanations so the individual can 'get going on the straight and narrow'.

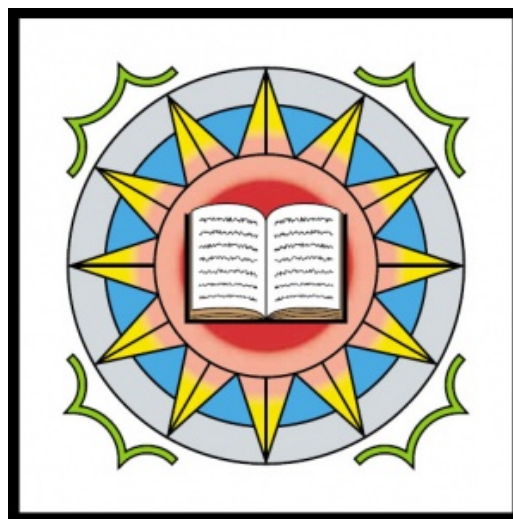


From this it is clear that hard work, dedication, perseverance and many other factors are involved in really creating a benefit from the teaching. I study the Geisteslehre because I want to progress and have success in my life - in terms of consciousness development. I also study it because nothing else so logically explains the existence of all life as the Geisteslehre does.

From an Interview with Billy in 1998:

***What is the true purpose of our life?***

The purpose of our life is for us to evolve - the advancement and continued development of our being at a constant pace to ever higher levels. The purpose of evolution lies within the concept of achieving the highest possible human development, including love, harmony, ability, knowledge and wisdom. Evolution not only serves to bring human entities to a high level of knowledge and wisdom so they may lead a life in harmony with Creation's laws and directives and the like: Through our evolution we also assist Creation with Its own evolution. Just as humans and nearly all life is in need of evolutionary advancement, so, too, is Creation, the Universal Consciousness. Even Creation is only relatively perfect and It must evolve to ascend to higher forms of Its own existence. And to achieve Its objective, Creation requires human beings who evolve over the course of billions of years into pure-spirit-forms and from these into still higher forms of existence, extending through to the Petale level. There occurs the transition into Creation, into the Universal Consciousness, and transpires the unification, the "becoming one." In this manner Creation assimilates these former human spirit forms, which have by then evolved to their own highest level and which, initially, had originated from Creation in order for It to evolve through these human entities. During their unification with Creation, all the accumulated knowledge and wisdom are also absorbed by Creation, and thus It elevates Its own evolution by a fraction of an iota, and advances some time later into the next higher Creation level. After an incredibly long time, this subsequent Creation continues evolving until it becomes one with the Absolute Absolutum. The Absolute Absolutum is the highest level and all-encompassing form a Creation can attain, and yet even the Absolute Absolutum must continue Its evolution process into all-Great-Time and chronological endlessness.





## **Article written by a student of the Spiritual Teaching**



If we consider ourselves in search of our true nature, not the I or the ego which seeks only beauty, comfort, warmth and possessions one day after another until death separates us from life, will then, not allow us to understand its reality by avoiding its difficulties, troubles, crisis, and illusions. Time and patience are generally lacking to those who take no notice or ignore the life lessons, but just like a flower blooming in spring, a cold winter always appears first.

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The laws of nature teach us, for example, that there is a garden hidden from the sight, which can neither be felt nor touched by the hand and where noise and chatter cannot penetrate into its silence. To cultivate this inner nature will provide us with the fine intuition and inspiration needed for the change or we could let it rot until a bitter smell awakens our senses over and over again due to misguidance, ignorance, contempt, denial, weakness and destruction.





## **Neutral-positive Thinking (My personal mission)**

**By Christian Bachinger**

It's long been one of the Earth's human beings greatest challenges. For many, including myself, it poses a huge challenge of the mind, to be able to control one's thoughts and so prevent any type of over-reaction, through uncontrolled emotion, regardless of the subject.

In general, people find it extremely difficult to find an equilibrium in their thoughts; it's either just positive and negative and in many cases, even to the extreme. Many are unaware of a 'middle' balancing and therefore a neutral trail of thought, that, with time and effort, allows the human being to find this balance with their thought patterns and at the same time, find the positive side to the thought; experience the thought as it is and accept it as it is without emotion and then both see and take in the positive, if any. Although negatives do naturally occur, they are too often in the way and even worse, used in various ways which are unnecessary and so should be acknowledged but then discarded, as such thoughts do not benefit the human being but only burden and sicken the psyche. Focusing on just the positives and negatives is the easy way through however is not the best way for the human being. Some negatives experienced, such as the loss of a family member/ close friend or losing employment should understandably be permitted for a time but this period should not be unnecessarily prolonged, to prevent damage to the psyche.

For me personally, I knew my first major hurdle would be to control my emotions in random illogical conversations with other people and so taking my value of patience to a whole new level. One fact that I kept in mind to assist me in achieving such new patience and tolerance, was to come to remind myself that all human beings are equal, regardless of the different levels of evolution and therefore intelligence that we all have; as is stated throughout the Spiritual Teaching, The Teaching of the Spirit, The Teaching of the Life. I also reminded myself to try not to judge as quickly as I usually do, as I too have faults to my character that people remind me of.

It is this control over our own thoughts and therefore bringing about neutral-positive thinking, that would help every single human being, to bring about peace and harmony; first within themselves and then to the rest of the world. As a result, finally, the human being will find that their thoughts and psyche are in neutral-positive balance, filled with love, peace, freedom and harmony.





## **Translation**

**By Karl Beaney**

### **Zur Besinnung Seite 313-316 Lehre des lebensumfassenden Grundkonzepts**

150 reihenfolgemässige Auszüge aus der «Lehrrede des lebensumfassenden Grundkonzepts» des Nokodemion/Henok, wie die Lehrteile gegeben sind in 300 Teilen, aufgearbeitet aus der alten Schriftweise in die heutige deutsche Schriftsprache - aus den originalen plejarischen Annalen.

#### **1. Teil**

1) Die grosse würdevolle Achtung, die der Schöpfung sowie dem Wissen und der Wahrheit entgegengebracht wird, bewirkt, dass der Mensch in der Ausübung der schöpferischen Gesetzmässigkeiten von ethischen Grundsätzen geleitet wird.

2) Zur Befolgung des Wissens, der Wahrheit und der Schöpfungsgesetze muss ein Weg beschritten werden, in dem sich ethische Verhaltensnormen etablieren.

### **For The Reflection Pages 313-316 Teaching of the life-extensive basic/ fundamental-concepts**

150 sequence-based excerpts from the «teaching of the life-extensive basic concepts» of the Nokodemion/Henok, as the teaching-parts are given in 300 parts, developed from the old writing-wise into the German writing-language - from the original Plejaren annals.

#### **Part 1**

1) The great dignified esteem, that the Creation has brought as well as the knowledge and the truth, brings forth that the human being is led to the exercise of the creational principles by ethical principles.

2) For the following of the knowledge, of the truth and of the Creation-laws a way must be taken, in which ethical behaviour-norms are established.



## **2. Teil**

- 1) Nicht materieller Fortschritt löst die Probleme des Menschen, sondern die tiefer liegenden Ursachen der bewussteinmässigen Evolution.
- 2) Einzig das wahre Wissen und die effective Wahrheit der schöpferischen Gesetzmässigkeiten in bezug auf deren Befolgung im täglichen Leben führen zum Erfolg der bewussteinmässigen Evolution.

## **3. Teil**

- 1) Es ist wichtig, dass der Mensch um die schöpferischen Gesetzmässigkeiten und deren Wahrheit weiss, um sie evolutiv befolgen zu können.
- 2) Ein Glaube ist von Nichtbedeutung und Nutzlosigkeit, denn erst das wahre Wissen und die wahrliche Wahrheit führen den Menschen auf den Pfad der bewussten Bewussteinsevolution und dadurch zum wahren Menschsein.
- 3) Einzig der Weg der schöpferischen Gesetzmässigkeiten ist der wertvollste, der auch dem wahren innersten Wesen des Menschen entspricht; und dieser Weg ist der, der sich für alle Menschen gleichermaßen eignet.
- 4) Im Sinne der Schöpfungsgesetze muss der Mensch wissend um die Wahrheit der Schöpfung und nicht gläubig in eine Sache sein.

## **4. Teil**

- 1) Es muss unterschieden werden zwischen Geist und Bewusstsein, denn Geist ist ein winziges schöpferisch-geistenergetisches Teilstück, durch das der menschliche Körper belebt wird, während das Bewusstsein des Menschen diesem zu Evolution dient und bewussteinmässiges Eigentum schafft.
- 2) Wissen und Weisheit haben nichts mit einem Glauben gemeinsam, wie auch nichts mit Heilsbotschaften in irgendeiner göttlichen, übernatürlichen, übersinnlichen oder metaphysischen Realität.
- 3) Wissen und Weisheit sind nicht göttlich, sondern schöpfungsmässig bedingt, wobei darin weder eine Vorstellung von einem Himmel noch von einer Hölle eine Existenzberechtigung finden, denn sowohl Himmel wie Hölle sind psychischbewussteinmässige Zustände im Menschen selbst, und folglich also keine Orte.

## **Part 2**

- 1) Material progress does not solve the problems of the human being, rather the deeper causes of the consciousness based evolution.
- 2) Only the true knowledge and the effective truth of the creational principles in regard to their following in the daily life lead to the success of the conscious consciousness evolution.

## **Part 3**

- 1) It is important that the human being knows about the creational principles and their truth in order to be able to evolutively follow them.
- 2) A belief is of non-significance and uselessness, for only the true knowledge and the true truth lead the human beings on the path of the conscious consciousness-evolution and therethrough towards being human in the real and true sense.
- 3) Only the way of the creational principles is the most valuable, which also corresponds to the true innermost part of the inner core nature of the human being; and this way is that which is equally suited for all human beings.
- 4) In the sense of the laws of the Creation the human being must be knowing about the truth of the Creation and not be believing in a case.

## **Part 4**

- 1) A distinction must be made between spirit and consciousness, for spirit is a minute creational-spirit-energetical part-piece, through which the human body is enlivened, whilst the consciousness of the human being serves this for evolution and brings forth consciousness-based property.
- 2) Knowledge and wisdom have nothing in common with a belief, as well as nothing in common with salvation-message in some godly, supernatural or metaphysical reality.
- 3) Knowledge and truth are not godly, rather creation-based required, in which case neither an imagination of a heaven nor of a hell find an existence-entitlement therein, for also heaven and hell are psychical consciousness-based conditions in the human being himself or herself, and consequently therefore are not places.



4) Beim wahren Wissen und der wahrlichen Wahrheitsowiebeiden Gesetzmässigkeiten der Schöpfung geht es um die Qualitäten der menschlichen Gesinnung.  
5) Die menschliche Gesinnung beruht in einem lebensumfassenden Grundkonzept, in den alle Werte des Lebens und der Bewusstseins-evolution verankert sind, wie wahre Liebe, Wissen, Weisheit, Tugenden, Menschlichkeit, Mitgefühl, Geduld, Toleranz, Nachsicht, Vergebung, Frieden, Freiheit, Zufriedenheit, Harmonie, Verantwortung - gesinnung und Ausgeglichenheit, Gerechtigkeit, Neutralität und Hilfsbereitschaft sowie alle sonstig hohen Werte.  
6) Der Mensch kann ohne Glauben an Gottheiten oder irgendwelche Dinge auskommen, jedoch nicht ohne Wahrheit, Wissen und Weisheit, in denen alle hohen Wertedes lebensumfassenden Grundkonzepts und damit auch die schöpfungsgesetzmässigen Eigenschaften ankern.

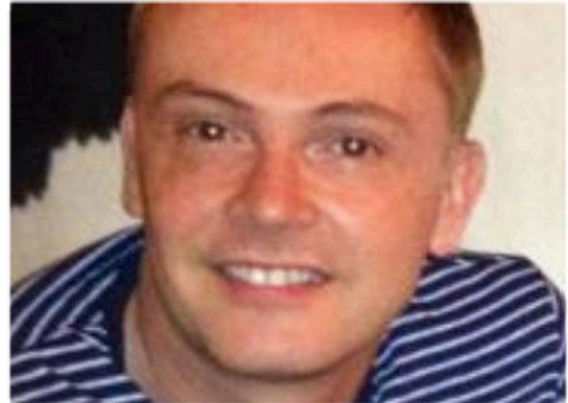
#### **5. Teil**

1) Der Mensch hat verziehend, geduldig, tugendhaft, mitfühlend und liebevoll zusein, denn nur dadurch erkennt er in notwendigen Masse die möglichen Auswirkungen seiner Gedanken und Gefühle sowie seines Handelns, um dadurch sein gesamtes richtiges Verhalten dementsprechend ausrichten zu können.  
2) Strebt der Mensch erfolgreich sein eigenes Wohlbefinden an, dann findet damit eine Wandlung der eigenen Persönlichkeit und des eigenen Charakters zum Besseren statt.  
3) In erster Weise muss der Mensch auf sein eigenes Wohlbefinden in jeder Beziehung bedacht sein, denn nur wenn dieses massgebend vorhanden ist, vermag er unbeschwert in bezug auf eigene Sorgen und Probleme zu leben und diese zu bewältigen.  
4) Das richtige Verhalten des Menschen birgt sowohl die Sorgen um die eigene Wohlergehen als auch das der Mitmenschen in sich, denn nur wenn das eigene Wohlbefinden in guter Weise gegeben ist, kann auch Sorge getragen und Hilfe geleistet werden zum Wohlbefinden des Mitmenschen.  
5) Der Mensch muss für sein richtiges Verhalten motiviert und bereit sein, denn nur dadurch kann dem Ganzen ein richtiger Sinn und ein wahrer Erfolg zugesprochen werden.

4) With the true knowledge and the true truth as well as with the principles of the Creation it concerns the qualities of the human mentality.  
5) The human mentality is based in a life extensive basic/fundamental concept, in which all values of the life and of the consciousness evolution are anchored like true love, knowledge, wisdom, virtues, humanity, feelings for others, patience, tolerance, lenience, forgiveness, peace, freedom, contentment, harmony, responsibility - mentality and equalisedness, fairness, neutrality and helpfulness as well as all other high values.  
6) The human being can get along without belief in gods or some other things, however not without truth, knowledge and wisdom, in which all high values of the lifeextensive basic/fundamental concept and therefore also the creation-principles are anchored.

#### **Part 5**

1) The human being has to be forgiving, patient, moral/virtuous, compassionate and loving, for only therethrough he or she recognises the possible outcoming effects of his or her thoughts and Gefühle/feeling as well as his or her actions in the necessary measure, in order to be able to therethrough direct his or her entire right/correct behaviour accordingly.  
2) If the human being successfully strives for his or her own feeling-based wellbeing, then a turning of one's own personality and of one's own character takes place towards the better.  
3) In the first wise the human being must be concerned about his or her own feeling-based wellbeing in every wise, for only if this is determinatively present is he or she able to live unweighted with regard to one's own worries and problems and (is able) to master these.  
4) The right behaviour of the human being includes the worries about one's own wellbeing as well as the that of the fellow human beings, for only if one's own feeling-based wellbeing is given in a good wise can worries be carried and help be rendered for the feeling-based wellbeing of the fellow human beings.  
5) The human being must be motivated and be prepared for his or her right behaviour, for only therethrough can a right sense and a true success be attributed to the entirety/whole thing.



## **Sustainable Farming - Part Two**

**By Keith Davidson**

In the last six months, there's has been a lot of reorganisation taking place at my farm to bring it more in line with the creational natural laws. As part of my on-going attempt to integrate the Spiritual Teaching into my everyday (work) life, the following changes have occurred:

### **New agricultural contractor**

I'm delighted to have appointed a new contractor in September 2018 who is very much focused on helping us to invest in the biodiversity on farm. My new contractor offers the ability to pair modern cultivation kit with state of the art computer hardware and software to ensure we minimise our impact on the environment.

### **New cultivation methods**

To achieve this, we have stopped using traditional inversion ploughing methods which have been prevalent on my farm, and in agriculture in general, for the last century. Today, we use a method of minimum tillage which maintains the best soil structure, traps nutrients in the soil, minimises pollution and enhances the microbiology of the soil by retaining more biomass. The following pictures show how we are reducing disturbance of the top soil to achieve these environmental benefits when compared to traditional practices.

### **Example of minimum tillage method**







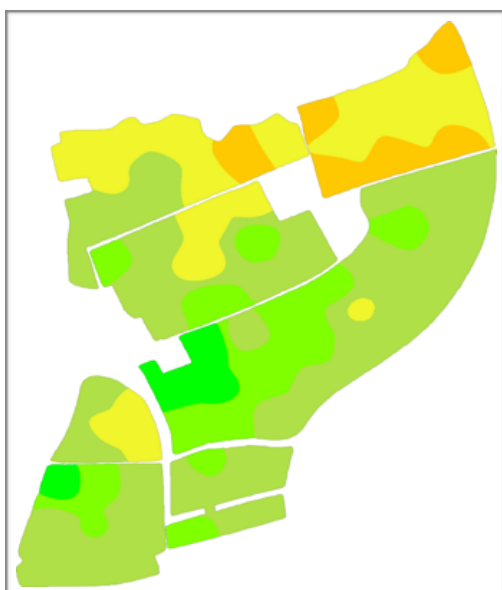
### Example of traditional inversion ploughing method



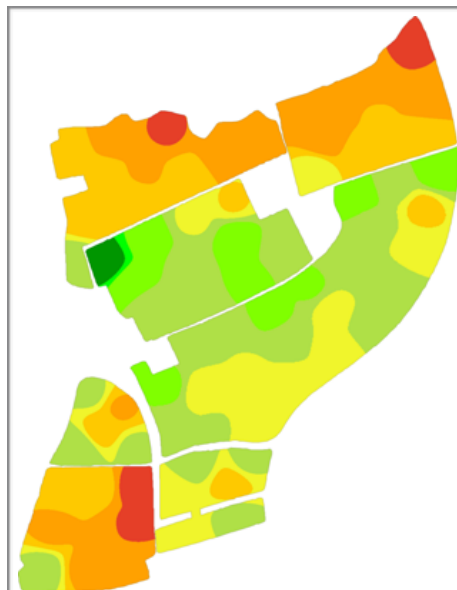
### Variable rate application

Our new cultivation methods are linked to satellite technology and bespoke digital nutrient maps of the each field across the farm. The greener the area on the map, the higher the concentration of nutrient. Low concentration areas appear red or orange. This technology enables us to apply variable rates of seed, fertiliser and spray to where it's needed most across the whole farm. Aside from the obvious cost savings, it minimises our chemical footprint and reduces the impact on the environment. This is further safeguarded by 3 hectares of wild flower areas around the field margins. These provide a diverse 'green' buffer surrounding the main cropped area. In effect, a poly-culture bordering a mono-culture; untouched by chemical sprays and heavy machinery. We need to do more in this area and we will.

### Potassium Map of Farm



### Phosphorus Map of Farm





### Assessing new stewardship schemes

In addition to our chemical mitigation methods, we are investigating new stewardship schemes as our existing scheme comes to an end in 2020. In short, these schemes ensure adequate habitat is provided to all types of flora and fauna by taking land out of production in return for an annual subsidy. We have enjoyed great success with our current scheme and have witnessed some of the largest single flocks of linnet, skylark and reed bunting in County Durham.

### Farmland Bird Count of Seaham Grange Farm Stewardship Area 2017/18\*

Species	Visit One 19/11/17	Visit Two 23/12/17	Visit Three 20/1/18	Visit Four 24/2/18
Sparrowhawk	1			
Common Snipe	1			
Pheasant	14	3	15	8
Grey Partridge	4	7	16	2
Skylark	8	11	214	8
Meadow Pipit	3		3	1
Song Thrush		2		1
Blackbird		2	1	
Fieldfare			2	
Tree Sparrow	20	40+	2	
Chaffinch	10	2	2	
Linnet	95	100+	52	32
Reed Bunting	26	22	109	19
Yellowhammer	5	13+	58	4

*\*Survey undertaken by Durham Bird Club*

### The challenges of modern agriculture

Whilst the above table is encouraging, there is no doubt in my mind of the link between modern agricultural practices and the loss of habitat and subsequent species decline of farmland birds, bees, insects and invertebrates in general. Singled-minded focus on monocultures, increased use of chemical sprays, utilisation of inversion ploughing coupled with highly efficient combining methods leave little or no habitat, food and protective camouflage for all forms of flora and fauna. The steps we are taking are mitigating some of these factors but we need to see an industry-wide mindset change. Future Government policy is promising to lead this change with an increased focus on a 'greener' farming agenda via the new Agriculture Bill as we exit the EU. Activities on my own farm have demonstrated to me what a big impact small changes can have on the environment. We are continuing to spread the word about the results of these changes with open days and workshops for the local farming community.



### Creational Natural Laws

All of the changes we have implemented link back to the creational natural laws. Nature is an integrated matrices of life which is wonderful to witness whether you are walking in a park, tending to your garden or managing a commercial farm.

I am always reminded of Love Teaching Letter 27 which I repeat often in my own mind when witnessing the beauty of nature, "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". Further, by moving away from a sole focus on monocultures, we begin to see a reflection of the Law of Harmony as our polycultures deliver results for all forms of flora and fauna across the farm. Taking simple steps, we have managed to re-introduce complex life back to the farm underpinned by the Law of Cause & Effect. Of course, all these steps are work in progress as we continue to learn more about ways to bring balance and harmony across all areas of the farming operation. In essence, we are now leveraging nature, know-how and technology to deliver the best results rather than continually fighting against it to secure our desired monoculture.

For more information, please visit: [www.seahamgrangefarm.com](http://www.seahamgrangefarm.com)

In my next newsletter article, I intend to take a more personal slant and examine the duty we have to oneself. Something I have been particularly bad at but which has improved immeasurably since I began studying the Spiritual Teaching.





## Dates for your Diary

Month	Group Meeting Dates
April 2019	13th April 2019
May 2019	11th May 2019
June 2019	8th June 2019
July 2019	13th July 2019
August 2019	10th August 2019
September 2019	14th September 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](http://www.figu-england.co.uk)*

