

## Newsletter

ISSUE 2 - AUGUST 2017

### 12 Months

By Karl Beaney



Since our first Newsletter the group has experienced growth, a slumber period and more recently a new invigoration. After the group's formation the website was soon up and running and within a short space of time the number of regular attendees went from 2 to 5. Over the last year we have steadily seen new faces appearing which is very encouraging, however this coupled with an infrequency in regular attendance (by nearly all members for various reasons) seemed to cause a slow down in productivity and progress. This isn't mentioned to criticise

anyone and isn't really a bad thing as it is just a natural development in the formation and growth of a group.

The group is in a bit of a strange position as Stephen and I, who started the group together, are from the south of England and East Anglia respectively, and didn't want to label the group in such a way that excluded the possibility of future groups in the North of England, Wales or Scotland etc. Also calling it the London group didn't seem right as neither of us live in London and we knew that we couldn't afford to hold the meetings in London. For this reason we have several members that are not from the south of England who make massive efforts to attend. It is a testament to the power and draw of the truth and the spiritual teaching that individuals are prepared to make such massive personal and financial efforts to attend a FIGU related meeting.

There is a good, friendly and respectful atmosphere at the meetings and between the attendees but we seemed to lose direction in regard to productivity as new members appeared. Naturally when a new person becomes part of a group introductions, discussions, questions etc are necessary to get to know one another, also if the same faces are not at every meeting making decisions becomes long winded and instead of raising, discussing and concluding an issue in one meeting this can drag out over several months.

We originally wanted to release a newsletter every 3-6 months but it just hasn't happened. Our main task and efforts over the past year have been directed on planning, setting up and holding a FIGU information stand. This has been a learning curve for all involved as there is a lot more involved than one would first think, many aspects and questions need to be thought about and resolved before representing FIGU on the streets of England. One of biggest challenges has been finding a suitable location, collectively we decided that an expo or fair would be the best place to start as there would be "open minded" people present, we could practice answering questions and gain experience with the whole situation before hitting the streets. However, the UK is pretty short on such events and the ones we did find were big commercial affairs and were not going to make valuable money making space available to a free Info Stand -



in short the price they wanted for a 'pitch' was astronomical. We then decided that a park in London would be a good idea as people go to parks when they have time to relax and want to enjoy being in nature, we thought this fitted in with FIGU nicely as opposed to a street in London where no-one has spare time and people just rush from one shop to another or from one appointment to the next with no time to stop and approach a stand willing to share info about overpopulation, the environment, human rights, etc etc. The trouble with this plan being that London is London and everything comes at a price, normally a high one - so again we were priced out. We have now turned our attention away from London in favour of the University city of Cambridge. After an initial enquiry we were encouraged that the city council allocates 6 'stalls' each Saturday for charitable, humanitarian and benevolent causes. We applied, received a permit and on June 24th the group held our first Info Stand outside the Guildhall near the

market square. We had about 10 different individuals that approached us to chat, enquire and/or take booklets. On July 22nd we held our second Info Stand just around the corner from our first location and had another good day. On the first date we saw a slow start but as the day progressed so did the number of folk that approached us, the second date saw enquiries whilst we were still setting up and continuing throughout the day, with some lengthy and interesting discussions. On both occasions the number of enquirers reached double figures and as a group and as individuals we all learnt something and found both occasions to be very worthwhile. We will be at the same location on September 23rd from 10.00-16.00.

Apart from the Info Stand the group decided, after a few months of not very productive meetings (as touched upon earlier), that we should be more structured and organised. When the group was smaller we found it easy to 'self regulate' but with more members the meetings seemed to end up in interesting but endless chat. Now we have adopted an 'Action Point' system/agenda with one person responsible for recording matters raised and it's outcome, who the owner of a given task is, it's progress and so on. This is then distributed to the rest of the group after the meeting and also partially serves as the agenda for the next month's meeting. The meeting has been split into 3 distinct sessions, a group matters meeting, a 20 minute meditation and then a spiritual teaching study.



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We are studying 'The Psyche' in the spiritual teaching segment and all find it immensely beneficial to read and discuss as part of a group and learn from each other. Several members have read the book previously but the process of a group study always seems to unearth something new for everyone.

There is a renewed sense of purpose in the group with the new structure so we hope to have a productive 6 months until our next update.

## A quiet forest pool

By Aimee



While studying Direktiven (Directives) book by Billy Eduard Albert Meier, I came to learn that the Psyche hygiene was just as important as the body hygiene. But being able to relate to this idea seems strange at first as I was wondering what this could mean as I had study and follow some recommendation related to The Psyche book.

So I realised that I was missing the resonance for this peculiar question to which I would need to arm myself with patience and attentiveness. As I let the seed of this idea germ into my consciousness, I would carefully watch it grow whenever an occasion would arise. Time pass until the drop of experience came to finally fill my glass to nourish my thirst from the essence of the knowledge.

As I was going through an exciting moment in my life, I came later to realise that this same excitement was turning into a destructive force as I had not looked after my thoughts and had let them grow unwisely. This excitement to

which I was so highly attached had transform into pain as I was becoming upset.

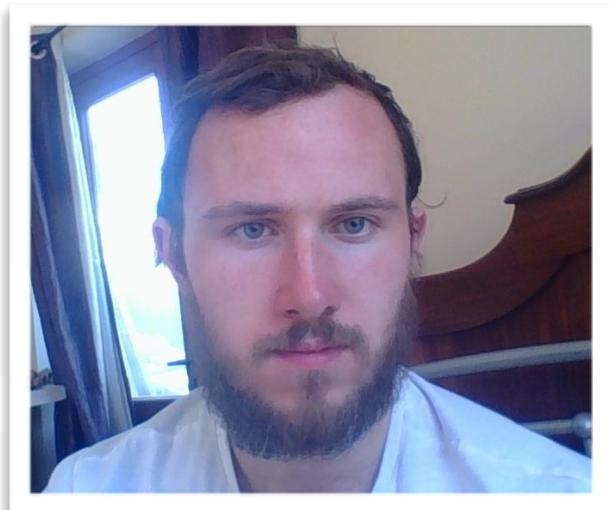
Later after, I then subconsciously decided to open a window to look for a way out of this self-inflict misery and then came the refreshing air as the evening was cold and windy. So I took a breath in order to exhale deeply and as the wind lifting leaves around so did pass my inner conflicts from this gentle observation as I would slowly regain control.

The day after, I went for a walk to contemplate on this experience. As I walked thought a park where birds would sing their melody and trees and flowers would perfume the air, then came a serenity just like a quiet forest pool which had a calming effect on me and from which arose a fine feeling impelling a sensation of unity and love from within. This experience gave me the opportunity to become sensitive for the hygiene of the psyche as we do for the body.

Whenever taking a shower I have to pay attention to water pressure (concentration), adjusting the water temperature (middleway) as neither cold or hot (positive and negative thoughts) which would result in a relaxing moment (right attitude) while using water and soap for the removal of dirt (purification of mind/meditation).

## The Pandemonious Migrant Crisis

By Scott Barrett



There is now a great danger towards the arrival of a civil war in Europe, whereby not only Germany but also Sweden, the United Kingdom and other nations could plummet into a years-long war against terrorist groups,

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fanatical religious sects and far-right political extremists, not to mention simply gangs and mobs of various dispositions.

The immigrant crisis has degenerated into such a state, because those in positions of authority and responsibility in Europe have not fulfilled their necessary duty regarding the right actions towards this mass migration. But instead have either committed outright crimes by supporting the religious-sectarian, governmental, secret service and military agenda for a third world war, which stems from America and Europe.

Or they have been blinded by false humanitarianism, and thereby tolerated all kinds of suspicious characters entering their respective nations, of whom many disappear into obscurity, and for some, only to re-emerge as criminals or terrorists, and have by then already committed a criminal or terrorist action, or at least been caught planning such.

There appears to be a psychological blockade in the minds of many people, whereby they suddenly lose control over their reason and even their self-preservation and self-defensive faculties, when faced with abusive and clearly degenerated migrant individuals. Because many have been filmed and observed allowing these hooligans to attack property, abuse, steal and even sexually molest innocent bystanders and those attempting to bring them aid. Whereby even many security forces stand by or even flee in cowardice before them.

But how can this be? When security forces and even bystanders are often very self-defensive and even offensive when they are attacked in such ways by their own, native citizens?

Part of this psychological blockade, of which influences such a bizarre inaction, has been created by the mainstream media, of which perpetuates an image of migrants as purely victims of terrorist atrocities, or otherwise displaced by hardships and war.

Thereby, many people engage with them initially under pretences to show sympathy and be seen as a good samaritan, whereby a wide-spread insecurity about not wanting to appear unkind towards the migrants prevails, from which many people become confused and uncertain about how to respond when attacked by the criminalised or simply enraged migrants.

Because in the back of their minds, they are thinking about how they are 'coming across'/ being perceived, which creates a strong, almost paralysing fear that they, the pedestrian, security officer, journalist or aid worker shall be the ones to receive harsh punishments. Either by their own authorities, the people at large, or/and the mainstream media and labelled a terrible person.

All this brings about a huge flood of paralysing insecurities in the minds of many, and when they should simply act in logic and reason, thereby, with humane but also necessarily self-defensive actions against these hooligan migrants, they instead freeze up and simply allow themselves to take incomprehensible amounts of abuse.

The long-term danger of this irresponsible tolerance towards such abuse, is the growing hatred towards migrants of all kinds, whereby the fine-diffrensiations between the innocent refugees, the oppertunistic-economic-migrants and the ' sleeper cell ' terrorists, who are simply trying to sneak into their target countries to commit atrocities, becomes increasingly blurred.

These human beings who tolerate such abuse often allow themselves to boil-up with a great hatred, whereby the process is, at least initially, 'implosive', but easily becomes 'explosive' when all empathy and tolerance runs dry inside their mind, and they now wish to 'exorcise' their inner-turmoil through vengeful justice. Thereby, the whole situation only escalates further and a civil war on the European continent becomes only more inevitable.

Many of the innocent refugees are also not without reproach, because a great many unintentionally encourage hatred and fear towards them, in the way they shout, howl, scream and swear as they rush forward in their masses towards the border fences and barriers, more alike a stampede of mindless zombies than a collective of spirit-dwelling human beings.

They must finally take control over themselves, and know that their honour and human dignity has not been destroyed along with their homeland, but dwells within them, and they break this through such foolish and self deprecating behaviour.

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They must understand that a dignified manner and behaviour would, as the alternative, probably increase their chances of entry into another country ten-fold. If they present a calm but clear case for their required asylum, instead of alienating themselves from all potential helpers by their uncontrolled screaming and aggression. Of which often results in a fearful and thus unsympathetic response by the security forces and the citizens.

Fear actually blocks empathy in a human being, because the brain hemispheres lose their respective balance, whereby the 'mirror neurons' also cannot be activated. Therefore, a human being finds it very difficult, if not impossible, to put themselves in the position of the migrants, because they withdraw into a purely defensive state of mind and perceive the migrants as an acute, or at least looming threat.

The migrants should be given aid in the form of peace-keeping specialists, who can help organize their camps and bring peace and reason amongst the migrant masses. Whereby these specialist's skills must collectively include conflict-resolution, psychological/psychiatric counselling and even hostage-negotiation. Because these particular specialists have the ability to reduce rising tensions in the camps, as they have been trained to do so with terrorists during real-life hostage negotiations.

It must also be broadcast throughout the migrant camps, that any human being who violates the law, shall be immediately arrested and punished, and their race, creed or situation, including that of being refugee or migrant, gives them no exemptions from the necessary enforcement of lawful punishment.

If some of these criminal migrants are not made an example of, literally, by arrest and prosecution, then an increasing amount of further criminality will inevitably result, just as it does within any free or unfree society. Because these migrant gangs have clearly been testing the tolerance level of the European security forces, such as the police and border securities. Who have often failed in their duty, otherwise the news media would reveal thousands or tens of thousands of migrants regularly being placed into the back of police and security vehicles.

Only a strong and unceasing intolerance towards such criminal abuses must take place,

whereby the police and security forces at the known migrant camps and other migrant locations around Europe immediately act to arrest the abusive migrants, and simply take action by placing these criminals into custody, whereby the other migrants can watch them be speedily driven off to the police station.

After the twelfth, twenty second and thirty-ninth time (etc), this happens, the migrant criminal gangs will begin to get the picture, and many will begin to behave themselves. They are like uneducated, confused and angry delinquents, and so they must be educated, informed and disciplined through the right approach of loving, supportive yet firm and lawful treatment.

However, such deterrents are only effective in stopping outright and immediate attacks, and it is positive rehabilitation that must be placed in the forefront to treat migrants who possess a criminal disposition of any kind.

Such requirements do mean that European nations will have to recognise the more complex situation at hand, and utilise more diverse branches of their governments, such as the previously mentioned specialists in the fields of psychology, counselling, conflict-resolution and hostage-negotiation, because these skill sets are highly effective and applicable when used within such migrant camps.

The present approach by European authorities continues to be simply herding these migrants into 'jungle' camps, and watching them get bored, frustrated and violent, whereby many innocent women and children are being sexually abused, drug gangs are sprouting up like mushrooms, and terrorist recruiters are haunting people's tents, threatening death and destruction.

Resultingly, many of the refugees find themselves in the same kind of life-threatening situation they just escaped from in their respective countries.

THIS CANNOT BE. However, only through a final 'tough love' approach will the European nations put an end to the increasing criminality amongst these masses of traveling migrants, and stop the inexcusable abuses that are taking place against the traumatised 'true' refugees.

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## Why is the Billy Meier material and Spiritual Teaching so important?

By Alexander Swainson



It helps us to develop a coherent and comprehensive understanding of our true place in the universe, providing a true picture of the many hidden strands of Earth history and how they are weaving patterns in the present and future.

It enables us to understand what these patterns mean and why they occur, to develop foresight and bring about a change for the better.

It enables us to see, with clarity, honesty and rationality, the path to the fulfilment of our potential as human beings and challenges us to do our duty by travelling this path with unwavering persistence and integrity.

It wakes us up to the necessity to create true knowledge for ourselves by realising the laws and logic of nature and to bring this knowledge to bear in every interaction and at every moment, so that we can solve the problems that we ourselves have created and that only we have the power to solve.

It creates the unshakeable certainty that if we do not align our mentality and way of thinking with the creation and spiritual teaching then we cannot discover what it means to be human in the true sense and so we deny ourselves everything of absolute value: love, peace, freedom and harmony.

## Thinking responsibly

By Keith Davidson



Probably, the most significant lesson I have learnt from reading the Meier material is the importance of taking responsibility for my thinking. I remember first reading about it and thinking that's not such a big deal. However, as I began to process the concept more fully, it struck me that EVERYTHING begins with thought. Suffice to say, this has had significant impacts on every aspect of my life but particularly so with:

- **Mental hygiene**
- **Confidence**
- **Business**
- **Friendships**
- **Partnerships**
- **Managing stress**
- **Perceptions of the natural world**
- **Death**

### Mental hygiene

Just becoming aware of my thinking was a great step in the right direction. I began to notice certain patterns of thinking and where these lead to. Once I started to monitor my thoughts, I began to make course corrections to avoid the usual pitfalls and mistakes that had characterised my earlier thinking. That said, this isn't easy to implement and, all too often, automatic responses would kick-in to certain stimuli and I'd end up back in the same place. I found that it requires constant vigilance. However, every day I get a little better and feel all the better for it.

### Confidence

I wouldn't describe myself as a particularly confident person but, likewise, I would not describe myself as an unconfident person. Learning to use logic and reason as part of

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thinking responsibly has had a positive impact on my confidence. No longer do I question whether I am good enough. Instead, I apply my knowledge logically and try to reason the answer. This may seem obvious to some but I have found that a lot of people think and act quite illogically and are often dumbfounded when presented with logical reasoning.

### **Business**

As a business owner, thinking responsibly has had a major impact on how I conduct my business affairs. Whether it is handling negotiations or business planning, responsible thinking based upon sound logic and reason has paid dividends. I run a family farm in the North East which is challenging at the best of times but especially so when dealing with family members. By thinking responsibly and logically, I found that it removes the emotion from the equation and focuses on the facts. This has been so helpful when managing relationships with family members who almost always default to emotional thinking patterns. Whilst I have by no means managed to eradicate this in myself, it has certainly diminished. Recently, I have just concluded negotiations to sell some land to a very large corporate who have first class, trained negotiators. Throughout these negotiations I relied heavily on logic and reason and this focus has removed a lot of worry and strife over the sale and provided comfort from knowing that the most logical conclusion was reached.

### **Friendships**

Since I began reading Billy's writing, I have also reviewed a lot of my friendships. What remain are the most authentic and genuine. I had not fully comprehended how many of my 'friendships' were actually quite superficial and unconnected on a deeper level. Also, since joining the Interessengruppe last year, I have been struck by how quickly mutual trust and respect has established between group members. Not only does the group provide a great platform for the furthering of our study into the spiritual teaching but also a great collegiate for every aspect of life.

### **Partnerships**

Perhaps one of the most challenging areas for me to address my thinking was around partnerships. I think that accepting the truth about the reality of the state of a partnership is particularly challenging. However, understanding the difference between effective and affective love was so vital in coming to terms with my own partner.

Very often I found myself fighting my own logic in favour of maintaining the status quo. Suffice to say, tough love requires making difficult decisions and I am pleased to say logic won the day and I feel all the better for it...now.

### **Managing stress**

All of us have stressful situations in our lives. Since reading Billy's material, I find that I deal with these situations much more objectively. In doing so, I noticed that I was the chief creator of my own stress. I saw that in virtually all cases, the actual situation was neutral and it was my reaction to it that held the key. Meditation has been crucial in learning to turn off my mental noise and to singularly focus. This discipline has enabled me to begin the process of dealing with the disorderly state of my inner being which had, up until reading Billy's teaching, been largely abandoned. I don't think I am alone in admitting this. Growing up, I can rarely recall anyone guiding me to seek out and understand my inner self.

### **Perceptions of the natural world**

As a farmer, I am outside a lot. I have a young Labrador and we are often walking in the local woodland and contemplating nature. Whilst out in nature, I regularly reflect on the values of love, peace, freedom and harmony. Perhaps more than anywhere else, I notice these values in nature. Throughout all the seasons, I regularly come to an abrupt stop during the walk as I stumble upon a particularly beautiful natural scene right in front of me. I feel the peacefulness of it, the love that is reflected in all the creations, the freedom and diversity of life around me and the harmony of integration of lifeforms in nature. This has led me to introduce a number of more environmentally sound practices across the farm. This work continues today and the desire to enhance the farm's biodiversity has only increased the more I learn about the inter-connectedness and oneness of life.

### **Death**

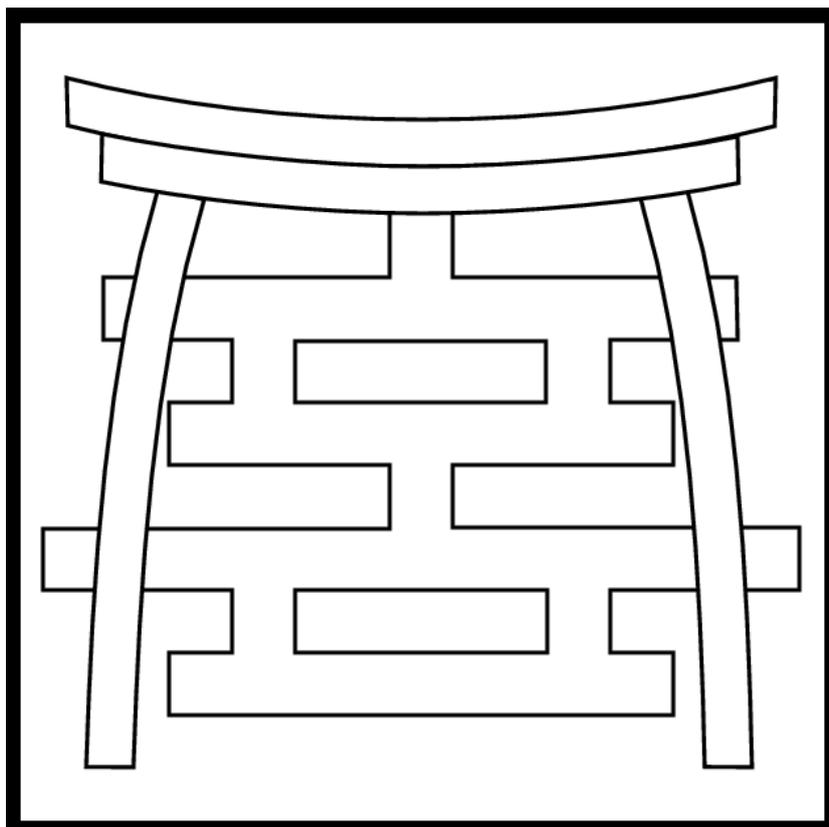
Learning to think responsibly has also had quite a significant impact on my attitude towards death as well as life. Prior to understanding the truth about my spirit-form and reincarnation, I rarely engaged with the subject of death. In fact, having lost a parent at the age of 9, my thoughts around death were mostly fear based. Not fear of dying myself but rather of losing someone else close to me. Since gaining an understanding of the truth about life, death and rebirth, my thoughts have changed significantly. The fear has gone and in its place is a genuine desire to ensure I take

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full responsibility for my death and, indeed, my next life! Finally, I got around to making my Will which I had put off for years. In it, I have ensured that I avoid a religious ceremony and that my body is buried so I can give myself as much help in the next life as possible via the fine fluidal energies of my skeletal remains. It's hard for me not to laugh as I write this but the idea of some religious representative waffling on about god & Co over my coffin was just too much! Whilst I have no plans to send out invitations to my funeral any time soon, I can, at least, take comfort in knowing that all the arrangements have been made and god won't

be attending. For me, thinking responsibly has meant taking full responsibility for my thoughts, words and actions. This has meant taking full responsibility for my life, my death and even preparing for the next life. This process is by no means perfected or complete in me but is an on-going, work-in-progress. I give thanks to everyone involved with the mission for helping to disseminate the spiritual teaching. It has given me a better, happier and more fulfilling life which I now begin to take full responsibility for.

## **Meditation aus klarer Sicht/Meditation from clear visibility**



Pages 122 - 132  
Translated by Karl Beaney May 2017

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**Was kann durch einen tiefen Meditationsvorgang bezweckt werden?  
Was geschieht bei der Meditation und im Normal-Wachzustand im Gehirn?  
Was bietet die Meditation in bezug auf die Gehirnwellen und Ausgeglichenheit?  
Wie können durch Meditation Frieden und Harmonie erschaffen werden?**

Bei einem tieferen Meditationsvorgang ist es möglich, ganz bewusst die Energien und Kräfte des Bewusstseins zu nutzen, um den Körper zu beeinflussen. So können z.B. durch eine solche Meditation die Körpertemperatur aufrechterhalten und grosse physische Kräfte mobilisiert werden, wie aber auch die Energien und Kräfte des Bewusstseins z.B. für telekinetische Zwecke genutzt werden können. Es handelt sich dabei bei einer solchen Meditationsform nicht um einen <höheren> oder <erweiterten> Bewusstseinszustand, wie gerne von Unkundigen der Meditationsmaterie behauptet wird, sondern einzig und allein um eine relativ vollkommene Beherrschung des Bewusstseins sowie dessen Energien, Kräfte und Gedanken, die bewusst genutzt werden. Bei diesem Vorgang entsteht eine Veränderung der Gehirnwellen, wobei Wellenmuster erzeugt werden, die gemäss der verschiedenen Arten der meditativen Aktivität verschiedene Frequenzen aufweisen. Durch die Meditation allgemein, so also auch bei Kurzmeditationen, ordnen und synchronisieren sich mehr oder weniger die Frequenzen der Gehirnwellen, und zwar ergibt es sich, dass je tiefer und intensiver die Meditation verläuft, das Ordnen und Synchronisieren der Gehirnwellen immer fließender und vollständiger wird. Letztendlich wird ein Stand erreicht, der praktisch eine relativ vollkommene Beherrschung des Bewusstseins, dessen Energien und Kräfte, des gesamten Körpers sowie eine Entspannung in jeder Beziehung gewährleistet, die weder in einer einfachen Meditation noch im Normal-Wachzustand erreicht werden kann. Also ordnen und synchronisieren sich durch die Meditation allgemein die Frequenzen der Gehirnwellen, die im Normal-Wachzustand recht chaotisch sind und auf keinen Nenner gebracht werden können, der irgendwelche negative und unnütze Einflüsse ausschliesst.

Je regelmässiger die Meditation durchgeführt wird und je tiefgreifender sie wird sowie je mehr Erfahrung in sie eingebracht wird, desto

**What can be achieved through a deep meditation-process?  
What happens in the brain during the meditation and in the normal-awake-state?  
What the meditation offers in regard to the brain-waves and equalisedness?  
How can peace and harmony be acquired through meditation?**

During a deep meditation-process it is possible to quite consciously use the energies and powers of the consciousness in order to influence the body. Like this, for example, such a meditation can maintain the body-temperature and great physical powers become mobilised, as well as the energies and powers of the consciousness can be used, for example, for telekinetic purposes. Such a meditation-form does not concern itself with a <higher> or <widened> consciousness-state, as is often claimed by some unknowledgeable ones of the meditation-material, rather solely and exclusively with a relative total control of the consciousness as well as its energies, powers and thoughts, which are consciously used. During this process a change of the brain-waves results/occurs/ensues, in which case wave-patterns are created, that according to the different forms/kinds of the meditative activity show various frequencies. Through the meditation in general, so therefore also with short-meditations, the frequencies of the brain-waves more or less regulate and synchronise themselves, and indeed it takes place, that the deeper and more intensive the meditation goes, the regulating and synchronisation of the brain-waves become more fluid and more complete. In the end a state is achieved that practically guarantees a relative total control of the consciousness, its energies and powers, of the entire body as well as a relaxation in every wise, which neither in a simple meditation nor in the normal-awake-state can be achieved. Therefore the frequencies of the brain-waves generally regulate and synchronise themselves through the meditation, which in the normal-awake-state are rather chaotic and can not be brought to a common denominator, which shuts off some negative and unused influences.

The more regular the meditation is carried out and the more deep-reaching it becomes as well as the more experience that is included

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schneller findet der Vorgang der Gehirnsynchronisation statt, was äusserst positive Wirkungen bringt, weil durch den Meditationsvorgang und die Synchronisation ein Arbeit mit dem gesamten Gehirn erfolgt. Das ganz im Gegensatz zum Normal-Wachzustand, bei dem meistens nur eine Gehirnhälfte benutzt wird, wobei auch die Gehirnaktivität ständig zwischen den Gehirnteilen abwechselt. Die Synchronisation resp. Gleichschaltung beider Gehirnhälften lässt es nicht damit bewenden, dass nur Entspannung und Ausgeglichenheit zustande kommen, sondern es entsteht auch eine viel grössere Flexibilität bei der Kreativität auf allen Gebieten. Schlichtweg kann auch gesagt werden, dass die Gleichschaltung beider Gehirnteile gesund ist und also auch das gesundheitliche Wohlergehen fördert, und zwar indem Botenstoffe zwischen den Nervenzellen, wie Hormone und Neurotransmitter, ausgeschüttet werden, wie auch eine Anregung zur Ausschüttung der Endorphine erfolgt, durch die die Gedanken und Gefühle gesteuert werden. Auch der gesamte Stoffwechsel wird positiv beeinflusst, denn die Meditation verändert auch die Frequenz der Gehirnwellen, wodurch eine direkte Einwirkung auf die Funktion des Gehirns erfolgt. Also können durch die Meditation auch sehr positive Wirkungen in bezug auf Krankheiten hervorgerufen werden, die in einem Ungleichgewicht des Stoffwechsels fundieren. Zu Krankheiten gehören unter anderem Angstzustände, Depressionen und Süchte, wie aber auch psychosomatisch hervorgerufene Leiden, wie z.B. Erkältung und Formen von Kopfschmerzen sowie Verdauungsprobleme usw., die durch Meditation positiv beeinflusst werden können und daher auch viel weniger Medikamente bedürfen.

Die meditative Gehirntätigkeit wirkt nicht nur sehr wohltuend, sondern tatsächlich ist sie auch der eigentliche Urzustand des Gehirns, den der Mensch jedoch seit alters her missachtet und ihn durch die Gedanken- und Gefühls-welt des Normal-Wachzustandes richtiggehend vergewaltigt. Normalerweise wären beide Gehirnhälften im Gleichgewicht, wodurch der Mensch ein ausgeglichenes Wesen wäre. Durch seine von den schöpferischen Gesetzmässigkeiten krass abweichenden Gedanken, Gefühle, Emotionen und Handlungen aber ist ein Ungleichgewicht geschaffen, das sich negativ und oft gar

into it, all the quicker the process of the brain-synchronisation takes place, which brings extremely positive effects, because through the meditation-process and the synchronisation a work with the entire brain occurs. In stark contrast to the normal-awake-state, with which mostly only one cerebral hemisphere is used, in which case also the brain-activity constantly alternates between the brain-parts. The synchronisation, respectively phasing of both cerebral hemispheres, is not content that only relaxation and equalisedness come about, rather a much greater flexibility with the creativity in all areas also emerges. Simply can also be said that the phasing of both cerebral hemispheres is healthy and therefore also furthers the healthy well-being, and indeed while neurotransmitters between the nerve-cells, like hormone and neurotransmitter, are emptied, as well as an impulse for the distribution of the endorphin occurs through which the thoughts and feelings/Gefühle are directed. Also the entire metabolism is positively influenced, for the meditation modifies also the frequency of the brain-waves, through which a direct effect on the function of the brain occurs. Therefore through the meditation also very positive effects in regard to illnesses can be called forth, which is based in an imbalance of the metabolism. Belonging to illnesses (are), among other, anxiety-states, depressions and pathological cravings, as well as psychosomatically called forth suffering, like, for example, colds and forms of headaches as well as digestion-problems and so on, which can be positively influenced through the meditation and thus also require much less medicines.

The meditative brain-activity works not only in a very well-doing manner, rather it is in fact also the actual Ur-state of the brain, which however the human being since time immemorial neglects and literally violates it through the thoughts- and feelings-world of the normal awake-state. Normally both cerebral hemispheres would be at equilibrium, through which the human being would be an equalised Wesen. But through his/her thoughts, feelings, emotions and deeds blatantly deviating from the creational law-principles an imbalance is brought forth, that has a negative and often ausartend

ausartend auf die Gedanken-, Gefühls-, Emotions- und Handlungswelt auswirkt. Das führt zur Unausgeglichenheit, Lieblosigkeit sowie zu Unzufriedenheit, innerem und äusserem unfrieden, zu innerer und äusserer Unfreiheit und Disharmonie, woraus letztendlich Hass, Rachsucht und Vergeltungssucht sowie Gier, Lasterhaftigkeit, Bössartigkeit, Neid, Geiz, Habsucht, Mord und Totschlag und alle sonstigen menschlichen Übel resultieren. Werden dabei noch mentale Störungen betrachtet, dann steht fest, dass diese durch die Unterschiede zwischen den beiden Gehirnhälfte hervorgerufen werden, weil die beiden Hälften infolge ungenügender oder völlig fehlender Kontrolle - oder infolge eines Gehirnschadens durch eine Krankheit oder einen Unfall - keine Synchronisierung und keine Koordinierung finden. So ist also die Tatsache die, dass die Ausgeglichenheit und Harmonie des menschlichen Wesens einzig und allein durch ein Gleichgewicht und eine Synchronisation beider Gehirnhälften zur Wirklichkeit wird, wie das die Geisteslehre darlegt und ausführt, dass dieser Zustand zu Urzeiten gegeben war, jedoch im Laufe der Zeit vom Menschen missachtet und vergessen wurde. Die Lehre des Geistes legt auch dar, dass der Urzustand vom Menschen durch wertvolle und häufige Meditationsübungen wiederhergestellt werden und sich alles Ausgeartete wieder normalisieren kann. Bemühen sich daher die Menschen im Gesamten um die Übungen und das Betreiben der Meditation, dann bedeutet das, dass sich beide Gehirnhälften des Menschen wieder urzuständlich bilden, sich synchronisieren und koordinieren, wodurch eine ganzheitliche Ausgeglichenheit und Harmonie erzeugt wird, woraus sich wahre Nächstenliebe bildet und wahre Liebe für alle Mitmenschen sowie für die gesamte Fauna und Flora entsteht. Daraus gehen aber auch innerer Frieden und innere Freiheit hervor, sie sich nach aussen ausweiten und verbreiten, wodurch dann nach undenklichen Zeiten des Krieges, des Haders, Streitiges, Hasses, der Rache und Vergeltung sowie allen sonstigen Übeln bei der irdischen Menschheit endlich wahrer Frieden und wahre Einzug halten können.

Tatsache ist, dass das Gleichgewicht beider Gehirnteile, deren Synchronisation und Ordnen, der einzige Weg ist, um auf der Erde und unter den Erdenmenschen wahre Liebe, Frieden, Freiheit und Harmonie zu schaffen, und dieser Weg kann einzig und allein durch

(outcoming) effect on the thoughts-, feelings-, emotions- and deeds-world. That leads to unequalisedness, lovelessness and to unsatisfaction, inner and outer unpeace, to inner and outer unfreedom and disharmony, as a result of which hate, pathological craving for revenge and pathological craving for retaliation as well as greed, licentiousness, maliciousness, envy, stinginess, avariciousness, murder and manslaughter and all other human badness result at the end. If mental disturbances are still observed and considered, then it is certain that these are called forth through the difference between both the cerebral hemispheres, because both halves in the wake of insufficient or fully lacking control - or in the wake of a brain-harm/disadvantage through an illness or an accident - find no synchronisation and no coordination. So the fact therefore is that the equalisedness and harmony of the human Wesens solely and exclusively becomes reality through a balance and a synchronisation of both cerebral hemispheres, as the spiritual teaching explains and carries this out, that this state was given at ur-times, however in the course of the time was/became neglected and forgotten by human beings. The teaching of the spirit also explains that the Ur-state is restored through valuefull and more frequent meditation-exercises by the human being and everything that has gotten very badly out of control of the good human nature can normalise itself again. If the human being tries in the entirety with the exercises and the practicing of the meditation, then that means that both cerebral hemispheres of the human being form themselves again urzuständlich, synchronise and coordinate themselves, through which an integrated equalisedness and harmony is created, from which true love for the next one forms itself and true love for all fellow human beings as well as for the entire fauna and flora comes into being. But also inner peace and inner freedom come out from it, which expand and spread themselves outwardly, through which then after time immemorial of wars, of discords, strife, hate, revenge and retaliation as well as all other terrible things the terrestrial humanity could finally enter true peace and true freedom.

Fact is that the balance of both brain-parts, their synchronisation and regulating/organising, which is the only way in order to bring forth true love, peace, freedom and harmony on the Earth and among the human

die Meditation Wirklichkeit werden, weil nur sie die Möglichkeit dazu bietet. Diese Möglichkeit muss jedoch von allen Menschen ergriffen und verwirklicht werden, denn es ist letztendlich immer die ganze Masse, durch die etwas bewegt und verwirklicht wird - auch wenn der einzelne Mensch für sich ganz allein einen Anfang setzen muss. Letztendlich vereinigen sich die einzelnen Menschen und bilden eine Macht, die alles in Bewegung zu versetzen und alles zum Besseren und Positiven zu verändern vermag. Nur auf diesem Wege kann es eines Tages heißen: Und es sei Frieden auf Erden.

Bei den Gehirnwellen sind deren fünf Arten zu unterscheiden, und zwar die Alphawellen, Betawellen, Deltawellen, Gammawellen und Thetawellen, die je nach ihrer Art spezifische Werte aufweisen und die in Hertz resp. Schwingungen pro Sekunde gemessen werden und wie folgend zu erklären sind:

Fortsetzung folgt....

beings of Earth, and this way can solely and exclusively become reality through the meditation because only it offers the possibility for it. However, this possibility must be befallen and realised by all human beings, for it is finally always the entire majority through which something is moved and realised - even if the individual human being must start somewhere for himself or herself entirely on his or her own. Finally the individual human beings unite themselves and form a might that puts everything in motion and is able to change everything to the better and positive. Only in this way can it one day mean: And there will be peace on Earth.

With the brain-waves are five kinds of which to differentiate, and indeed the Alpha-waves, Beta-waves, Delta-waves, Gamma-waves and Theta-waves, which show specific values according to their kind and which are measured in Hertz, respectively swinging waves per second, and are to be explained as follows:

To be continued....

