

CONTACT

Erra to Terra

Protection of the Environment

Some thoughts by Billy on how to care for the Earth.

Teachings on being Self Sufficient

Comments by Billy on energy, food and the use of soil to become self sufficient.

The Meditation

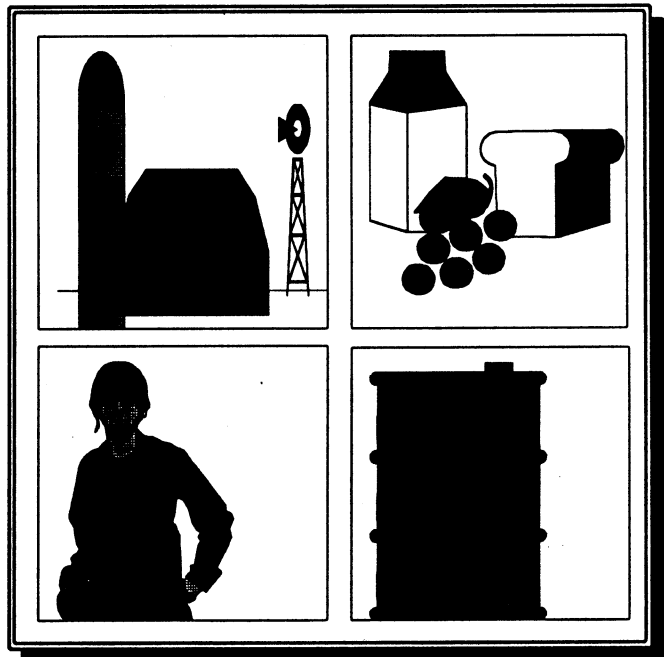
Part 3, the final information on what is Meditation and how to use it as written by Billy.



Information from the Extra Terrestrial contacts of Eduard "Billy" Meier with beings from a group of stars known as the Pleiades.

JULY 1992

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**GROWING YOUR OWN FOOD -
SURVIVING A WAR - CLEAN
RUNNING ENERGY. Are you
prepared for the future?**

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A note from the Typist

Well here we are at volume 8. When I started this little magazine a couple of years ago I wasn't to sure if I would get this far. Typing isn't something that I like to do. Since I started I have upgraded my computer and obtained some new software which has made it a lot easier. I'm sure you have all noticed the differences in type and style from one volume to another. The last couple have been about the same as I'm finally getting the hang of it.

Its kind of interesting that in school I never paid much attention in the grammar part of English class. I always liked to read the books and listen to the stories, but when it came time to learn about verbs, pronouns and things I would usually just stare out of the window and dream of going to the river or something. My favorite English teacher was named Mrs. Beaubian. She called me "Wendy". In her opinion I was always talking out of turn or at the wrong time. I guess even at an early age I felt the need to express myself.

So here I am a few years later trying to learn how to write and remember something about those verbs, adjectives and pronouns. Recently I found a neat software program call Grammatik. It promises to help with the grammar. Since a lot of the articles in these little magazines are written by Billy and have rather poor translations, the Grammatik may have its work cut out for it. I turned it on while writing this volume and it couldn't get through a line without stopping on something. As you know I try not to change the way Billy expresses himself so you can get a feel for how he thinks. So for this volume I won't use the Grammatik or change anything.

I am putting together a book all about my several trips over to see Billy and the many conversations I had with him. For years people have wanted to read his Contact Notes so I thought I would write out all that I have learned from Billy which goes far beyond the Contact Notes. I should have this little book done in a month or two and I will let you all know so you can get a copy if you like.

I will be going to the MUFON meeting in Albuquerque on July 9th, 10th and 11th. I won't be speaking there but I'll have a table with tapes and things.

I will be speaking at an upcoming event in Sedona on August 27 - 30. The dates are not exact yet, but watch for some ads about the event. It will be held at the Railroad Inn there.

I will be speaking at the UFO congress in Phoenix on September 19-21 and it looks like a trip to San Antonio and Houston in October. More on those later.

So I hope you enjoy this edition of *Contact Erra to Terra*. The main feature is the ending of the Meditation lessons written by Billy. I feel they are very important to the growth of all of us.

Happy reading,

Randolph Winters



Some Thoughts by Billy

In the past two editions I have re-printed some articles and written by Billy Meier on a variety of subjects. Here I continue with those thoughts and present a few more ideas on solving the problems of earth as written by Billy

Protection of environment and nature

ENERGY

To produce more energy means: Increased and constant intensification of the contamination and destruction of the environment, the atmosphere, planets, the animal world and the human environment including the protective layers of the Earth, such as the ozone layer.

The Energy problem can never be solved by new and additional energy producing plants (atomic power plants, etc.) that are built and put into operation.

The evil of energy shortage must be solved at the root of the problem. The energy problem originates from the evil root of overpopulation, because it constantly demands more energy. The need for energy can be regulated only when overpopulation will be decreased by means of birth control, which is contrary to the opinion of power hungry ones and profit greedy know-it-alls.

HUNGER

Millions of human beings die in the world of hunger, which, similar to the energy problem, can only be controlled through birth control.

Ground (Soil)

Preservation and reconstruction of the biological cycle of the Earth's surface must occur. The use of microorganisms, chemicals, fertilizer and insect control, pesticides and insecticides must be discontinued.

The absurd use of heavy machinery to work the soil, leads to lasting destruction of the soil and it's microorganisms. This kind of destruction is caused by heavy compression of the ground.

Forests

The forests are the important storehouses of water for the life forms of OUR planet and are the producers of oxygen. They play a very important role as far as the climate is concerned. The one-sided cultivation of our forests, which will soon only serve for the production of fast growing spruce trees, should not be continued. Within our latitudes, forests of mixed trees are of the greatest importance. The "Active World Help F.I.G.U." will therefore spare no effort in helping our forests return to their original condition, and everywhere necessary new forests will be established.

As important as the forests are so are the underbrushes and the green hedges of the fields. All of them serve as living areas for small animals who are of great importance for the preservation and the balance of nature.

The greatest priority is to be placed upon the following: rebuilding of mixed wood forests, the preservation and support of undershrubs, natural growing forest edges and green field hedges for natural borders of fields and acres and wind protection, and sanctuaries and nesting places for animals and birds.

Caretaking of the environment

Everything that is still in good condition in our environment, must be preserved under any circumstances. Environment which is still in good condition can not continue to be destroyed by chemicals, throw away and disposable items which lead to the creation of immeasurable deposits.

Human beings, who receive much pleasure from nature and want to indulge in it, whether they are wanderers or tourists, are responsible for not soiling and defacing nature.

Picnics, which should be enjoyed by the human beings, shall be conducted in such a manner, that nature shall not be damaged by them and will not be permanently defaced. For this reason, more resting places and picnic grounds shall be established, which will assure that the proper order will be maintained in nature.

Furthermore there is the threat of the destruction of the ozone layer above the Earth by inadequate regulations against the use of propulsion fuel. This is utterly dangerous for all lifeforms on Earth. In addition, all atomic tests must be stopped, for they affect the entire environment with deep-seated destructive consequences. Due to the lingering radioactivity. Not only is the world around us heavily burdened, but is destroyed by released radio activity, causing our climate world wide cancerous growth of many types to develop in the human beings and animals. The climatic influence which has been observed since 1947 and the changes in climate brought about by irresponsible atomic tests, make it clear that we must quickly against all the harm committed against nature throughout the world.

The protection of the environment also entails, that industrial sites and factories should be moved away from cities and otherwise inhabited areas. Industrial complexes which are a burden on the environment can be moved into deserts and otherwise uninhabited areas etc., where they have a right to exist. In reference to smoke and steam development and other

exhaust fumes, they are equipped with proper and protective purification devices, the environment and nature will no longer be burdened with waste material of all kinds.

Biotopes (Patios)

Of great importance is the worldwide development of many kinds of biotopes (patios). Much damaged land which appears to be no longer useful for other purposes, can be made useful again and returned to a natural and sensible condition. For that, foundations must be established in the beginning, such as the construction of little rivers, small lakes, etc. and by planting and cultivating. The rest will then be taken care of by nature itself.

Where nature is left to its own devices, where the human being does not interfere with illogical and estranged ways, nature will heal its own scars, even if it takes a long time (e.g. soil, which has been poisoned at one time, will take approximately 12 Years to detoxify, if no additional poison is put into it).

Protection of waters

The extinction of our waters, rivers, streams, lakes and the oceans, has taken on an alarming dimension. Due to the abnormal use of artificial fertilizer and other chemicals, our waters are deprived of oxygen, which leads to the rapid extinction of water animals and to the development of slime. These developments are not the only dangerous and life threatening. Equally as dangerous and life threatening is the unnatural heating of waters by atomic power plants.

Our largest waters, the oceans, are not only irresponsibly exploited, but in a short time, will also be completely contaminated by oil, through chemicals, by radio-active waste etc., which are irresponsibly and thoughtlessly dumped into the oceans, and there, in the depth of the oceans, they do their malicious and destructive work!

Energy forms which are gentle on the environment and new methods for gaining raw materials.

Scientists should be motivated to channel their efforts to search for energy forms which are gentle to the environment and do justice to nature, such as solar energy and wind energy etc., instead of concentrating in the area of weapons research and war materials. All newly achieved sources for energy and raw materials must "do justice to nature and be gentle on the environment and all lifeforms". They must never be used to disadvantage the Earth, nor used, not even at a minimum, against nature and the lifeforms on Earth.

In order for the efforts and research of environmentally safe energy and raw material crowned with success, an immediate and controlled birth control plan must be activated through out the world. The constant increase in population continues to demand more and more energy.

The return of used materials (recycling)

Just as important as the production of new and environmentally safe forms of energy and raw materials, is the logical recycling of used materials, without exception, into new basic materials. Research also must be conducted in these areas also, and advanced by all means. Materials that can not be recycled must be forbidden throughout the world and must be destroyed in plants that are environmentally safe, until such a point in time, when they can be replaced by recycled items and deposited, (such as landfill etc.).

Procedures/Actions against atomic experiments

Atomic experiments must not only be reduced through pacts between countries, but they must be urgently and absolutely forbidden. This ban must be enforced for all atomic experiments, including those that apparently no longer release any radioactivity, for medical life-preserving purposes.

Stop the poisoning of the atmosphere

The so called death of trees and forests has been making headlines through out the world is due to an abundance of sulphur dioxide in the air, as well as the acid rain falling from it. The so called "acid rain", has catastrophic effects upon coniferous and deciduous trees, as well as upon many other kinds of life that can not be restored by any means.

Limitation of private transportation

Where private transportation is not absolutely necessary to live and work, it must be limited, and whenever possible must be forbidden all together. In place of this, a public means of transportation must be developed, improved and used to be safe for the environment. The contamination of the atmosphere must be avoided at all costs, such as the prohibition of driving on Sundays, as well as a ban on pleasure trips and drinking sprees etc.

Reduction of air travel

The use of super sized airplanes is to be stopped at once. The contamination and burden of the atmosphere by these planes can not be justified by any means. During the flight of a plane with 310 seats, which is usually only partly occupied, exhaust fumes per hour are created equaling the exhaust fumes of 800 VolksWagon automobiles. These in flight exhaust figures do not even take into account the fumes created during take-off and landing.

This is also true for the acceleration of rockets, except that they emit even larger amounts of exhaust fumes putting an even greater burden upon the environment. (Average use of fuel by a moonrocket = 29 tons per second).

Protectorates

More purposeful protectorates must be established, not only for endangered animals, but also for endangered plants of all kinds. Such protectorates, must be divided over the entire planet and nature must be left entirely to it's own devises.

Radioactive waste products

Radioactive waste products and chemical waste, which can only be recycled with great difficulty (such as Cadmium), have to be found and destroyed in such a way that they can no longer become dangerous to the environment, lifeforms or to nature. Radioactive waste does not belong in a bunker nor in the oceans; it may not be buried, deposited or otherwise stored or isolated. An elimination process must be created for radioactive waste, which can not harm the environment, nor human beings.

Contamination with oil and the burning of rubber

The environment must be free of burdens which are created by the transportation of oil by unsuitable means, and the burning of Rubber. wherever possible. Transportation of oil must take place as safely as possible, until it has been replaced by another energy form which is safe for the environment. It is irresponsible and thoughtless to transport oil in ships, that are not suited or safe for such a purpose.

Rubber and other materials are a heavy burden on the environment and must not be burned; instead they must be regenerated by logical means and returned for production and use.

Exploitation of raw materials

Raw materials such as crude oil, rocks, metals, chemicals etc. are valuable and indispensable components of our Earth, and take approximately two million years to develop. They must not be exploited under any circumstances, handled senselessly or without thought by profit greedy and power seeking elements. All raw materials are to be replaced by other suitable materials such as (e.g.) silicates etc. as quickly as possible.

Private measures

Many other proposals can only be realized through a neutral organization, one which is active on an international basis and is outside of politics. But of primary importance are all private measures. Here much can be accomplished! In general, all chemical cleaning and laundry agents should be boycotted. They can easily be replaced these days with natural and environmentally safe products available in stores.

Everyone, who has a garden can have a natural lawn, rather than one that is chemically cared for. This natural lawn does not turn quickly into a homegrown paradise. It demands little or no work, because it can be left to it's own devices. Where the individual citizen wants to do something better for his environment and nature, he can build a little pond or rivulet/brook, that will be left in the hands of nature. He will soon discover to his pleasure that rare animals and plants will find their way into his garden and there, claim a new and undisturbed space to live and call their own.

TEACHING AND INSTRUCTIONS FOR HUMAN BEINGS TO BE SELF SUFFICIENT

Biological cultivation of food

The human being should be guided on a small scale with victory gardens for growing their food themselves with biological means. Teaching and instruction shall be applied and controlled where the cultivation of food takes place on a large scale.

Proper use of all fertile soil

Fertile ground must be used properly. It must not be exploited or removed.

Independence from food importation from foreign countries

Above all, local products shall be used. Our farmers should not continue to destroy great parts of their harvest for the sake of subsidy. Such practices are witness to utter unscrupulousness. In Switzerland the farmer can count on an average income of 50,000 francs, which really should be enough even without subsidy.

Farmers who destroy their whole harvest or only a small part of it, shall be delivered to the proper authorities from this time onward.

Food from foreign countries shall and may be imported only when it is otherwise not possible, when that particular food can not be grown locally for any reason (climate conditions) or when not enough of the food is available.

Independence from foreign countries on the food market can also be influenced substantially by the individual citizen who has a piece of his own land that he cultivates and where he can grow his own food.

The use of food from your own countries and to stop import.

Rather than using exotic fruits, vegetables and imported foods, we must increase the use of our own products, which often lend themselves to the most tasty and healthy dishes. By the preferred use of local products we can also put a stop to farmers destroying their crops because they lack a suitable market for their products.

Increase in building of private energy sources.

A large percentage of individuals can become independent from public utilities by the installation of wind and solar equipment. Any effort in that direction must be given priority and all endeavors in this matter shall find the utmost support.

Prophecies and peace

For many hundreds of years in the past (to be precise since nearly two thousand years), many seers and prophets have pointed towards a third world war, and to the fact that the

Earth will be almost completely destroyed by its inhabitants. The predictions of Immanuel (Jesus Christ), Nostradamus etc. all speak the same and unmistakable language. All seers and prophets, who should be taken seriously, point unanimously towards a third world war and the preceding exploitation and destruction of nature.

Later, including the latest prophecies and predictions, which were published through the F.I.G.U. go even further. They do not only name the main actors and the main initiators of a war to come, but also the preceding circumstances which lead to the war and later to its end.

These prophets are not silent regarding the events and destruction during the Third World War. They are extremely precise and utterly informative.

The predictions made in these prophecies correspond to true facts, which can be proven, because they rely upon deep reaching facts. The more time passes, the clearer one is able to see the correctness and urgency of the prophecies.

Predictions and facts that are made so clearly demand from each seriously thinking human being, conscious and thorough thought about his own attitude and his own aspirations for world peace. Peace can not and will no longer be achieved along the political level. It must come inevitably from individual human beings.

Only the human being who knows how to make peace within himself, can also contribute this peace into his environment and make it work. But peacefully minded human beings also do not wage wars, which lead to the total destruction of our planet and all lifeforms. As a whole, future events are of great interest to today's human being. Will the crisis slow down? Will the next world war come, as the croakers constantly predict, or will it not take place as some scientists and pundits would have it? Just what is it with the predictions of Nostradamus and Irlmaier, or are perhaps the astrologers correct, who put their ads and articles in many kinds of publications?

Or are perhaps all those intellectuals on the right path, who say, that predictions of future events rest in sheer coincidence and nothing else?

In today's world, the human being has the same feeling for the future that he had about science fiction movies and horror movies. A mixture of fear, contemplation and the question about the possible reality of such things are in the back of his mind. He has the secure comfort that everything is only speculation to be sure, and in the end everything will be different anyway, from that which everyone thought. Everything goes according to the saying: "Because first it comes, and secondly it will be different than you think"!

To see it truly and without bias, we must admit that events emerge time and again and are fulfilled, which some cranks had already predicted in the distant past. Is that what is called beginner's luck, or is this matter really based on a solid foundation? Just exactly what are the real facts?

Let us take Nostradamus for example, certainly the best known and most famous seer in our times. Hundreds of esoterics and so called spiritual scientists have tried to unravel his secretive and dense verses. And each one claimed from the start that he was the one to lift the veil of secrecy about the "Legacy of Nostradamus". But translations contradict one another, when one makes the effort to compare them. Why is that?

Let us give the floor to the seer himself in the verses he relates. He says about his predictions, that they will only be solved correctly approximately 500 years after his death, and that only then a human being will live upon the Earth who will be able to uncover his secret.

This statement is simply not heeded, but is merely pushed aside. But now if Nostradamus, as it can be proven, has been correct so far with all his predictions, then why should this one not also be true?

The facts speak in a clear language for everyone who makes a small effort to occupy himself open-mindedly and without bias with the predictions and prophecies. Reality proves, that predictions are not only possible, but are a clear fact with which we have to come to an understanding such as within our daily lives. Serious predictions are absolute reality, and a very important instrument in our hands. To pay attention to predictions and the positive application thereof would enable us to overcome many of the problems that make the whole world sick and which bring us to the edge of self destruction.

Responsibility for the preservation and the healing of life and the planet for the descendents.

For thousands of years the earth was inhabited by human beings for many generations and the world remained untouched and healthy. These human beings always left a whole and healthy planet for their descendents.

Even though Karl the Great campaigned against the spoiling of the environment, when he fought against the washing of dirty laundry in public streams, deep reaching exploitation and irresponsible damage actually only took place within the last few decades.

Indeed it took a long time before the human being dared to destroy his planet, his living space and utterly destroy nature. But when he started with this destruction, he proceeded rapidly within only a few years.

In whatever direction eyes looked, a limitless destruction by today's human being can be seen. One sees the inheritance of their unscrupulousness, their disregard and disrespectfulness towards all lifeforms, and it sees the limitless guilt of an arrogant, profit greedy and power hungry society, which only pays attention to himself, without even being the slightest bit concerned for their descendents and their children's descendents.

"After us the flood", and "when we have lived, all have lived". This is the Motto of many human beings of today, and the human beings who will take charge of our heritage are not concerned for today's society (perhaps only a few are). The primary goal seems to be that

one earns much money, which can be thrown out of windows or is senselessly spent. Anything else does not worry us, except perhaps that we lower ourselves to be seen in charity for the poor hungry ones. Those without jobs, however, are in that mess due to their own fault.

The crimes of society, its arrogance and its unscrupulousness, its egotism and its greed for power and profit no longer know any limits. Today's human being needs no longer to imagine and fantasize about a degenerated society, because he belongs to one already. He lives in such a degenerated society and is a part of it.

But the human being does not wish to be damned and cursed by his descendents from numerous generations of the future. Therefore, he must learn to be responsible and live accordingly, responsible for flora and fauna, for his environment, for nature, for his fellow men and for himself. The first, most important and sacred task of the human being of today is he must correct the damages and the destruction caused by him, to eliminate all that causes ruin, and to repair all that he damaged. He himself must again heal the wounds caused by the human beings and the scars upon nature, with loving hands, if he does not want to come to the rude awakening in the future.

Neither the imaginary dear God, nor authorities, neighbors nor even extraterrestrials and ghosts as well as saints will not be able to release the human being from his responsibilities or to act for him or on his behalf, in order to repair that which he himself has ruined and destroyed. The laws of nature and of life demand that each human being and each generation as well as every society shall recognize their own mistakes and correct them and repair all damages and destruction.

But repair and restoration alone is not enough! The human being must change his attitude about life and his lifestyle. He must think back and remember those values, which are permanent and true forever. Money and other material values are transitory. That, everyone can attest to who has ever been in need or lost everything in a natural catastrophe. But the values are everlasting and constant which are able to give us a healthy and whole environment and nature. Everlasting is the treasure that the human being can acquire and work towards, when he lives his life as a true/real human being.

To be a human being used to mean and still means not to think of oneself and only have one's own welfare in mind, in an egoistic way. To be a human being also does not depend on the acquiring of a palace or other material values, and it certainly does not depend or happen at all with boundless disregard towards one's fellow men and nature.

To be a human being is achieved solely, alone and absolutely only with the fulfillment of the Laws and Commandments given by nature, by preserving and caring for nature with love and peace towards one's fellow men. Only that human being who understands living his life peacefully and in harmony, lovingly and in kindness, can fulfill and achieve his tasks in life and his goal in life as a human being.

Measurements which have already been taken by organizations are useless

The evil and destruction in our world may not be soothed and relieved, because relief and soothing only intensifies the evils and destruction which can be proven by the efforts and deeds already exercised by established organizations.

Hesitating, lax and illogical partial solutions of the acute worldwide problems and destruction are less than a drop of water on a hot stone, because they make everything worse.

The only thing that can still be done at this point in time, must be done with an iron broom. The evils must not only be soothed, but removed and eliminated. But this requires courage, energy, logic and fearlessness of the consequences and are prerequisites.

All well known organizations distinguish themselves with great diplomacy and the utmost conciliation. Instead of action there is talk. Big words replace great deeds, and in the end there is nothing left of benefits and success.

Not any of the well known and established relief organizations were and are able to give effective aid, regardless of what their main assistance consists. Their help is not genuine relief, because they put a bandage on a festering wound, in the unjustifiable hope of bypassing the knife. But with this, their hesitating diplomacy and useless aid only makes all evil and destruction worse. In place of elimination, they only plant the seeds for further creeping invalidism of our planet and all its inhabitants.

The present condition of our Earth demands extreme solutions and extreme intervention, if anything can still be saved. Considerations can and may no longer be made, whether it be towards authorities or individual financial groups and their interests, nor towards industry and its interests. Priority belongs solely and alone to the interest of the entire humanity, to nature, the environment, fauna and flora. Everything else must conform to that and to accept the requirements to fight the evil and overcome all destruction. The present and future freedom of the human being can only be assured and achieved when nature and the human being have been made healthy again and are able to live again in every respect, and then to preserve it that way. But for that, it is unavoidable to correct the damage and destruction hastily caused with energy and emphasis.

Publications of the F.I.G.U.

First of all the F.I.G.U. is concerned with the human being's goals and the purpose of his existence; with the assignment of the human being to be a human being, including his spiritual development and evolution.

For this the F.I.G.U. has published a number of books which are of the greatest interest for any "responsible and searching human being." The books and lessons of the F.I.G.U. deal with many areas of life and they are able to help the human being to find a better future, when he starts to work on himself with the help of the books offered to him.

Facts

Completely new and effective steps must finally be taken in all areas of assistance to human beings, fauna, flora, nature and the planet.

On one hand, the evils and problems which exist presently must be combated and eliminated successfully, so that their origins may never spread again.

Old fashioned remedies to fight evil and damage, to sooth misery etc. are either outmoded or completely senseless and ineffectual. They must be replaced by methods and actions which can combat the great evils, misery and destruction and will be able to be master of all situations.

Organizations and politicians discover and formulate only ineffectual partial solutions, which are minimal for the aid and removal of these conditions. This corresponds to very little in reference to effectiveness. It can be proved that 40,000 children die of hunger on earth every day, not including the unknown cases of the direct hunger victims which include at least another 20,000 to 40,000 victims.

On the endangered species list of animals living in the wild, over 50,000 kinds are listed, of which 300 kinds disappear every year or die, due to the fault of the human beings.

Seals can not be saved from mass slaughter by the childish actions of spraying them with paint, but solely and alone by effective measures and proper thinking and actions.

The problems of energy and hunger can not be solved with the building of new energy plants, or by transporting food to the areas of famine. With the constant increase in population these evils can never be eliminated when the insane production of descendents is not stopped. Any new established source of energy will stop as soon as the population has geometrically increased again, and is in need of additional energy. This is similar to the necessary food supply for the hungry. The more food that is produced the more it is needed and used by uncountable descendents, who can not be fed in this way. Hence the only possibility to eliminate these evils, lies in a multi-year enforcement of birth control throughout the world, calculated according to fertile soil and the number of inhabitants in a particular state.

Animal slaughter and extermination of animals can only be prevented by:

United strike, boycott and restraint by the human beings, to purchase and use products made from such murdered animals.

To increase the ban on the murder, slaughter and hunting of all animals

Disruption of all actions involving the murder-slaughter and hunting of animals.

To buy up and declare private property (private organizations) as well as massive protection of all areas and islands etc. where human beings and animals are murdered, where hunting and slaughter occurs for sport.

Care, preserving and breeding (if necessary) endangered species.

Harsh measures for those who kill and slaughter animals for reasons of profit, vacation, fun or sheer pleasure.

To ban the use of artificial fertilizer and chemicals to work the soil and to use for the cultivation of food etc.

The most decisive destroyers of life, the earth, nature, fauna and flora human beings:

Industry, chemistry, research for war (exhaust fumes = acid rain etc. water pollution, destruction of waters, radioactive contamination etc.)

Agriculture (destruction of the animal and birdworld, as well as insects and micro-organisms by the use of artificial fertilizer, insecticides, and working the soil with heavy machinery, and the clearing of woodlands etc.)

Cars, planes, motorcycles, military = exhaust fumes; (one super sized airplane for 350 passengers produces in one hour as many exhaust fumes as 800 medium sized passenger cars); the use of poison gas; the use of atomic weapons; the production of exhaust fumes; gas; the distribution of pestilence caused by decaying corpses etc.

Households, laundries etc. (= the use of chemical laundry agents of many kinds, water pollution and the destruction of waters)!

Atomic power plants (= heating and destruction of waters, radio active waste and poisoning of the environment and atmosphere).

Any relief organization uses for it's own expenses 40% of the monies donated to it, which is according to the law.

Unemployment

The evil of unemployment is worldwide. Millions of human beings are effected by it. Families no longer have an income and in self defense some of them turn to crime.

Times of crisis especially drive unemployment upwards, also elevating need and misery to higher levels. Such occurrences must be addressed by the authorities as well as by the unemployed themselves. Many of the unemployed human beings could very well have work and a sufficient income to take care of their families, if they would behave like reasonable human beings, and accept jobs and do them well, even if it is not along the lines of their learned trade. Perhaps due to that they would earn a little less. On the other hand, it would very well be possible at any time for the state and the authorities themselves to

establish a unity for the truly jobless human beings, to work in the forests, fields, agriculture and yardwork, until such a time, when they can find employment again in their originally learned occupations.

It would be most suitable to pay their wages from the many billions in currencies that are used in a senseless and useless way for military purposes and experiments.

By this however, many jobless human beings and their families would have comfortable incomes, and neither unemployment nor misery and need would reign. Such a solution must be directed at all permissible means and indeed against all obstacles of those who want to play "warlord", and who are afraid of imaginary enemies and still feel grown up in spite of it.

Elements who are unwilling to work including petty criminals.

Instead of placing these elements into prisons etc. for months and years, without useful occupations and without the responsibility of being taxpayers; they should be put into social service in the forests, fields and farms together with the unemployed personnel, where they can be watched and taught and have a chance to become useful citizens and to grow into true human beings, rather than spending their lives behind prison walls without any education etc.

When the authorities have reached the proper attitude towards nature and life in general, then they will recognize throughout the environment that there is need and possibility for work, where manpower is needed to care for forests, cultivation, agriculture and to tend and care for nature. This would occupy many human beings for many years in the future, decades and even centuries, who can be enlisted in such work, due to unemployment in other areas etc., (including those who are enlisted in the military and too often do only senseless things).

Such a solution would solely and alone only bring advantages, because primarily it would do away with the problem of unemployment and the senseless games of "warlords", and secondly the unemployed and petty criminals would come under the supervision and care and guidance of upright citizens, and in turn will become upright members of society themselves, where they can earn their bread themselves. Last but not least, with such a prospect it is not only important and decisive that much food and other products will be produced in our own country, where we will be less dependent upon foreign goods, and where the local producers of food and other goods can actually sell them without having to destroy them in protest, because the authorities in charge are able to import these goods at much lower costs from foreign countries in irresponsible manners, which destroys their own infra-structure.

The Meditation - Part 3

THE PSYCHIC REALM

It is absolutely erroneous to assume, that the psychic realm is directly controlled by the unconscious, because as explained before, only appropriate impulses will be transmitted to the material realm of consciousness and indeed with the ultra-speed of light, where these impulses are picked up by the consciousness and lead to trains of thought. And right here begins the direct process of formation of the psyche. As was explained previously, the indirect (material subconsciousness) is the guidance and control center and it actually remains as such in every respect. Consequently also in the formation of the Psyche.

The psyche, constituting the factors of thinking and feeling, forms the factor which produces the individual's so called disposition or morale. Through appropriate impulses, out of the material realm of the unconscious, thoughts will be kindled and created in the material realm of consciousness, which, after their own fashion, will bring the emotional center into function, from which a certain disposition of morale arises which operates as sympathy or antipathy, as lethargy, melancholy, cynicism, joyfulness, or spitefulness, euphoria, optimism or pessimism, etc. It also gives the feeling of isolation from the world, improving the world, being religiously active in a cult system, being fanatical, being manic etc..

Distrust, depressions, anxiety, fear etc. are part of the same hub; thus, they are released, in indirect fashion, through impulses from the unconscious which are processed or plied by the conscious in an incorrect manner, because unfortunately the conscious, because of its imperfection, exhibits a constant tendency to work everything according to its own estimation and disregard the creative natural laws and commandments. Therefore the individual must learn to train his directness, namely his material realm of consciousness, according to the logical, creative natural laws and commandments. This means that the whole thinking discipline must change its polarity, however, neither in a positive nor in a negative form, but in the only correct form, the NEUTRAL form. Hence it follows, that the whole foundation of the thinking discipline must change its polarity steadily and constantly into a NEUTRAL thinking discipline. This means that one may not think just positively or just negatively, but only purely NEUTRALLY.

The teaching conveys, also, that a setting of a goal always rests on a NEUTRAL train of thought, therefore the thoughts must be controlled constantly and in general. This means that the entire thought production must be placed under a deliberate control which displays a neutral quality, which means, that one may never think illogically, unrealistically, illusively, negatively or positively. For instance, should a goal determination ensue, then, by no means is either a positive or a negative form of thinking chosen, but only a NEUTRAL one. That means that the determination of the goal will be set forth in the form of a completely neutral observation and outlook, as if this determination of the goal were existing already according to the principle IT IS SO. This also means the visions of

ideals may never be taken into consideration, because they are already illogical illusive in themselves. Only the forms of goal determination in the realm of IT IS SO may find application.

All forms of goal determination will be presented in neutral and pictorial form, which means that the individual must learn to create his goal-setting in the form of images. Only then can these images be sent into the realm of the unconscious.

The unconscious reacts to images actively and logically, therefore, the realm of the unconscious receives and processes the image projections from out of the realm of the consciousness the easiest; so it is seen that all forms of thought about a goal determination etc. must be transformed into images and patterns of color. If this image information is now received by the realm of the unconscious corresponding impulses are sent back to the material realm of the consciousness. However, to grasp this the individual has to apply himself over a long period of time, because it is expressed that the individual must first learn the procedures of the patterns of his consciousness and his subconsciousness before he can evaluate everything. Thus, he must learn to recognize, perceive, and to convert the impulse information, originating from the unconscious, into the language of the consciousness, where after it can be comprehended and evaluated to serve as the element of development for new trains of thought and actions etc.

The impulses from the realm of the unconscious manifest themselves mainly through occurrences which are known to people as: presentiment, inner drive, intuition, sudden ideas, inner voices, and similar things. The individual must learn to pay attention to it with his directness, namely with his material consciousness, which is really only the immediate processing center in the mainly material development realm, and really only represents in the entire realm of evolution a main lateral branch with little power and activity, expressed on a percentage basis as fourteen percent (14%) in the average person, while the unconscious realm of the average person works with a capacity of thirty-three percent (33%). Capacity at its perfection, pertaining to the material unconscious and the material conscious would be one hundred percent (100%).

Activities of every sort which take place in the realm of the material conscious are never issues from the direct - material consciousness itself, but they are, without exception, constructed of corresponding impulses from the realm of the indirect - material subconsciousness. That means that every activity in the realm of the material consciousness rests on the information impulses from the unconscious.

Within the scope of goal determination, the purpose of the material consciousness is to form, in a highly concentrated manner, NEUTRAL thoughts and thought images, which will be guided into the realm of the unconscious through the censor, and there in the unconscious form of IT IS SO, as it was created in the consciousness block, to accumulate, to digest, and to penetrate into the consciousness with new results of the IT IS SO form.

To the individual it has to be perfectly clear that not only his thoughts involving goal determination must be controlled as mentioned, but, also, his entire everyday thinking, whereby only through attainment of this goal the entire innermost attitude begins to

manifest itself in real NEUTRALITY, and whereby only the NEUTRALITY is actually directed toward the goal.

IF the whole thinking process is not put into practice in a neutral fashion, then the individual lives in a constant up and down, as if exposed to a wild, primeval storm on an endless and boundless sea on which a boat without rudder will be tossed about on the varied waves, exposed to the constant danger of being pulled down the next moment by a gigantic undertow into the bottomless depth of the raging waters. This also resembles a constant building up and tearing down of a creation of the imagination, which never becomes clearly perceivable and floats in a constant euphoric haze.

If the setting of a goal is definitely created in the IT IS SO form then this goal determination may not be illogical nor abstract in any form. That means every goal determination has to be in accordance with a reality, which signifies that it also corresponds to the respective individual's nature to a Tee and is also created according to his character and his position. That means that every goal determination is identical with the personality of the respective individual.

The setting of a goal ensues from an impulse from the unconscious, whereby the conscious examines and evaluates the relevant goal in a painstaking manner of thinking. However, to present the actual goal to the view it is necessary to acquire a very objective form of thinking which does not offer any room for wish fantasies. That shows that a consecutive series of goals must be created to reach an actual goal determination and a goal attainment. That means that the goal determination may not be created in the sense of displaying a final result, but it has to be in such a manner that the side effects, which are connected with the actual goal determination, will be created, so to speak, as secondary goal determinations. This signifies, indeed, that the individual should and must fix his eye on the actual ultimate goal as the IT IS SO form, however, that he does not approach it itself, but just the secondary goal determinations. The reason being that every goal determination is connected with ever so many disturbing side effects, which operate inharmoniously or even destructively toward the actual goal determination. Hence, it follows that first of all these disturbing side effects must be gradually eliminated, which takes place by discovering these side effects through logical trains of thought, and, after the discovery, doing away with them. Then a corresponding secondary goal determination occurs and removes the disturbing element. However, only one single disturbing factor should be tackled at a time, never two or more at once. And, to be able to create any valuable goal determinations or secondary goal determinations at all, as regards the resulting successes, the individual must rise to inner greatness by setting objectives and secondary objectives, and accordingly, by resulting successes, and, indeed, through development in regard to becoming dynamic, energetic, and harmonious. But, it is of utmost importance that he be content with himself, with his environment, and with his actions in all areas. Also of importance are his health and the realization, assimilation, comprehension, and efficiency etc. Only when these factors are functioning properly and harmoniously is there a guarantee of a real, solid, healthy, logical, and energetic goal determination in every form.

As a rule, goal determinations should not express themselves materially, because only in the rarest of cases can such be directly approached. Therefore it is very important that the side effects which are connected therewith (for instance, the necessary perseverance for the attainment of a materialistic objective), are discovered and approached. They must be built up systematically in the form of goal determinations (secondary goal determinations), or must be removed by negative merits. An ultimate goal determination may not be effected and undertaken because it would lead to obstinacy and being stuck on the goal, which must be reached by all means. Such stubborn adherence signifies that only the ultimate goal is focused on and all important side effects are disregarded (tolerance, love, harmony, peace, self-realization, dynamism, vigor, contentment, contacts with the environment and being on good terms with the environment, development of personality, ability, enjoyment of activity and health, etc.), and stress has to be laid upon bringing them into order, to thereby reach the ultimate goal, which, as the actual goal determination, represents the principal value. If this method is not complied with, that, indeed, the principle goal is established as goal determination, but that the side effects are only presented as secondary goal determinations, then, this means that the individual, because of a stubbornness he is not consciously aware of, has set a goal which has to be attained under any circumstances and this determines the path which has to be traversed. Thus he has built a street, which makes no allowance for side streets and grants no possibilities of evasive movements, whereby, without fail, somewhere an obstacle must come up that can no longer be avoided (a mountain or the sea, etc.), whereby the street must simply be brought to a sudden end and the goal, despite its proximity, moves into inaccessible distance. This shows clearly that the individual, by purely determining a main goal and by non-observance of the secondary goal determinations, has obstructed his principal goal. Because of such and act an oppression of one's own personality ensues, which means that something is being forced which is unfamiliar to the personality because the secondary goal determinations are not being paid attention to, and out of which the individual must transform himself into the necessary new forms relating to his personality to become suitable to the actual goal determination.

METHODOLOGY: MEDITATIVE IMMERSION

Basically the rule of relaxation is in force, as has been already described at the breathing exercise. However, for a better understanding it should be explained once more:

1. **Lie down; stretch out flat and loosen up the entire body.**
2. **Close eyes, loosen up and relax.**
3. **Breathe deeply in and out three times.**
4. **Concentrate thoughts.**

In contrast to the breathing meditative exercise another process now ensues at the meditative immersion.

1. The attention observation is no longer turned toward the respiration but has to be directed now toward the eyes and in such a way as to concentrate on colors, which should appear.

2. The concentration ensues in the form of the practicing individual carrying out his color concentration so that the IT IS SO form results. That means that the knowledge about the existence of colors is present, but that it is not thought of in a direct form. One simply knows that colors do exist, without having to manufacture them first, so that they can very simple be observed in attention, systematically, one after the other, as the course of meditative immersion demands it

3. The standard colors of meditative immersion consist of the tones: Blue, Green, Yellow, Red.

Blue: Represents the color of the presence, the life, the existence.

Green: Represents the color of the beginning change from the conscious to the unconscious, as well as the change from the present to the past or the future.

Yellow: Represents the color of the concluded change from the conscious to the unconscious, as well as the concluded change from the present to the past or future.

Red: Represents the color of penetration into the unconscious, or penetration into the past or future.

Thus the colors Blue, Green, Yellow, Red are responsible for the meditative immersion, and also for the return from the immersion. If the colors are employed in the mentioned sequence for the immersion, they also serve the purpose of return, however, this time in the opposite sequence, thus Red, Yellow, Green, Blue, whereby at the appearance of blue the material consciousness again takes over the conscious form of thinking.

The Actual Process of Meditative Immersion.

1. Lie down flat and loosen up the entire body.

2. Close the eyes, loosen up and relax.

3. Breathe deeply in and out three times.

4. Concentrate thoughts = concentratively remember the considered goal determination after the IT IS SO principle.

5. Elimination of the thought concentration, while a short concentration onto the color BLUE takes place.

6. If the color Blue does appear, concentrate on the first secondary goal determination and let it penetrate deeply in the dominating form of IT IS SO (here we might be dealing

with events out of the past or future, which should be explored and clarified through the meditative immersion).

7. Concentrative immersion: the color BLUE will be consciously called forth in its IT IS SO form until it is clearly and distinctly discernable with closed eyes.

- A) If the color BLUE is present, the concentration ensues in the IT IS SO form onto the color GREEN.
- B) The presence of the color GREEN will be removed through another concentration process and will be replaced by the color YELLOW, which will be replaced by the color RED.

The color Red is the signal for the meditative immersion having been attained and now the unconscious starts to work independently in regard to the fixed secondary goal determination (or time travel), whereupon it starts to release images (waking-state images) in very veracious form, and which distinguish themselves as clearly recognizable from sleeping state images. (The correct and real arrangement of the waking-state images has to ensue through the material consciousness after the return, which subsequently will be furnished with impulse-information from the unconscious).

The Actual Methodology

BLUE The concentration ensues on the color BLUE. It should occur three times, whereby the IT IS SO form may not be disregarded. Simultaneously, an inward-concentration ensues at every concentration-conception of blue.

GREEN If the color BLUE has appeared, then a threefold concentration on the color GREEN ensues, whereby again, automatically, an after-inward-concentration takes place.

YELLOW If the color GREEN has appeared three times, then a threefold concentration on the color YELLOW is brought about automatically.

RED If the color YELLOW also has appeared three times, the concentration on the color RED ensues. If this color appears, one will drift down even deeper and remain there.

After a period of time, the color red will gradually become a veil of mist in which waking state images begin to manifest themselves, always in accordance with the forms of goal determination, as they have been set forth and held onto through concentration.

In contrast to sleeping state images the waking state images remain extremely constant, which means that they do not grow hazy and fall into oblivion like the sleeping state images. Because of their extremely clear appearance they remain powerfully vivid and they can, at a later time after the meditative immersion, be processed further by the material consciousness in connection with the unconscious-impulse information which will be transmitted to the consciousness.

Return from the Meditative Immersion

The return from the meditative immersion takes place in a very simple manner: If in the beginning the colors BLUE, GREEN, YELLOW, RED are used as meditative immersion colors, they serve in reverse sequence as return colors, however, one employs the color only once and not three times. To accomplish a return from the immersion, it is only necessary to envision RED first, then to replace this color with YELLOW, this one then with GREEN, and this then with BLUE. If the color BLUE appears, the state of perfect functioning of the material consciousness is automatically restored whereby one may think again in normal fashion.

A simple thought impulse will be sufficient to initiate the return movement of the colors for the return into the realm of material consciousness. Consequently, there never exists any danger of remaining in the concentrative, meditative immersion if that is not desired.

During the process of the return movement (return into the realm of the material consciousness), at the appearance of the color BLUE the individual is again, immediately, in full possession of his senses, the sense of hearing, seeing, touching, and is fully aware of his environment, which means that he is, at the appearance of the color BLUE, again completely in the world of the present and the physical life. For some time, however, everything appears subdued and more harmonious to the individual because not only his state of consciousness and his state of subconsciousness are distinctly directed toward another sphere, but also the body and all its organs, which gradually must become accustomed again to the presence of the environment in its full extent; therefore, the individual often, after the return, is aware of feeling only partially awake and being suspended in mid-air.

WEIGHTLESSNESS

During the meditative immersion, as during the normal meditative exercise/breathing exercise, perceptivity steps into the foreground. This means that the meditating individual is aware of everything, his existence and all that is connected therewith, however, that he is freed of it temporarily during this time, by the meditative process according to his own free will, as well as of his body in the form of it becoming totally unimportant during the meditative process, therefore, since he is no longer aware of it the impression of weightlessness occurs. In truth, however, the body is there exactly as before. However, through the meditative concentration it is dismissed as immaterial whereby only the prevailing influence, the attention / observation of meditative form becomes dominant. This domination also becomes the sphere of influence therefore the thoughts finally stay away completely and only a pure perceptivity exists, which means that sentiments, thoughts, and body no longer have a disturbing influence and only pure attention/ observation prevails, in which one's own existence is known as IT IS SO.

THOUGHTS

Strange thoughts are just as little tolerated at the meditative breathing observation exercise as they may be tolerated at the meditative immersion. If they still penetrate they must be brushed aside, but not by compulsion, because compulsion functions again as a thought release and puts the immersion in question.

No thoughts of any form may be entertained or even be taken into consideration, at any time, which deal with: "I am myself..., I will..., I must..., I want to accomplish that..., I must do that..., I am healthier and stronger..., I become..., etc.". Such thought forms are in accord with dangerous machinations, because they are suggestive in every form, and autohypnotic. Thoughts applied in such a way lead to euphoric occurrences, from which waking state dream images no longer ensue, but self manufactured visions, images of wishful thinking, etc., ensue. During any meditative exercise of meditative immersion images of wishful thinking or wishful dreams may never be created or taken in consideration because these also function in the sense of self-manufactured visions, suggestions, autohypnosis, and euphoria.

NEUTRAL THINKING

During every meditative process only purely neutral thoughts may be thought and applied. As in the daily thinking process, here too a totally neutral discipline of thinking must prevail, therefore, one may not think **NEGATIVELY** or **POSITIVELY** in any form. If, therefore, the concept of **NEUTRAL-positive-thinking** is impressed, then that does not mean that one should think **POSITIVE**, but that one should think **NEUTRALLY** in every respect, which corresponds to the actual positive value. Consequently, the term **NEUTRAL-POSITIVE**.

INTRODUCTION TO MEDITATION

Through meditation the individual learns the meditation-concentration. This is necessary for the individual in order to create harmony in every way, so in the psychic as well as in the spiritual and material realm. Furthermore, this also leads to the ability of utilizing the spiritual powers as well as making materially conscious ideas come true via the spiritual power. Consequently, through the meditation-concentration the individual is able to learn various things, as for instance telepathy, the receiving of thoughts from other people, as well as the sending of thoughts to other people which will be received by them, if they have the ability to do so. Furthermore, through he meditation-concentration telekinesis is acquired, by which material objects can be moved without touching them physically, and which are moved solely by pure spiritual powers. Then, also, through meditation the sending out of the mental consciousness is acquired, which enables the individual to transfer himself mentally-visually into the past and into the future to gain information on events and make himself consciously aware of them. These events may have happened already or may be yet to come. In that way, the individual learns simply everything, which lies in the spiritual realm of possibility through meditation. From there the individual who is experienced in meditation exercises can always obtain the necessary

strength, if need be. It must be explained explicitly that the entire process of meditation and meditation-concentration serves also as a means for achieving harmony between positively and negativity, whereby the energies which penetrate from the outside, are neither negative nor positive but are in equilibrium. Only the individual himself gives these energies a negative or positive property according to his own way of thinking and feeling, and according to his own behavior pattern. Meditation and meditation concentration should also lead to the individual getting to know himself thoroughly and enabling him to exercise useful control over himself. An all of this also serves the purpose of making something out of oneself and of contributing to the environment with this new and valuable knowledge. Consequently, that means that a great evolvement must proceed in every respect through the meditation and the meditation concentration, in the material realm as well as in the spiritual realm. But this is connected with some labor and effort which everyone must put up with, if he endeavors for one thing or the other. One of these labors, in this case, is the meditative concentration and the meditation on the whole, which can only be brought to application when the individual masters the meditative concentration.

A meditative concentration results in the individual seeing something clearly, observing it clearly and recognizing it clearly, without entertaining a thought. The individual produces the will to accomplish a meditative concentration, to grasp something or to put something into practice, whereby however, the manufactured will must be completely disregarded and put aside if a goal is approached. Consequently, during the meditation, the individual effects only a purely meditative concentration, a reflection in purest form; a clarity of vision, or whatever it happens to be, always however, without taking the manufactured will into consideration. The individual, ready to meditate, does not say, "now I will concentrate, I will do this and that", because, if the meditating individual involves his will in the meditation and the meditation concentration, then he will not be able to concentrate in any form. Consequently, this signifies that the individual must direct his senses toward something quite definite, whereupon he then concentrates. However, during this concentration no thought may be entertained because the concentration may consist only of absolute clarity of vision or clarity of reflection in clear attentiveness. This signifies that the individual must observe his concentration object by being completely void of thoughts. But this observation must ensue in such a manner that it corresponds to a clear observation, which points out to the meditating and concentrating individual the true quality of the concentration object.

SUMMARY

Consequently, meditation means: learning balance, learning clarity of vision and clarity of reflection, acquiring the ability to transmit spiritual consciousness into the spheres of the past and the future, acquisition of spiritual capabilities such as telepathy, telekinesis, etc..

All this ins only a small part of what can be attained by the individual through meditation and meditative, concentration. In truth, subsequently, everything still leads further toward and, indeed, finally, into infinity. The individual learns, through meditation, to read another person's thought, which means to receive thoughts telepathically. He learns to

send out thoughts telepathically, so that another person understands them even if he lives on another star, and if he is himself capable of telepathy. The individual also learns, through meditation, to use his spiritual energy whereby through telekinesis, things and objects are moved by purely spiritual energy directed by the will and thoughts, without the individual having to touch them with his hands at all or having to move them physically. Through meditation the individual, in time, is able to see into the future or into the past by travel of the spiritual consciousness, whereby he can find out about events which have happened already or, which will be happening, etc.. The meditation and the meditation concentration lead to this.

Basically the meditation and meditation-concentration is a way for the individual to first of all acquire concentration. But concentration does not mean that the individual intentionally concentrates on something with his thoughts, but that he simply builds up the basic will to do something in this respect. For example, to attain a goal, or simply to set a goal. but after the will has been set, the will itself has to be pushed aside. Then the concentration, which was approached through the will takes place. This means that anything, an object, etc., is taken into consideration as a point of concentration. Then this will be clear-sightedly observed in purest fashion, without spending a single thought on it and without any power of imagination. Consequently, one only uses pure observation without conceiving or thinking a thought, or without a thought taking its course, so that all is seen clearly and observed clearly, because during all of that only a purely concentrative clarity of vision and clarity of reflection may appear. Consequently, the will must be excluded during the entire process, because to concentrate does not mean to stubbornly endeavor to enforce the will by means of related thoughts, but it does mean to set an objective and to attain that objective by means of purely concentrative energy. The fixed goal, or simple the chosen object in question will then be observed and reflected upon in purest fashion, and only thereon one may and must commence.

Meditation, which is as a rule unfamiliar to the individual in the beginning, is the cause of great difficulties. The reason being that, as a rule, the individual is not accustomed to truly concentrating on something in a meditative form. Consequently, it is no child's play to learn the meditative concentration, but a very strict and serious endeavor. To learn meditative concentration, or a quite ordinary concentration in general, could demand a few weeks in one individual, however, in another it could only take a few days or many weeks or years, according to how he goes about his life and all his concepts, consequences, actions and thoughts. The beginning of a concentration is particularly difficult to learn, because always at the beginning of such exercises so called foreign thoughts appear. Such foreign thoughts, however, do not present a product, which appears from outside the individual, for these foreign thoughts correspond to the very personal thoughts of the exercising individual, because they have their source in his own world of ideas. These thought-forms are called foreign thoughts because they are not relevant in regard to the concentration one has to practice, thus, they are foreign as far as the concentration is concerned. Consequently, foreign thoughts, in general, do not have anything to do with the concentration. Always, at the beginning, these foreign thoughts automatically interfere with the concentration attempts, because the individual so far has not yet learned to actually and truly concentrate himself. When such thoughts appear, and that will happen automatically while learning concentration or meditative concentration, as every individual

endeavoring to acquaint himself with concentration suddenly finds out, then quite simple these foreign thoughts must be pushed aside, and the concentration exercise has to start all over again. Every individual just starting out will have this experience, namely, that during the concentrating exercise he quite suddenly realizes, that again he is giving way to some thought processes, which are not related to the matter at all.

There are various ways to learn meditation and meditative concentration. The simplest way, however, is via the respiration, whereby the individual learns to observe his respiration and to perceive it clearly. This meditative exercise, the breathing exercise, should be put into practice here, because it is actually the easiest for the meditation novice to learn. This meditative exercise concerns the individual concentrating on his own nose. From this it follows, the actual breathing exercise originates, not in itself, for example, it is not like the breathing exercises of the Yogas, however, but as a breathing exercise of concentration. Now, this exercise does not imply that the nose itself should be observed, but rather the breathing which is taking its course and is passing through the nose. Consequently, purely the workings of the breath will be observed: the inhalation, how the breath brushes against the sides of the nostrils and passes through, and how it gets exhaled again. If the individual concentratively inhales, then he notices the in-rushing breath brushing against the lower part of the side of the nostril and its passing through past the nostrils into the interior of the nose. Every individual, exercising for the first time, realizes right away, that the breath, when inhaled, brushed against the lower part of the side of the nostril, goes up along the entire side of the nostril, to come to an end at the top part of the side of the nostril. While exhaling, one notices the streaming out breath brushing first against the upper part of the side of the nostril, and the smooth gliding down of the breath along the side of the nostril to the lower end, to stop there. Consequently, the opposite process happens here, from that which takes place during inhalation. Consequently, this is the first concentrative observation which must be made by the individual who is just starting out. We are, simply and solely, dealing with a pure observation of the respiratory function concerning the side of the nostril without any conceptions. This is therefore a pure concentration exercise. Consequently, while performing this exercise one has only to employ pure observation. This is pure observation with a clear inner recognition and clear inner vision. This is also called creating a clear sight, without entertaining a thought. If foreign thoughts appear, then these must, quite simply, be pushed aside. As explained before, at the beginning, the penetration of foreign thoughts will be inevitable and will happen quite often, because every individual possesses a vital, material consciousness and material sub-consciousness, which as a rule, are not prepared for taking an active part in pure concentration. But, the individual has to bring this very important factor under his control, if he wants to exercise and practice meditatively. Consequently, the respective individual must now put across to the conscious and sub conscious forms, who the master of the situation and the will is. But this can never be accomplished if the practicing individual curses his material consciousness and his foreign thoughts, or, if he simply wants to order them to leave at once, because he does not want any part of them, and because he simply has something else to do now, etc. On the contrary, it is so, that the practicing individual, startled by his foreign thoughts, has to quite simply concentrate anew and fresh on his breathing exercise, respectively on his respiratory movements at the side of the nostril.

During the beginning of these respiration observation exercises the procedure of the respiratory movements appear to the meditation practicing individual in various forms, as for instance, a sensation may arise, that the breath at the side of the nostril has the delicate motion of a butterfly whose wings seesaw in a gentle flutter. To another it may appear that the sides of the nostril have the motion of the protective shell of a mussel opening and closing, while to other individuals different forms may appear in this respect, according to their own sentiments and abilities of comprehension.

If an individual, starting out at meditative concentration, should chance upon a true concentration at his first attempts, it suddenly appears to him, that he no longer feels his legs or feet, his hands or arms, or his ear or body. thereby, it can also happen that the whole body is no longer perceivable. But, if this is the case, the meditation practicing individual need not be alarmed, because such occurrences are absolutely natural. When it seems as if there is no longer a physical feeling or perception of the legs, feet are, hands, the chest, the head, the belly, or the whole body, then a certain depth of concentration has been reached. This can only happen, however, if foreign thoughts are no longer admitted. According to the concentration capability of the newly practicing individual, this can happen to him at the first meditative exercise, so that it suddenly seems to him that he can no longer noticeably control one foot or one leg, one arm of the chest etc. This comes from the individual having slipped into a true concentration, and consists of pure perception only, and he is no longer able to perceive his body. consequently, at this moment, the individual consists of perceptions only, which will be guided by the purely spiritual realm. Thinking does not exist for him anymore, but only perception, a realization in perceptive form, a clarity of recognition, clarity of vision, and clarity of observation.

Consequently, the individual in this condition is truly in the state of concentration, in the meditative concentration. A meditation, therefore, which was called forth aiming at something very special.

If the individual has once achieved a certain technique of concentration, he then can begin with visualization. This means, that he is able to see into the past or future via the concentration, and is then able to conceive and grasp either detached, or like in a motion picture, a series of connected images. While the meditation is making progress, the appearing images arrange themselves, at first only slowly and detached, then more and more connected, so that consecutive actions ensue. To reach this depth of concentration is, however, not an easy task, but is connected with a lot of effort and expenditure of time, since it could take many months or even years to obtain this depth.

In time, the meditating individual learns to link together entirely the images and events which he viewed into a logical sequence, so that a logical sense ensues out of it all for him. But it does not mean that, when the individual reaches this concentrative depth, he should stop his exercise or should discontinue it to some extent. Exactly the opposite, only now the actual moment comes where the individual must, more than ever, devote himself to meditative exercises, if he wants to achieve further successes of a more profound nature. This also means that the individual when done with his regular daily or weekly meditative exercise, also must extend these exercises to when he lies down to sleep. That means that, after going to bed, a quarter of an hour must be spent on an additional meditative exercise

before the individual may surrender to actual sleep. This meditative exercise should be the essential one, and also the last thing before the individual sets about going to sleep. If sleep then overpowers the tired body, this does not make any difference. It really means nothing at all, if the individual drifts simply into sleep, while this before going to sleep meditative exercise takes place. It happens in this case, that after falling asleep, the meditative exercise will be carried on in a semi-waking state, so that it finds its continuation and its completion despite the sleep.

Only in a center specifically designated for this purpose, which was constructed according to exact prerequisites and for the sole function of serving this purpose, may one not fall asleep. The situation is of a totally different nature in such a center, than when the individual retires to bed for rest and sleep.

THE TIME DURING MEDITATION

The time during meditation exercises passes unusually fast. If the individual engages in meditative exercises, then the time flies so fast that after fifteen or thirty minutes or even a whole hour has slipped by, he feels only a few minutes have passed. For this reason it is necessary to have someone watch the time used for meditation, provided the meditative exercise is carried out in such a specifically designated center, so that the individual who is practicing a meditative exercise can be brought out of his meditative exercise at a definite and stipulated time. The reason being that the meditative practicing individual is unable to control the time on his own, but will only be capable of doing so after practicing for a long time. But this can require many years, before he is able to truly exercise time control.

Concerning meditative exercises before falling asleep in bed after a day's work, time does not make any difference at all. Through sleep, the meditative concentration fades out, whereby the individual drifts into his usual sleep and comes out of it again awaking quite normally.

The individual goes to bed to sleep. The meditatively practicing individual, however, links his falling asleep with his meditative exercise, which to a certain degree continues after falling asleep to be dissolved only by a deep sleep. In semi-sleep or sleep, the individual in accordance with his consciousness, concentrates and works more on a higher level as this can be the case in his waking state. This conscious work and concentration rises steadily to a higher level in relation to how much the individual learns, and gradually, many things will come easier to him and enable him to grasp them more readily. Through the meditative exercise the individual also creates peace in himself, which he does not have to gain by force, as is customarily the case in life's daily stress. Through the meditative exercises, the individual automatically appropriates this peace for himself, out of which he creates a balance, which in turn facilitates finding better concentration. All this then also helps him to reach a level at which he begins to have everything much easier and to learn everything much easier, and also at which he can digest and process everything easier.

***THE MEDITATION CENTER, ITS FUNCTION,
RESULTS DERIVING THEREFROM, AND
FURTHER EXPLANATIONS PERTAINING THERETO***

A true meditation center consists of a pyramid, which is built according to very specific and very precise measurements. The exterior casing of this pyramid has to be covered with a very specific metal, while the interior walls can consist of any favorite material, as long as it is free of any kind of metal. There is a lounge in the lower first third of the pyramid, exactly positioned from south to north, and at a determined height measured exactly to the centimeter. Such a center-pyramid must always have only one entrance from below, thus a further room must be located beneath the actual pyramid. Through the exterior metallic outer layer of the pyramid no forces whatsoever can penetrate from the outside, except the cosmic-electrical energy which sustains every form of life. For a truly meditative concentration, such center-pyramid presents a Faraday cage of high protection against any outside force. The cosmic-electrical energy of life, which was just mentioned, displays a beautiful bluish color, which, however, normally cannot be seen by people. Only certain circumstances, as for instance meditative concentration, enable the individual to see the cosmic-electrical life energy. This is a rarity, however. This energy form on the other hand is the only force which is able to penetrate everything, thus also the screening of every center pyramid. Now, if we talk about no forces whatsoever being able to penetrate from the outside through the pyramid's screen except the cosmic electrical energy of life, then only energetic forces are meant, exclusively. But noises, sound waves etc. are also able to penetrate such a center pyramid, the penetrating sound intensity is determined by the pyramid's soundproofing. but, contrary to the forces from outside the pyramid, all forces from inside the pyramid are able to penetrate to the outside, power-of-thought and the vibrations of the meditating individual, etc. When the meditating individual is inside the pyramid and his power of thought and of vibration etc. touch on an object somewhere outside the pyramid, which is able to give off an echo, then these reverberations are not able to penetrate the center pyramid, because the exterior metal protective covering will deflect them and cast them off. For that reason it will never be possible for any negative forces coming from outside of the pyramid to come in contact with and influence the individual, who is meditating inside the pyramid. Inside the pyramid, the quite definite and altered passage of time, creates another coat of protection besides the protective metallic cover. It would be too much to explain this. The fact is, however, that this altered passage of time within the pyramid influences the meditating individual, so that for him, in comparison to the outer world, a time slowdown ensues, so that he, according to his own efforts at evolution and his level of evolution regarding each meditative exercise, will be associated in the pyramid, from the flow of time of the so called present, for seconds or minutes, which means, that during this time his age is coming to a standstill. This occurrence, however, cannot be forced to increase endlessly, and the maximum for such rejuvenation is limited to a few years per life only. but nevertheless, it is a few years.

In contrast to these meditative exercises in an appropriate center pyramid, where all forces and vibrations from the outside will be screened and absorbed, the individual does not find these protective measures when meditating at home or somewhere else, where he is exposed

to all forces and vibrations, etc. of his total environment, as well as to all the forces and vibrations of all the people.

In the lower first third of a center pyramid, built especially for meditative exercises, a lounge is at hand around which the shielding and absorbing walls of the pyramid are arranged. And as it was explained, no forces and no vibrations can penetrate this screening. At home, as already explained, one has to be totally and clearly aware of the fact that when one lies in bed and does one's exercises, one is surrounded by forces and vibrations of many people who are not able to control their thoughts and energies, and who are transmitting their thoughts, which are constructed of vibrations, which thus, full force, make contact with the meditating individual. With the pyramid it is exactly the opposite, there the meditating individual is protected, when he carries out his exercises.

The room below the pyramid corresponds in certain forms to the pyramid itself. That means, that also from this room the thought and vibration transmissions have access to the outside, while no forces and vibrations whatsoever can penetrate from the outside. This form of protection, however, is not as well fortified as in the pyramid itself, because, as rule, this protection is only a radiation from the pyramid screening which extends a certain shielding to the room below. This weaker screening can be corrected, however, by also lining the lower level walls with a metallic covering suitable for this purpose. Such screening for the lower room of the pyramid, however, is not necessary, because the protection from the pyramid, from above is fully sufficient, even if it is weaker. The room, located below the pyramid, really presents a passage way only and, therefore is of less importance. The room serves only as a dressing room and passage way.

Within the pyramid itself, the individual finds a situation, which radiates absolute peacefulness and constitutes absolute peacefulness. For this reason one has to be aware of the fact that everything that happens and is taking place inside the pyramid presents itself so much more intensively than it would outside the pyramid. Therefore, if the individual fosters a thought inside the pyramid, the effect of its expression will be more intense and concentrated than he is normally use to in his daily environment. Consequently, everything else will also be expressed so much more intensely. For that reason it is essential that the meditating individual does not turn any thoughts over in his mind, which he, furthermore, might also couple with images of ideals. Consequently, this means that the individual has to remember to eliminate all his thoughts, if he wants to conduct his meditative exercises inside the pyramid. If the individual starts to chase after a thought, then he will get tangled up in additional thought forms, which incessantly continue and practically do not come to a halt. Therefore, turning off all thoughts is the first law when entering the pyramid. Accordingly, no thoughts may be fostered and no wish dreams may be cultivated, because immense forces are concentrated inside the pyramid, and everything which is thought or wished for, has a manifold intensification. Inside the pyramid, thoughts and wish dreams will grow into something superdimensional, if the individual creates fantasies or even only thoughts or something similar.

In fact, through meditative concentration, the individual is able to achieve anything, everything he desires. To be able to do so, however, it is necessary for the individual to first learn the meditative concentration and the meditation in general, with all its underlying

principles and all possible consequences, before he can intentionally aspire to and obtain goals of any kind. This is, on the whole, the fundamental law of meditation and meditative concentration. If the individual violates this law, he could unleash a catastrophe, or, in a less severe situation, merely cause damage or suffering from the consequences for the rest of his life. Because of the almost frightful intensification of energies inside the pyramid, the most moderate occurrence of disregarding this law could, under certain circumstances, result in a shock, which could cause damage to the individual's psyche and is almost impossible to correct. For that reason, it is urgently recommended, to pay attention to this basic law, and never to boldly aspire to any goal before, within a standard framework the meditation and the meditative concentration are mastered.

There is really no reason for anxiety and fear, if the fundamental law of the meditation is followed. As soon as an individual enters the interior of the pyramid he has to relinquish any daily problems he might be carrying around with him, and he must not think about them anymore. These or other problems have to be simply problems, which, consequently however, have to remain as such. These absolutely must be pushed aside, because any problem which is taken into the pyramid, is detrimental to the exercise, and, under certain circumstances, even extremely dangerous. Such problems produce foreign thoughts which do not let the individual concentrate, because these foreign thoughts, which are not meditation related, proceed more intensively and pound the individuals mind as concentrations itself.

This ends the lessons of meditation as written by Billy. I hope you find them useful in your search for your own truth and growth.

Thanks again for your interest

Randolph Winters

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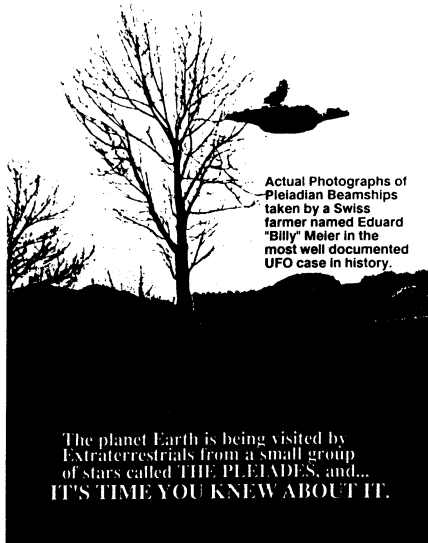
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W201 THE PLEIADIAN MISSION

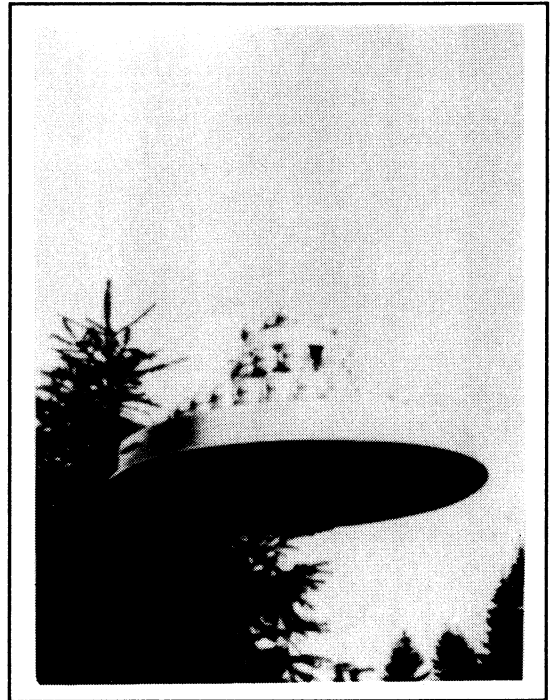
Pleiadian Life styles. Their homes, schools, government and economic structure. Billy's travels with Asket through time to the 16th century and the year 32. Beamship travel between the stars and the propulsion systems they use. HYPER-SPACE travel and its connection to the origin of the Universe and the concept we call "TIME". The BERMUDA TRIANGLE, what caused the disappearances. The DESTROYER COMET that brought us VENUS and our MOON.

W202 A CHRONOLOGY OF EARTH HISTORY

A Chronology of Extraterrestrial colonizations dating back 22 million years. Ancient Lyra, the home of Human Life and how it is connected to our current civilization. Milona, the 4th planet of our Solar System that was destroyed by war. ATLANTIS & MU, who built them and how did their civilizations come to an end. SEMJASA, the ancient scientist who created ADAM.

W203 LIFE FORMS IN OUR GALAXY AND BEYOND.

Billy takes a trip with the Pleiadians and is allowed to visit their MOTHER SHIP in orbit in our solar system. A trip to other Galaxies to see - human life on other worlds - Planets with Primitive Life Forms - Black Holes plus an entire galaxy destroyed by war. Taking pictures of the alien "Asket" who was Billy's teacher when he was young. Other Universes that exist outside of our own. Taking pictures of beings who have evolved into materially low density bodies called LIGHT beings and exist in Collective Consciousness. Understanding the development of human life in our galaxy.



W204 THE LAWS OF CREATION

An explanation of how the Universe was formed beginning with the original spiritual energy that started it, and how TIME works into it. FLORA, FAUNA and finally the spirit forms of man and his role within CREATION. The logic of what re-incarnation is and the role it plays in the spiritual growth. A practical and useful explanation of what spiritual evolvement is and how to attain it. The life span of our Universe and the energies within it.

W205 JIMMANUEL (JESUS CHRIST AND THE CONCEPT OF GOD)

JIMMANUEL the man, known as JESUS CHRIST. Who was he and what did he really teach? Billy was allowed to travel back in time to the year 32 and talk with JIMMANUEL about his mission and how it relates to our future. From the book called the TALMUD JIMMANUEL (the original writings of Jimmanuel), a discussion of the story of Easter. Was Jesus really the son of god? The Pleiadian concept of gods, and their cognitions of Creation.

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