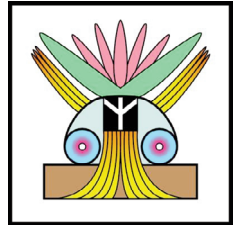




FIGU-LANDESGRUPPE CANADA NEWSLETTER

OFFICIAL NEWSLETTER OF THE FIGU CANADA NATIONAL GROUP / FLCA

#44 / March 2026 ca.figu.org / figu.org



LATEST INFORMATION FROM FIGU / SSSC

DIRECTIVE TO ALL FIGU GROUPS REGARDING THE USE OF ARTIFICIAL INTELLIGENCE / AI AS RECOMMENDED BY THE PLEJAREN

Kerngruppe der 49 / SSSC Hinterschmidrüti / February 7, 2026

The following directive was issued to FIGU Groups worldwide in February of 2026.

As Christian Frehner said: "...the AI information is valid regarding use in FIGU matters and within the FIGU organisation, but we will not make rules for the private realm, even when there may be some benefit if the information is used/applied in private, too."

Dear members of the FIGU Landesgruppen, FIGU Studiengruppen and FIGU Interessengruppen für Missionswissen,

In light of current events, we are compelled to issue a binding directive for all FIGU groups:

It is strictly forbidden that FIGU groups or the members of FIGU groups are producing AI-generated Videos or other things in which pictures of persons or FIGU material is/are created or edited and/or changed by using AI. This encompasses texts as well as pictures and existing videos.

AI-created videos or pictures may not be published under the FIGU name or in connection with FIGU on the websites of FIGU groups or on YouTube or other platforms or in social media like Facebook or Instagram, etc.

Reasoning: Recommended by the Plejaren Gremium [committee] and also in light of the already given and used possibilities, which are generated through AI, it cannot be responsible (acceptable) for FIGU as a society or (for) its active members to concern themselves in such a wise with AI, that it is used for the dissemination of the Creation-energy teaching.

The opportunities/capabilities for falsification as well as for deliberate and purposeful deception and cheating are already comprehensive to such an extent that there cannot be differentiated anymore between reality and fiction, what in no wise can be harmonised (brought into agreement) with FIGU's principles, which are based on facts and truth.

[Translation: CF based on use of 100% organic brain cell power]

INSTRUCTIONS FROM SSSC REGARDING TRANSLATIONS INTO FOREIGN LANGUAGES

Semjase-Silver-Star-Center / January 20, 2026

When translating into foreign languages, care must be taken to translate as closely as possible to the original German, even if this means using words and terms in the foreign language that are no longer in everyday use or have sometimes even been largely forgotten. Translating in this wise is not only conscientious and correct, but also enriches the foreign language

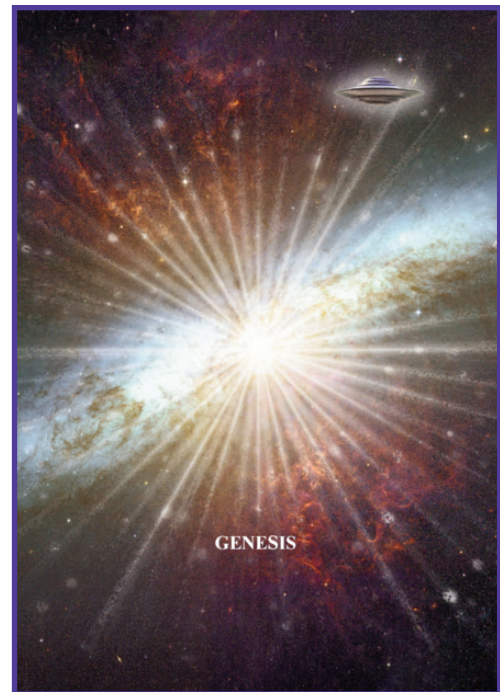
FLCA PUBLISHING UPDATE: "GENESIS"

(Creation-Genesis)

Transmitted by the pure Creation-energy level of the PETALE (= The Crown of the Creation)

EXPECTED RELEASE DATE: MAY 2026

THE FIRST ENGLISH-GERMAN HARDCOVER EDITION OF "GENESIS"
BY "BILLY" EDUARD ALBERT MEIER [BEAM]



We would like to thank all of our donors/supporters and the worldwide FIGU Community for your patience with the long-awaited publishing of "Genesis" by Billy.

Genesis is expected to be available from the FLCA Online Shop by May 2026:

<https://ca.figu.org/shop.html>

Please visit the FLCA site for the latest information regarding availability.

INSTRUCTIONS FROM SSSC REGARDING TRANSLATIONS...continues

by recalling and refreshing old and/or forgotten words and terms. Good language skills are the be-all and end-all of any communication. It may be convenient to use colloquial language, but it also impoverishes language and thus impoverishes thought.

For this very reason, Billy deliberately uses old and sometimes obsolete words and terms, as well as grammatical constructions and tenses that are no longer familiar to us, because he wants to stimulate our thinking – and he succeeds in doing so. The use of translation programmes such as Google Translate, DeepL Translate or Pons Translation etc. is permitted with the proviso that these automatic translations – which are improving all the time for everyday use and business translations – are carefully and meticulously checked and corrected against the German text in order to preserve the meaning and message of Billy's original as faithfully and accurately as possible.

Consulting Google statistics when translating Billy's works in order to replace old and no longer commonly used words with new and colloquial ones is prohibited and shows that such translators/proofreaders do not shy away from diluting and thus distorting the statements and content of Billy's writings, which leads to the conclusion that they neither understand nor reflect on the content of the writings.

INFORMATION REGARDING THE PEACE MEDITATION / UPDATE

Kerngruppe der 49 / SSSC Hinterschmidrüti / February 7, 2026

In a video on YouTube by Michael Voigtlander, Billy explained that the Plejaren have stopped participating in the Peace Meditation (PM) years ago. From various sides this has led to the question whether the PM shall continue to be practised in FIGU groups and whether it is still useful at all.

What can be said is that the Kerngruppe der 49, continues to reliably practise the PM during the given schedule, and therefore based on the following reason:

To attain an enduring and true peace on our Earth basically is the sole task and issue of the Earth-human beings themselves. Even when the Plejaren have initiated and participated in the beginning, in order to support us and to lay a positive cornerstone, they did not do this "to do the work" for us and to relieve us from our own initiative and responsibility. Since, initially, the achievements regarding the PM were there, but were not sustainable to such a degree as the Plejaren had hoped for, they retracted themselves from it. Therefore, for quite some time, it is in our own responsibility to continue with consequently performing the PM, with the objective to oppose the negative energy block, which encompasses Earth, by using its (the PM's) neutral swinging-waves and energies as a positive - but still weak - antipole. It is important to perpetuate the PM and to try to find more participants for it, even when through the development and expansion of a positive peace-block no fundamental, fast changes are achieved, but when in the long run at least certain consequences can be somewhat mitigated, even if this seems minimal for the time being.

Peace Meditation update (bei / at 32 min. 18 sec.):

https://youtu.be/i_THEicrUM?si=SNRiGQGmBDTjEJCA

THE 'RADAR' OF OUR CREATION-LIFE-ENERGY

by Michael Uyttebroek / Tiny, ON / March 14, 2026

Having read and reread Contact Report 919 it is very important to understand that there is a process that occurs whereby the Creation-life-energy gathers knowledge, that is useful for the evolution of the respective material consciousness, from throughout the cosmos. This means that, based on the consciousness level of the respective material consciousness, certain evolutive knowledge-based impulses are picked up by the Creation-life-energy so that the respective material consciousness is able to utilise these by consciously further processing this information and thereby further adding to the pool of evolutive impulses stored throughout the cosmos. Billy states that this gathering of evolutive impulses from the knowledge that is stored throughout the cosmos, that is replenished by the evolutive thinking of human beings, occurs through the unconsciousness of the Creation-life-energy. This knowledge is then passed onto the subconsciousness of the respective human being and then released consciously to be further elaborated upon. This means that the gathering of impulses is frequency dependent on the respective human being's material consciousness evolution level and that this is a determining factor of what is useful for the evolution and what is not.

Every human being that is capable of evolutive thinking, sends out evolutive information into the endless storage of impulses in the cosmos, which as a result, furthers the evolution progress of human beings or all Wesenheiten capable of conscious consciousness-evolution when these, as a result of their consciousness level, have the impulses picked up by the unconsciousness of their respective Creation-life-energy.

In conclusion, it is really impossible to verify this information but it does make sense that evolution needs to occur and that an efficient transfer of information, even if it is occurring subconsciously, at least at first, with the 5 second rule then coming into play later...

Anyway, let's focus on being at peace with ourselves and others, happy, healthy, aware, free and everything else that contributes to a fulfilling life in consonance with love.

LIVING THE TEACHING

by Daniel Cooper / Yukon / December 2025

When one considers the teaching, it is so all encompassing and covers virtually all of life's subjects. It is easy to get immersed in the many topics covered within and even though one can benefit hugely from its many benefits, one must be careful to not let it take over one's life. It should be used as a tool to enhance what you are already trying to excel at in life. For example among the many topics covered within the contact reports and so forth, when you look at all the times Billy and Ptaah etc. talk about the importance of learning music and its many angles, one must remember that just reading about the topic there will not make you a musician. At no point in any of the material does it cover how to play the piano, saxophone or violin. If I handed my saxophone over to Billy, he would have no clue what to do with it regardless of his great knowledge. This is where it can be said that merely reading the teaching is not living it. If you want to truly learn about music, you have to go find music teachers outside of the FIGU community and take years of courses and work very hard at learning all the skills necessary to be a good musician. The FIGU material can merely point you in a good direction, but it is up to you to make it happen and that requires a lot more than anything you'll ever find in the FIGU material. It doesn't even scratch the surface.

This can be said about all other aspects and topics that are covered in the teaching as well. Living it goes far beyond the material within FIGU. Yes it can point the way, but that's it. It's a sign post on a long road up a treacherous mountain full of valleys and rivers to cross. Saying you know a lot about music because of what you read in the contact reports is a horrendous misappropriation of the truth. The truth is, you would still know absolutely nothing about it. I've been seriously studying music my entire life and I feel like I still know very little about it. To say that I know so much about it because of what I read about in the contact reports would be a downright lie. If that's all I had to go on, it would be a good start, but I would still be nothing more than a fool. It took me a lifetime to learn one single instrument. How many lifetimes would it take to learn the other instruments? Even Mozart was proficient mainly at the violin and piano. Though he had the ability to compose for many instruments, he wouldn't have the time in his 35 short years of life to learn them all.

There is a huge difference between reading the answers at the end of a math book compared to working out the problems yourself and working out the solutions yourself. The contacts are a bit like an answer key, and though that can serve a wonderful purpose, it cannot do the work for us. We must slowly come to understand all the nuances of why many truths are true. It is not enough to have the answers. We must learn to understand why they are the answers. That takes a million lifetimes of arduous work to sort out.

There is enormous arrogance in many FIGU people who though they have a wonderful teaching in their hands, misuse it and misunderstand it so thoroughly as to actually think that they now have all of that wisdom within the teaching at their command. If you don't know how to play a musical instrument, then you don't know it. And if you think that learning a musical instrument is pointless, then you know it even less. As it states in the teaching, the musical intelligence is one of the most important intelligences you can develop as a human being within your lifetime. But do I see most FIGU people taking that on? Certainly not. Not even close. So far in most cases I see very feeble attempts to understand what is said in that statement. And that is just one statement among thousands of statements in the teaching. Many (if not most) I am also unaware of. But I use it to illustrate a crucial point.

To know something in the teaching requires a lot more than reading the teaching. It requires dedicated research outside of FIGU circles out in the real world. I have seen no one who would be qualified to teach me the saxophone with the FIGU community. Not one human being. Not even Billy. And so this should be useful in outlining the key difference between reading a statement in the teaching and actually living it. The conversations within the FIGU community that I've had about music have been almost non-existent and shallow at best, filled with very unskilled human beings in the art form. The best musicians I have met in my lifetime have had nothing whatsoever to do with FIGU. I learned music from people far more skilled than myself in the art form since I was a child long before finding FIGU and I dedicated my life to it.

This should also outline the fact that we should not dismiss the amazing value that people outside the community have to add to our lives. As those seeking the truth, we have to always be on the lookout for knowledge wherever we may find it. There is great knowledge on how to play the saxophone, but not one word of it is within FIGU's material. And if you want to learn anything that is talked about in the teaching, from topics that range from health to myriad sciences and so forth, then yes you can benefit hugely from the teaching, but it should be used to enhance what you are already studying, not take over your life and detach you from your interests. We can't dedicate ourselves to every topic in our short lifetimes, but we can also not appreciate their depth if all we do is read about them in a book. It's not remotely the same as learning to play beautiful music out of an actual instrument.

Get real. Literally. Get real with the teaching. Live your life and get out there and be the most attentive explorer and student you can be. Dedicate your life to learning something that means a lot to you. If you truly think you know it all just from reading the teaching, you're not fooling anybody.

ANOTHER LOOK AT POSITIVITY FROM “WIE DER MENSCH DENKT, SO GESTALTET ER SEIN LEBEN”

Translation: Catherine Mossman / Tiny, ON / March 12, 2026



Wie der Mensch denkt, so gestaltet er sein Leben.

(The writings in this book were done when Billy Meier was between the ages of 10 and 12 years old. This book of the collected writings was published in 2024.)

In the following short extract from this book (found on pages 165-166) we find food for thought regarding our duty to harness and cultivate our thoughts. In order to reach life objectives we need to persevere in aligning ourselves towards that which we wish to reach, and not let ourselves be easily thrown off track:

The human being has the duty to create energies and powers of the positive kind in his/her thoughts, and consequently he/she should direct all of his/her legitimate senses towards finding and fulfilling them.

Der Mensch hat die zu erfüllende Pflicht, in seinen Gedanken Energien und Kräfte des Positiven zu erschaffen, folglich er all seine legitimen Sinne darauf ausrichten, finden und erfüllen soll.

He/she should make their human positive sense the central point of their thoughts, in order to make himself/herself the mental ideal and epicentre of their lives and existence.

Er soll seinen menschlichen positiven Sinn um zentralen Punkt seiner Gedanken machen, um sich selbst zum mentalen Ideal und Mittelpunkt seines Lebens und Daseins zu machen.

He/she should correctly align himself/herself, according to his/her actual and momentary disposition.

Er soll sich richtig ausrichten auf sich selbst, je gemäss sei-

nem eigentlich und momentanen Naturell.

But whatever it is, he/she always has his/her thoughts aligned with the actual Ziel [culmination point], that he/she has set and targeted.

Doch was es auch immer ist, er hat immer seine Gedanken auf das eigentliche Ziel auszurichten, das er sich gesetzt hat und anstrebt.

And he/she should constantly aspire to this and be vigilant, as he/she should also make it their duty and dedicate himself/herself to it, so that he/she achieves their Ziel.

Und dies hat er ständig anzustreben und wachsam zu sein, wie er sich all das auch zur Pflicht machen und sich dieser widmen soll, dass er sein Ziel erreicht.

The human being cannot and should not allow their thoughts to stray into fleeting whims and desires, as well as into wishes and fantasies, and fall prey to them.

Der Mensch kann und soll seinen Gedanken nicht erlauben, in flüchtige Marotten und Sehnsüchte, wie auch in Wünsche und Vorstellungen abzuschweifen und diesen zu verfallen.

He/she has to make the whole thing their own, as the royal road to self-control, and indeed in full and true concentration of thought, without any deviations caused by ‘stick-in-the-spokes’ influences of any kind.

Er hat sich das Ganze selbst als Königsweg zu Selbstkontrolle zu machen, und zwar in voller und wahrer Gedankenkonzentration, ohne irgendwelche Abweichungen durch dazwischenfunkende Einflüsse egal welcher Art.

Even then, if the human being repeatedly fails with the achievement of his/her Ziele [culmination points], if he/she does not concentrate enough or is intentionally or unintentionally disturbed in pursuing his/her life Ziele – which sometimes really happens out of necessity and cannot be prevented – their own unpleasant weaknesses can still be overcome with good and sufficient self-initiative.

Selbst dann, wenn der Mensch immer wieder bei der Erreichung seiner Ziele versagt, wenn er sich nicht genug darauf konzentriert oder absichtlich oder unabsichtlich beim Anstreben seines Lebenszieles gestört wird – was manchmal wirklich notwendigerweise geschieht und nicht verhindert werden kann -, können trotzdem bei guter und genügender Selbstinitiative die eigenen unerfreulichen Schwächen besiegt werden.

To that end, the built-up character strengths contribute to this, which form the benchmark of true success, which alone build the future strength of the real triumph and also form an absolutely new starting point for a further progress to the next goal and its achievement.

Dazu tragen dann die aufgebauten Charakterstärken bei, die den Maßstab des wahren Erfolges bilden, die allein die künftige Stärke des wirklichen Triumphes bilden und auch einen absolut neuen Ausgangspunkt für ein Weitervoran-schreiten zum nächsten Ziel und dessen Erreichung formen.

Note: This is an unofficial translation and contains errors due to the insurmountable language differences between German and English.

THE BAOBAB TREE AND ITS FRUIT

by Patrice Gallant / Sudbury, ON / January 10, 2026



images by courtesy of pexels

THE BAOBAB TREE

In the latest release of a very interesting interview of Billy by Michael Voigtlaender, released on May 11th 2025, regarding information about Arahath Athersata. The information that was provided made me go, "what?"; that information was about the Atlantis continent. Billy mentioned that Madagascar is a remnant of the Atlantis continent. I was so shocked. My partner is from there. I said, is there a way one can try to identify if that information is true? I started to ponder what evidence can identify if that continent is really from Atlantis? Then I thought, only nature could provide such evidence, as it endures. Then I thought, the soil and the trees.

In Madagascar, there is a special tree called the Baobab. I found these trees, very odd, as if planted upside down. It is LIKE A TREE. Thereafter in a monthly meeting, The "Secret of Atlantis" book could be researched. It is a book by Otto Muck, who, the Plejaren mentioned that he was from Atlantis. Then I joined the 2 together: the book and this Baobab tree, which is a natural tree of Madagascar. Then I started to search to see if Otto Muck, said anything about it. In my research, I did not find anything on the Baobab. Then I started to ponder further. If the information of Billy is correct, then there must be something about the natural world of Atlantis. On this, taken from the book "The Secret of Atlantis", Plato must have said "and the fruit that grows, like a tree and provides drinks, food and oil for anointing". Then I realised that that could very well be the Baobab tree.



The fruit of the Baobab is chalky, powdery, and full of vitamins c, vitamins b6, and other such as niacin, calcium, potassium, magnesium, iron. It has a citrus-like taste comparable to a mix of grapefruit, pear and vanilla all together. Its shell is woody and is covered by fuzzy brown hair. The Baobab fruit seeds are nutritious and contain

oil, phosphorous, vitamins a & e, fibres, calcium, magnesium, protein and amino acid lysine. The oil extracted from the seeds, is valued in cosmetics for their moisturizing effect and particularly for treating dry skin, acne, psoriasis and eczema but as well can be found in soap making. Perhaps in the old times, the oil was used for anointing. The remains of these seed, can also serve for animal feed. To this end, is the Baobab tree from Madagascar a remnant of Atlantis?



THE FRUIT SEEDS OF THE BAOBAB TREE

There are also other clues that Madagascar brings like for example: the plantation of cinnamon, the aroma of which, can be detected from kilometres around. Also there are over 1000 varieties of orchids (it is the world's most important centre) in Madagascar which is mentioned in the book as "...In this symphony in green, the orchids arose as coloured spots, bright..". There are also varieties of fruit trees like the coconut tree, lychee, soursop, oranges, mangoes, pineapples, banana, melon, plum, apricot, apple, and all have their proper season for it. To me, Madagascar looks very much like a remnant of Atlantis.

NEVER TOO OLD TO LEARN

by Michael Uyttbroek / Tiny, ON / March 16, 2026

I visit my mother every other day. She is residing in a long-term care facility. As part of my meaningful time spent with her I have slowly introduced concepts and realities that few people have thought about. Initially it started with word search puzzles that I created for her, knowing that she had an interest in words and writing. I would use words that were of a positive nature like harmony, freedom, peace, love, joy, nature, etc. I would create these puzzles using very large text boxes, for example a 7 x 7 table printed on a standard letter sized sheet, and then I would fill these words in with a marker, backwards, forward, horizontal, vertical.

I need to mention that she is 96 and her eyesight and hearing are failing. Nevertheless, while we are still alive, there is an opportunity to learn, and that is what she continues to do.

Later I progressed to bringing in a sketch book, initially for writing basic communication questions but then I got the great idea of introducing her to the Creation-energy-teaching. I would write just 1 sentence on a large sheet of paper and watch how she responded. One of the first sentences that elicited a form of curiosity, amazement and interest was:

- THE CREATION-LIFE-ENERGY SURVIVES DEATH AND CONTINUES TO EVOLVE THROUGH NEW PERSONALITIES

Of course, a sentence like this would need much more explaining, but the idea that within her was this energy that did not die ignited her interest.

Here are examples of lines that we review and add to from time to time or further explain, but first I must say, that I check in with her to see if she is interested in this material. These are all written in upper case block letters. Each bullet point is a new page:

- WITHIN YOU THERE IS A UNIQUE "CREATION-LIFE-ENERGY"
- THIS CREATION-LIFE-ENERGY NEVER DIES
- THE BODY IS A TEMPORARY HOME FOR THE CREATION-LIFE-ENERGY
- THROUGH THE MATERIAL LIFE THE CREATION-LIFE-ENERGY GATHERS KNOWLEDGE
- THROUGH THIS STORED KNOWLEDGE FROM ALL PREVIOUS LIVES, IT GAINS MORE AND MORE POWER
- THE CREATION-LIFE-ENERGY SURVIVES DEATH AND CONTINUES TO EVOLVE THROUGH NEW PERSONALITIES
- EVENTUALLY THE CREATION-LIFE-ENERGY ENTERS INTO CREATION
- THIS IS HOW THE CREATION EVOLVES

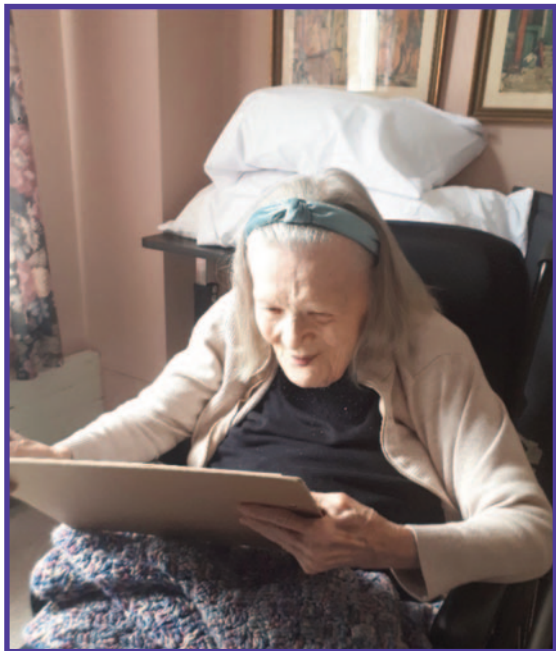
Naturally, Creation would need to be explained:

- THE CREATION IS WHAT CREATES EVERYTHING, THE NATURE [for example]
- THE CREATION CREATES GALAXIES, PLANTS, ALL OF NATURE, EVERYTHING
- THE CREATION HAS AN UNLIMITED EVOLUTION
- ALL EVOLUTION IS ENDLESS, WE ARE ALL PART OF THAT PROCESS
- THAT IS THE PURPOSE OF ALL EXISTENCE...TO EVOLVE

As anyone can imagine there are countless one-liners that one could produce. This is simply a small example of the many pages that I have written. Just recently, there was some confusion that arose concerning the personality surviving death so I wrote the following 3 sentences:

- CREATION-LIFE-ENERGY IS NOT THE SAME AS THE PERSONALITY. IT IS ENERGY AND DOES NOT DIE.
- WHEN WE DIE OUR PERSONALITY IS DISSOLVED AND CREATION-LIFE-ENERGY CREATES A NEW PERSONALITY
- THE NEW PERSONALITY WILL CONTINUE TO EVOLVE AND LEARN NEW THINGS, NOT BURDENED BY THE PAST PERSONALITIES

This is a satisfying experience for the both of us and is an opportunity to review and to share our time together in a meaningful way beyond the small talk.



MARIELLE, MICHAEL'S MOM (96)

THE PEACE MEDITATION / UPDATE 2026

by Christian Frehner / March 2026

Note: We recommend viewing the Youtube videos [turn on subtitles for English] listed here for your quick reference to the Peace Meditation information.

Correct pronunciation (bei / at 19 min. 42 sec.):

<https://www.youtube.com/watch?v=EohNrNZzb-c&t=11s>

Peace Meditation update (bei / at 32 min. 18 sec.):

https://youtu.be/i_THEiclrUM?si=SNRiGQGmBDTjEJCA**Die Friedensmeditation**

von Christian Frehner, Schweiz

Salome gam nan ben urda,

Friede sei auf der Erde,

gan njber asala hesporona!

und unter allen Geschöpfen!

The Peace Meditation

by Christian Frehner, Switzerland

Salome gam nan ben urda,

Peace be on the Earth,

gan njber asala hesporona!

and among all created-creations!

Einleitung

Im Frühjahr 1984 begannen die FIGU-Mitglieder in der Schweiz mit der sogenannten FRIEDENSMEDITATION. Von unseren ausserirdischen Freunden, den Plejaren organisiert, sollte diese Friedensmeditation (FM) Bezüglich der Zukunft der Erdenmenschheit eine Wende zum Besseren herbeiführen. Funktionieren sollte dies, indem durch das Aussenden kraftvoller und logischer Impulse ein Gegenpol zu jenem negativen «Kraftfeld» aufgebaut wird, das die Erde wie eine Glocke umhüllt und das die Menschen sowie die ganze Natur beeinflusst. Dieses negative Kraftfeld wurde (resp. wird) über Jahrhunderte hinweg durch ein religiös-sektiererisches, extremistisches und ausgeartetes Denken der Menschen aufgebaut. - Die Idee war also, mittels Hilfe von mehr als 3,5 Milliarden Menschen der Plejarischen Föderation via einer hoch über dem Semjase Silver Star Center (SSSC) schwebenden Telemeterscheibe und mittels anderer Einrichtungen kraftvolle «Gegenimpulse» auf der Erde auszusenden - mit offensichtlichem Erfolg, wie sich inzwischen herausgestellt hat. Diesbezüglich sollen die 4 weiter unten aufgeführten Auszüge aus Kontaktgesprächen mit Ptaah resp. Semjase Begründungen und Hintergrundinformation liefern.

Da die Erdenmenschheit in erster Linie für den eigenen Zustand sowie auch für jenen des Planeten im Guten wie auch im Schlechten selbst verantwortlich ist und demgemäss auch für eine Heilung, ergeht hiermit der Aufruf an alle vernunftbegabten und verantwortungsbewussten Menschen, sich an der FM der FIGU zu beteiligen. Je mehr Menschen sich mit engagieren, desto grösser und machtvoller wird die positiv-neutrale Kraft! — Auch wenn wir keine Angstmache betreiben wollen: Die Gefahr eines 4. Weltenbrandes und anderer schlimmer Geschehnisse ist noch lange nicht gebannt! Noch für lange Zeit bedarf es daher weiterer grosser Anstrengungen in vielerlei Hinsicht, bis dereinst in ferner Zukunft die Erdenmenschheit als Gesamtheit in friedlicheren Bahnen denkt und handelt – hoffentlich.

Introduction

In spring 1984, the FIGU members in Switzerland began with the so-called PEACE MEDITATION. Organised by our extraterrestrial friends, the Plejaren, this Peace Meditation (PM) was intended to bring about a change for the better with regard to the future of humanity on Earth. This works by sending out powerful and logical impulses through which a polarity is built up which is opposite to the negative 'power field' which surrounds Earth much like a huge bell and which influences the human beings and all of nature. Over several centuries, this negative power field has been (that is to say, is) built up by the human beings by means of religious-sectarian and extremist thinking that is out of the control of the good human nature. Therefore the idea was to send out - with the help of more than 3.5 thousand-million human beings from the Plejaren federation, via a tele-meter disk hovering high above the Semjase Silver Star Center (SSSC) and by means of some other devices - powerful 'counter impulses' on Earth; with obvious success as it has turned out in the meantime. Regarding this, four excerpts from contact reports with Ptaah and Semjase, which can be found further down, shall provide some explanations and background information.

Since the terrestrial humankind is primarily responsible for its own state as well as for that of the planet, for better or for worse, and accordingly also for a healing process, we call upon all rational and responsible human beings to participate in FIGU's PM. The more human beings who become involved, the greater and more mighty will be the positive-neutral power! - Although we do not wish to cause any anxiety: the threat of a fourth global conflagration and other bad happenings has not been averted by a long stretch! Therefore, for a long time to come, further big efforts are required in this regard, until one day in the distant future the terrestrial humankind in its entirety thinks and acts along more peaceful lines - hopefully.

¹On the 22.8.2011 it was decided with Billy, not to use 'trillion' for the German term 'Billion' and not to use 'billion' for the German term 'Milliarde' as it can lead to confusion. Therefore the German term 'Milliarde' (1000 million) should be translated at 'thousand-million' (<http://dict.figu.org/node/9250>) and the German term 'Billion' should be translated as 'million-million' (<http://dict.figu.org/node/9248>).

THE PEACE MEDITATION...continues

Da jede Wende zum Besseren (oder Schlechteren) stets nur von den Entscheidungen und Anstrengungen einzelner Menschen erarbeitet wird, muss es das Leitmotiv vernünftig denkender Individuen sein, nicht die Hände in den Schoß zu legen und sich nicht wie Schafe vom Herdentrieb der Masse schieben zu lassen, sondern das eigene Schicksal selbst zu gestalten und zu leiten.

Wer nach dem dummen und menschenfeindlichen Spruch «Nach mir die Sintflut» lebt und nicht nach dem Spruch «Leben und leben helfen», dem sei der Hinweis mit auf den Weg gegeben, dass Wiedergeburt (Reinkarnation) nicht einfach eine spekulative, philosophische Theorie ist, sondern eine in Logik beweisbare Tatsache. Jeder Mensch wird wieder und wieder als neue Persönlichkeit auf der Erde inkarnieren (unabhängig davon, ob man dies wahrhaben will oder nicht) und dannzumal genau jene Welt vorfinden, die er oder sie in der Vergangenheit mitgestaltet hat - ganz gleich ob aktiv oder passiv, destruktiv oder konstruktiv.

Die Friedensmeditation in der Praxis**Wer kann mitmachen?**

Mitmachen kann jeder Mensch, der über ein klares materielles Bewusstsein verfügt (keine Drogen; kein Alkohol; keine schwerwiegende psychische Krankheit, die das Bewusstsein beeinträchtigt).

Sehr wichtig ist, dass eine absolute Freiwilligkeit herrscht bezüglich des Mitmachens bei der FM. Diese darf also nicht verordnet werden, so z.B. einem Kind.

Ab welchem Alter kann jemand mitmachen?

Sobald ein Kind verstandesmäßig fähig ist, die Belange zu verstehen und zu ertassen (wie gesagt aber nur dann, wenn eine Freiwilligkeit und Eigeninitiative gegeben ist).

Wann findet die Friedensmeditation statt?

Die FM dauert jeweils 20 Minuten und wird am 1. (massgebend ist der erste Samstag) und 3.

Wochenende des Monats durchgeführt, und zwar an Samstagen um 18.30 und 20.00 Uhr MEZ resp. 19.30 und 21.00 Uhr MESZ (Sommerzeit) und an Sonntagen um 20.00 Uhr MEZ (Normalzeit) resp. 21.00 Uhr MESZ (Sommerzeit).

In Ländern, die einen Wechsel zwischen Normal- und Sommerzeit anwenden, ist bezüglich der FM eine zeitliche Anpassung erforderlich. Die lokale Zeit können mit den konstanten GMT/UTC-Zeiten synchronisiert werden.

Wie meditiere ich?

Grundsätzlich empfiehlt es sich, vor der Durchführung jeglicher Form von Meditationen das Buch «Einführung in die Meditation» zu lesen (dies ist aber nicht zwingend erforderlich).

Der Meditationsvorgang als solcher besteht darin, dass man während der ganzen 20 Minuten immer wieder den Meditationssatz leise vor sich hin flüstert oder spricht - oder sich eine korrekt gesprochene Audioaufnahme der FM anhört

Since every turn for the better (or worse) is always only worked out by the decisions and efforts of individual human beings, the leitmotif for rationally thinking individuals must be not to sit back and do nothing and not to allow themselves to be pushed like sheep by the herd instinct of the masses, rather to form and direct their own destiny for themselves. Therefore, anyone who lives by the maxim, "devil-may-care" - which shows low intelligentum and hostility towards human beings - and not according to the maxim, "live and help live", is given a piece of advice for life; namely that rebirth (reincarnation) is not merely a speculative, philosophical theory, but a fact verifiable through logic. Every human being will repeatedly incarnate on Earth as a new personality (regardless of whether one wants to accept this or not), and at that time he/she will find exactly the type of world he/she has helped to shape in the past - no matter whether it was done actively or passively, destructively or constructively.

The Peace Meditation in Practical Terms**Who can participate?**

Every human being who possesses a clear material consciousness (no drugs; no alcohol; no severe mental/psychical illness that impairs the conscious-ness) can participate.

It is very important that an absolute voluntariness prevails regarding the participation in the PM.

Therefore it must not be prescribed to a child, for example.

From what age can one participate?

As soon as a child is intellectually able to understand and comprehend the issues (but as mentioned, only if it is voluntary and his/her own initiative).

What is the schedule of the Peace Meditation?

The PM always lasts for 20 minutes and takes place on the 1st (decisive is the first Saturday) and the 3rd weekend of the month, namely on Saturdays at 6:30 and 8:00 pm CET (normal time) that is to say, 7:30 and 9 pm CEST (summer time), on Sundays at 8 pm CET (normal time) that is to say, 9 pm CEST (summer time).

In countries that apply a change between normal time and daylight-saving time, a time adjustment is required with regard to the PM. The local time can be synchronised with the constant GMT/UTC times.

How do I meditate?

Basically, it is recommended that one reads the book 'Introduction to Meditation' prior to carrying out any type of meditation (however, this is not absolutely necessary).²

The meditation process as such consists of softly whispering or speaking the meditation sentence again and again for the entire 20 minutes - or one can listen to a correctly spoken audio recording of the PM and repeat the sentence in one's

THE PEACE MEDITATION...continues

und den Satz in Gedanken repetiert - und dabei keine Fremdgedanken hegt. Dies heisst, dass keinen anderen und also meditationsfremden Gedanken nachgegangen werden soll, dass man sich also nur auf den Satz «Salome gam nan ...» konzentriert. Ertaucht man sich dabei, dass anderen Gedanken nachgegangen wird usw., dann wende man sich einfach wieder dem Meditations-spruch zu.

Sehr wichtig für das Funktionieren der FM ist es auch, dass der Spruch richtig ausgesprochen wird, dass also nicht die falschen Silben betont werden. Diesbezüglich kann ein Beispiel von der FIGU-SSSC-Webseite heruntergeladen werden, bzw. steht auf FIGUVIDEO (YouTube) ein englischsprachiger Film zur Verfügung.

Der Satz wird auf diese Art gesprochen: «Saalome gam naan ben uurda, gan nijber asaala hesporoona!» Die Doppelvokale werden gedehnt ausgesprochen, abgesehen vom Doppelvokal «uu», der kurz betort wird.

Wie funktioniert die Friedensmeditation?

Der Meditationsspruch ist in lyranischer Sprache verfasst, einer Sprache also, die vor 13'500 und vor 389'000 Jahren von den alten Lyra-Wega-Abkömmlingen gesprochen wurde, als diese eine Zeitlang auf der Erde lebten. Durch das gemeinsame Aussprechen (und Denken!) dieses Spruches werden in den Speicherbänken, die die Erde umhüllen und in denen sämtliche Gedankenimpulse usw. aller Menschen gespeichert sind, die jemals auf der Erde gelebt haben, leben und noch leben werden, gewisse Impulse freigesetzt, die einerseits in den einzelnen Meditierenden wiederum unbewusste Impulse freisetzen, und die andererseits durch ihre Intensität (es beteiligen sich ja wie bereits erklärt mehr als 3,5 Milliarden Ausserirdische an der FM; siehe Bericht weiter unten) negative Kraftfelder überlagern und zunehmend neutralisieren.

Durch die spezielle Sitz- und Handstellung entsteht ein Energiekreislauf, der dann mittels Meditationspyramide mit den Energien aller andern zur gleichen Zeit Meditierenden in Verbindung tritt.

Sitzhaltung, Hilfsmittel und Umgebung

Die FM wird vorzugsweise in kleinen oder grösseren Gruppen durchgeführt. Man kann sie aber auch allein absolvieren.

Damit Menschen, welche die FM ausserhalb des SSSC durchführen, die gewünschte Wirkung erzielen, ist die Benutzung einer speziellen Kleinpyramide erforderlich. Bei korrekter Verwendung der Kleinpyramiden...**fortfahren**

thoughts - while one does not follow any foreign thoughts. This means that one does not dwell on other thoughts that are foreign to the meditation, rather that one solely concentrates on the sentence 'Salome gam nan ..!. If one catches oneself following other thoughts and so on, then one simply returns to the meditation sentence again.

Very important for the PM to work is also that the sentence is pronounced properly, so that one does not emphasise the wrong syllables. In this regard an example can be downloaded from the FIGU-SSSC-website, respectively, an English language film is available at FIGUVIDEO (YouTube).⁴

The sentence is spoken as follows: "Saalome gam naan ben uurda, gan nijber asaala hesporoona!" The double vowels are spoken in a prolonged form, except for the double vowel 'uu', which is pronounced short. In English the phonetics are as follows: Saalome (aa = father) gum naan (aa = father) ben uurda (uu = full), gun neeber asaala (aa = father) hesporoona (oo = tone, go).

How does the Peace Meditation work?

The meditation sentence is composed in the Lyrian language, thus a language previously spoken on Earth 13,500 and 389,000 years ago by the ancient Lyra-Vega descendants when they lived on Earth for a while. As one speaks (and thinks!) this sentence, certain impulses are released from the storage banks which enwrap the Earth and in which there are stored all thought impulses and so forth of all human beings who have ever lived, currently live or will live on this planet in the future. On one hand, these impulses in turn release unconscious impulses in the individual meditator, and, on the other hand, due to their intensity (after all, as already explained, more than 3.5 thousand-million extraterrestrials participate in the PM; see report further down), they overlay and increasingly neutralise negative power fields.

By means of the special seating and hand position an energy circle arises which then, by means of a meditation pyramid, connects with the energies of others meditating at the same time.

Seating position, aids and surroundings

Preferably the PM is carried out in small or larger groups, but it can also be done alone.

In order for human beings who do the PM outside the SSSC to achieve the desired effect, it is necessary to use a special small pyramid.

If the small pyramids are used correctly - adapted to the size of the group, among other things - a swinging...**continues**

FOR THE COMPLETE "THE PEACE MEDITATION" ARTICLE & INFORMATION PLEASE CLICK THE LINK:

Peace Meditation Info

² A bilingual version will soon be published by FIGU-Landesgruppe Australia (<https://au.figu.org>)

³ <https://figu.org/ch/geisteslehre/friedensmeditation/beispiel-satz-anhoeren>

⁴ <https://www.youtube.com/watch?v=EohNrNZzb-c&t=11s> (bei / at 19 min. 42 sec)

THE FILTER OF NON-INVOLVEMENT OR THE BLIND MEN AND THE ELEPHANT AS METAPHOR

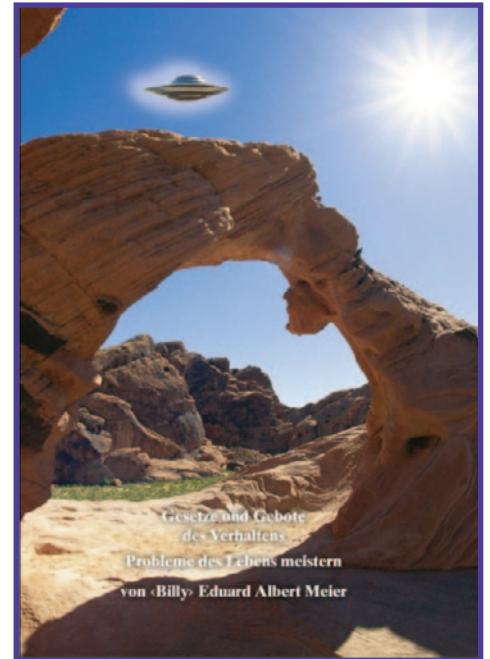
by Catherine Mossman / Tiny, ON / March 18, 2026

The Filter of Non-involvement OR The Blind Men and the Elephant as Metaphor



The following is short extract from part one, Chapter 51 of Billy's two part book: *Gesetze und Gebote des Verhaltens* [Laws and Recommendation of Behaviour] (part 1); *Probleme des Lebens meistern* [Mastering Life's Problems] (part 2). It was published in 2013 by Wassermanzeit Verlag. At this point in time, this book is only available in German.

In this piece we are introduced to the self-protecting device that Billy refers to as the 'filter of non-involvement', which predicates how much we take in of reality or not, based on our frame of reference or degree of self-knowledge. This brought to mind parallels with the age old 'Blind men and the Elephant' story, that everyone has probably heard of. This ancient Indian parable describes how several blind men encounter an elephant, each touching a different part of the animal—one touches the trunk, another the leg, another the tail, etc. Each man then describes the elephant based only on the part they feel: one feeling its side, describes a wall; one says it's like a snake (trunk), another says it's like a tree (leg), another like a rope (tail), and so on. The moral is about partial perception—everyone may have a piece of the truth, but no one sees the whole picture. It's frequently used in memes to illustrate: miscommunication or misunderstanding or subjective perspectives and how jumping to conclusions about a totality based on a partiality is not recommended.



Given that much to do with how we all approach, comprehend, process and remember situations, events and other things is accorded by our own attitudes and relative understanding and applied rationality, Billy explains that if we are not able to cope with the reality of a situation then this is where this 'filter of non-involvement', or disengagement steps into appearance. This is where we 'disengage' in order that we not be deleteriously affected in a psychical or emotional wise, and we invent memories and explanations that are not real.

Thus we may all experience the same event together, but when we recount/ relive it, we will describe it according to our 'lived' experience, much like the blind men describe the part of the elephant they encounter.

THE FILTER OF NON-INVOLVEMENT...continues

But then we find out that this 'filter' also hinders us? Well, what can we do about it?

Let's see what Billy has to say:

Gesetze und Gebote des Verhaltens

51) Wahrnehmungen, Erkenntnisse, Kenntnisse, Wissen, Erfahrungen und das daraus entstehende Erleben sowie die Weisheit sind ebenso nicht die wirklichen Ereignisse und Geschehen wie auch nicht die Erinnerungen, die sich als Produkte des Gedächtnisses bemerkbar machen. Gesamthaft sind diese Werte nicht das eigentliche Geschehen selbst, das sich ereignet und dich erreicht, denn jedes Geschehen findet außerhalb dieser Werte statt, folglich alles, was du erfährst, nur durch den Filter der Nichtbeteiligung in deine Achtsamkeit, Aufmerksamkeit und Betrachtung dringt. Außerdem siehst du die Geschehen, Situationen und sonstigen Dinge häufig oder stets nur nach deinen eigenen Einstellungen und Verhaltensweisen, während andere Menschen die gleichen Dinge ganz anders sehen, eben gemäss deren eigenen Einstellungen und Haltungen. Der Filter der Nichtbeteiligung, der als maßgebender Faktor zwischen dem wirklichen Geschehen resp. der tatsächlichen Situation und deiner Wahrnehmung steht, bewirkt, dass du nicht vom Geschehen resp. der Situation maßlos und unkontrollierbar überrannt wirst und nicht gedanklich-gefühlsmäßigen, psychischen oder gar bewusstseinsmäßigen Schaden erleidest. Durch den Filter der Nichtbeteiligung nimmst du also nur in einer Form der Betrachtung wahr, ohne dass du vom betreffenden Geschehen oder der Situation direkt getroffen wirst. Also ist der Filter auch verantwortlich dafür, dass du nur Teile der Geschehen oder Situationen bewusst wahrnimmst, während andere Teile, und zwar die meisten des Ganzen, unbeachtet bleiben. Dadurch dringen auch nur die ganz bewusst gemachten und vor allem die als wichtig erscheinenden Wahrnehmungen als Erinnerung ins Gedächtnis, doch auch nur dann, wenn sie genügend aufgearbeitet werden. Bei der Verarbeitung der Wahrnehmungen geschieht es, dass Assoziationen mit Teilen anderer Erinnerungen vorgenommen werden, was nicht selten dazu führt, dass dadurch die Erinnerungen verfälscht und mit anderen Erinnerungsfaktoren verknüpft werden. Selbstredend ist das von Mensch zu Mensch verschieden, weil schon bei den Wahrnehmungen die Einstellungen und Verhaltensweisen jedes Menschen verschieden sind, folglich jeder ein Geschehen oder eine Situation anders sieht und beurteilt sowie verarbeitet und assoziiert als der andere. Folgedem können zehn verschiedene Menschen gleichzeitig ein Geschehen oder eine Situation wahrnehmen, wobei zehn verschiedene Betrachtungsweisen gegeben sind und verschiedenste Beobachtungsobjekte in Erscheinung treten, folglich jede Person vom Wahrgenommenen ein anderes Bild hat, woraus dann wiederum auch andere Erinnerungsbilder entstehen.

Laws and Recommendations of the Behaviour

Page 114-117

51) Perceptions, cognitions, cognizance, knowledge, experience, and the lived experiences arising therefrom as well as the wisdom, are likewise not the actual events and happenings, just as the memories, which make themselves known as products of the memory, are not. Altogether these values are not the actual event itself, which happens and reaches you, because every event takes place outside of these values, consequently, everything that you experience only penetrates your heedfulness and attentiveness through the filter of non-involvement. Furthermore, you often or always only see the events, situations and other things according to your own attitudes and behaviour, whereas other human beings see the same things completely differently, namely in accordance with their own attitudes and stances. The filter of non-involvement, which acts as the determining factor between the real event, that is to say, the actual situation and your perception, effectuates, that you are not immoderately and uncontrollably overrun by the occurrence, that is to say, the situation — and that you do not suffer thought-feeling-based, psychical or even consciousness-based injury. Through the filter of non-involvement you thus perceive only one form of observation, without you being directly affected by the event or situation in question. Thus, the filter is also responsible for the fact that you only consciously perceive parts of the event or situation, while other parts — and indeed most of the whole thing — remains unnoticed. As a result, also only the perceptions that are made in a fully conscious manner and, above all, the ones that seem important penetrate the memory as memories, however, also only then, when they are sufficiently worked upon. In the processing of the perceptions it occurs, that associations are made with parts of other memories, which often leads thereto, that because of that, the memories are falsified and linked with other memory factors. Of course, this differs from human being to human being, because already, during the perceptions, the attitudes and behaviours of every human being are different, consequently everyone sees and assesses an event or a situation differently, as well as processes and associates it differently than the other. Hence, ten different human beings can simultaneously perceive the same happening or a situation, in which case ten different points of view are given and the most diverse objects of observation appear, therefore every person has a different image of what is perceived, from which, in turn, also different memory images arise.

THE FILTER OF NON-INVOLVEMENT...continues

Der Filter der Nichtbeteiligung ist auch verantwortlich dafür, dass bei dir, Mensch der Erde, oft nur schwache Erinnerungsbilder auftreten und die Erfahrungen, Erlebnisse, Geschehen und Situationen usw. sich oft nicht so aufzeigen, wie sie wirklich waren. Vielmehr manipulierst du deine Erinnerungen mit Assoziationen aus anderen Erinnerungen, folglich du dir unbewusst falsche Erinnerungen schaffst, und zwar indem du dir aus alten Wahrnehmungen und Erinnerungen Geschichten zusammenreimst, die du derart formst, dass sie zu deinen gegenwärtigen Lebensumständen und zu deinem Verhalten sowie zu deinem Handeln passen. So nimmst du die Wahrnehmungen und Erinnerungen der Vergangenheit und schaffst daraus mit neuen Wahrnehmungen neue Erinnerungen, womit du dich in deinem Verändern und Wachsen unbewusst umtust, deine Einstellung gegenüber der Vergangenheit zu verändern. Die Folge daraus ist, dass sich damit auch die Art verändert, in der du deine Vergangenheit erfährst und du dich daran erinnerst.

Wenn du dich selbst beobachtest und deine Gedanken und Gefühle sowie deine Erinnerungen kontrollierst, dann stellst du plötzlich fest, dass du in einem gewissen Zeitraum deine gesamten Einstellungen, Handlungs- und Verhaltensweisen sowie deinen Charakter und deine Persönlichkeit ganz und gar verändert hast. Das geschieht dann dadurch, wenn du zu einem umfassenden Verständnis bestimmter Ereignisse gelangst, einschließlich vieler unbewusster Faktoren. Damit reift in dir dann auch die Erkenntnis, dass du weder dir selbst noch einem anderen Menschen eine Schuld nachsagen kannst, weil alles verzeihbar ist und du auch zum Verzeihen bereit bist. Das aber bedingt, dass du deine Erfahrungen, Erlebnisse und Erinnerungen in richtiger Weise erkennen und aufarbeiten musst, denn nur dadurch fällt jede von einem Geschehen oder von einer Situation ausgehende Kränkung von dir ab, wodurch du nicht mehr nachtragend, sondern vergebend bist.

Jede Art von Erfahrung, Erleben und Erinnerung hat etwas damit zu tun, dass du deine Wahrnehmung in der Weise veränderst, so du alles richtiger, umfassender und wahrer siehst, damit sich auch deine Erinnerung in gleicher Form gestaltet. Erfasst du dies kontrollierend und ausübend, dass das Ganze, das du umfassend wahrnimmst, die volle Wahrheit ist, dann ist das auch mit keinerlei gedanklich-gefühlsmäßigem Schmerz verbunden, denn du erkennst, dass die umfängliche Wahrheit zur Ebene des Verstehens und der Wirklichkeit gehört, die dich von jeder Angst und von jedem Schmerz befreit. Erlebst du aber einen Konflikt oder wirst du von Schmerzen der Gedanken und Gefühle oder gar der Psyche befallen, dann beginne darüber mit dir selbst zu kommunizieren und erkenne, dass es sich dabei in der Regel nur um eigene interne Missverständnisse handelt, die du durch eine maßgebende Selbstkommunikation überwinden kannst. Nutze aber auch den

The filter of non-involvement is also responsible for the fact that, with you, human being of Earth, often only weak memory images arise and the learned experiences, lived experiences, events and situations and so on, often do not present themselves as they really were. Rather, you manipulate your memories with associations from other memories, consequently, you unconsciously create false memories, namely by piecing together stories for yourself from old perceptions and memories, which you form in such a manner, that they fit to your current life-circumstances and to your behaviour as well as your actions. In this manner you take the perceptions and memories of the past and, with new perceptions, create new memories from it, through which you unconsciously transform your change and growth, altering your attitude towards the past. The consequence of this is, that it also changes the manner in which you therewith experience your past and remember it.

If you observe yourself and control your thoughts and feelings, as well as your memories, then you suddenly realise that, over a certain period of time, you have completely changed your entire attitudes, actions and behaviours, as well as your character and your personality. This then occurs when you reach a comprehensive understanding of certain happenings, including many unconscious factors. Thereby, also the cognition then matures within you, that you can neither assign blame to yourself nor to another human being, because everything can be forgiven, and you are also willing to forgive. This, however, requires that you must recognise and work through your experiences, lived experiences and memories in the right way, because only by doing so does every offence originating from an event or from a situation fall away from you, by which you are no longer resentful but forgiving.

Every kind of experience, the living of it, and memory has something to do with the way in which you change your perception, allowing you to see everything more correctly, more comprehensively, and more truthfully, so that also your memory is shaped in the same form. If you comprehend this in a controlled and active manner, that the whole thing, which you perceive comprehensively, is the full truth, then it is also not connected with any thought-feeling-based pain, because you recognise, that the ample truth belongs to the levels of understanding and reality, which frees you from all anxiety and from all pain. However, if you experience a conflict or are afflicted by pains of thoughts and feelings or even the psyche, then begin to communicate with yourself about it and recognise, that, as a rule, it concerns only personal internal misunderstandings, which you can overcome through a decisive self-communication. However, also make use of the communicative exchange with other

THE FILTER OF NON-INVOLVEMENT...continues

kommunikativen Austausch mit anderen Menschen, um Missverständnisse, Unklarheiten, mangelhafte sowie falsche Wahrnehmungen und Erinnerungen richtigzustellen, um alles in dir nachzuvollziehen, zu erfahren und zu erleben. Kommunikation mit dir selbst sowie mit anderen Menschen allein macht es dir möglich, dass du zu einem wahren und vollen Verständnis gelangst.

human beings, in order to correct misunderstandings, ambiguities, incomplete as well as false perceptions and memories, so as to logically follow and understand everything within you, to experience and to live the experience. Only the communication with yourself as well as with other human beings makes it possible for you, to reach a true and complete understanding.

Not only is this about our self-protecting proclivities, but about how they can hinder us if we do not learn to recognise them. We need to grab a hold of the reins of our runaway misperceptions. If we can get a grip on our own weaknesses and confusions then we can begin to understand the origin of various triggers and associations that we make that cloud our perception. This involves self-communication and diligent correction of our false understandings. Indeed, this journey of self-betterment is hard work but, in keeping with the elephant metaphor, the only way to eat the elephant is one bit at a time. And so, let's take off the blinders and see if we can see the 'big picture' that is standing in front of us.

THOUGHTS ON FREE WILL

by Paul Saleh / March 2026

Still in the 21st century, amongst a good many people there is a lively discussion about whether or not we, as human beings, have free will. I personally have had many a lively conversation with friends and acquaintances regarding the question of free will. As a sane, thinking person, my question is, could we even ask and consider that question if we had no free will? And the answer is an obvious no. The fact that we can steer our own thoughts consciously and decide our own life path, what we choose to do, learn, read, as well as how we act and so forth, shows clearly to me that we indeed have free will. We can "weigh things up", consider many directions at once, the pros and the cons, then make a clear, conscious and free decision to do this or that, or nothing at all. This is one of our powers as conscious human lifeforms; the power of free will, free thinking, free deciding, the freedom to consciously steer our own lives.

It is also true, however, that there are a good many things that indeed we cannot control and have no say over. The working principles of Creation itself including all of the natural principles, life and death, and the energies and interactions between all life and all things, is fundamentally "ironclad" so to speak, that is to say, the truth of the Creation itself is unchangeable. We are, as conscious, thinking, feeling human lifeforms on Earth, embedded into this Creational Order, this deep wisdom of Creation, and we, along with all other lifeforms in the entire Universe, emerged out of this creative wisdom, live, learn, develop and grow by and through it, and indeed, it is in fact the true life of life itself.

It may seem to many people though, that we have no control over our destinies, as sometimes life can pull us here and there quite forcefully, and seemingly against our free will. This then leads many to believe that they do not possess any freedom to choose their lot in life. Life just drags them along like a small boat on the rough and unpredictable ocean waves, threatening to sink the boat at any moment, destined to forever drown uncontrollably in the deep and dark endlessness, driven by the merciless forces of Nature. The idea of actually steering the boat never occurs, and in many cases, simply takes far too much effort.

The scientific discoveries of the last couple of hundred years also testifies to the freedom of thought of the human being, as how else would we be able to probe into the mysteries of Nature, fathom and understand more fundamental energies and so on, and then utilize this knowledge to create and construct technologies and machines and so forth, that actually function as intended. This would certainly be impossible without free will. Also, the simple awareness of being alive, of being conscious in the moment, the feeling of our own control over ourselves as we go about the day, clearly allows us to experience our free will, and exactly how far this free will actually reaches. There are, of course, limits to everything. However, like with many other things, including the free thinking of the human being, we can indeed develop it, and seemingly the possibilities are endless. And as we learn to use our free will more and more effectively, we will surely discover as of yet unknown abilities of consciousness, latent potentials that may to many at present seem to be simply a thing of impossibility.

For more information please contact Paul
Paul Saleh <psaleh893@gmail.com

**LEBENSFÜHRUNG / LEADING OF ONE'S LIFE;
HOW WE ARE TO UNDERSTAND THIS?**

Translation, Compilations and Reflections by Catherine Mossman / Tiny, ON / March 8, 2026

Lebensführung / Leading of one's Life;

How We are to Understand This?

The following translated extract entitled *Lebensführung* from Billy's book, published in 2023 (pages 22-27), entitled:
Lehre der Schöpfungsenergie / Teaching of Creation-Energy
 <*Lehre der Wahrheit, Lehre der Schöpfungsenergie, Lehre des Lebens*>
 'Teaching of the Truth, Teaching of the Creation-energy, Teaching of the Life'



Deciding how to exactly translate the term *Lebensführung* was a small challenge.

In the German dictionaries, *Lebensführung* translates as either: conduct of life or lifestyle. The two terms get pretty equal billing, followed by behaviour; life-choices; life management; way of living. *Führung* in German has to do with leading, thus how one leads their life could also be talked of.

If we take the word *Lifestyle* and translate to German we get: *Lebensstil* (lifestyle); *Lebensweise* (way of life), *Lebensart* (type of life), *Lebenswandel* (mode of life) *Lebensform* (form of life), and further down on the list: *Lebensführung* and lastly, *Lebenshaltung* (life behaviour).

I would have to suggest that there are primarily two quite different interpretations if we're comparing how one 'conducts or leads' one's life to 'lifestyle' in that the former, involves deciding on end points and making decisions, i.e. is more of a thought-based/intellectual determining nature, whereas the

latter carries more baggage of a materialistic or superficial nature, i.e. displaying the trappings of one's lifestyle via possessions or 'keeping up appearances' and/or conforming to the theatre of society's prescriptions of behaviour, 'lifestyles of the rich and famous', all pop into mind.

Billy covers the gamut of these influences/ applications and thus highlights how important it is that we not only be in the driver's seat regarding the path we take in life, on the one hand, but also that we not let ourselves be pushed around by societal expectation, be they of a religious or cultural nature, on the other. However, in order to do so, we must become aware of the internal and external impulses that work upon us at any given time in our lives, which result in the path we forge, or think we are forging. Only through this awareness can we then make the plans needed to effect a more positive outcome. Though this would seem to the casual reader that this would be self-evident, Billy goes into depth on the subject which gives us more insight into the workings entailed in understanding *Lebensführung*.

LEBENSFÜHRUNG ...continues

Within the text below will be inserted observations this reader finds interesting and/or summaries of what follows in Billy's writing.
 Bolded text reflect what Billy has bolded in the book.

Lebensführung

Doch was wird eigentlich unter Lebensführung verstanden?
 Auszug aus Lehre der Schöpfungsenergie
 Seiten 22-27

Der Begriff wird sehr häufig benutzt, doch er wird inhaltlich allgemein völlig unterschiedlich verstanden, wobei er aber die Art und Weise bezeichnet, wie der Mensch seinen Alltag gestaltet und lebt.

In der Umgangssprache wird darunter eigentlich der Lebenswandel des Menschen verstanden, so der eine einen sehr gepflegten und der andere einen leichteren und wieder ein anderer einen äußerst saloppen Lebensstil führt.

Wieder ein anderer Mensch legt sehr großen Wert auf Selbstreflexion, wobei für ihn das Nachdenken und Überdenken sehr entwölkend sein kann, und zwar nicht nur infolge vieler Erkenntnisse und Vorteile, sondern auch bezüglich des Glückhabens und der Lebenserfolge. Die Selbstwahrnehmung lässt auch Sinne schärfen, wie vieles in bezug auf sich selbst herausfinden, und zwar durch das, dass der Mensch in sich selbst hineinschauen kann.

Eine Selbstreflexion bringt eine intensive gedankliche Auseinandersetzung und eine Erkennung mit ihrem Wert im Alltag.

Wieder andere schätzen eine Lebensführung, die sich im Einklang mit ihrer Umwelt befindet oder sehen wiederum ganz im Gegenteil den Hedonismus als erstrebenswert an.

Lebensführungen gibt es wie Sand in der Wüste, ebensoviele, wie es Menschen gibt.

A 'guiding principle of an uncertainty' seems to be a common human trait, whereby no matter how one shapes their life there will be this underlying, if not identified, niggling search for the meaning of life.

Selbst zu denken anstatt zu glauben ist das Non plus ultra der Lebensführung, und zwar für jeden Menschen.

Früher war alles sehr viel einfacher, denn es herrschten klare Regeln, doch es hat sich diesbezüglich alles gewandelt und neue gesellschaftliche Normen haben die Lebensführung des Menschen bestimmt, wobei die alten Normen, die Sicherheit und Halt gegeben haben, aufgehoben und weit in die Vergangenheit gerückt sind.

Wer früher gegen sie verstoßen hat, wurde schnell zum Außenseiter, doch heute passiert es, dass Personen, die gegen den Anstand, die Rechtschaffenheit, die Gesetze und gegen die Moral sowie gegen die Sicherheit der Mitmenschen und der Umwelt verstoßen, mit Samthandschuhen angefasst und gar noch gelobt werden.

Life in current times: more negative powers at play, distractions, competing religions and philosophies. Coping is difficult.

Was des Menschen Lebensführung ausmacht, lebt er in der heutigen Zeit in einer Gesellschaft, die sich zunehmend pluralisiert und individualisiert, und zwar politisch wie auch privat.

Life Conduct

But what is actually to be understood by Life Conduct?

Extract from Teaching of Creation-Energy pages 22-27

The term is used very frequently, but its meaning is generally completely differently understood, although it refers to the mode and wise in which a human-being organises and lives their everyday life.

In colloquial language, it actually refers to a human being's mode of life, with one person leading a very cultivated lifestyle, another a more relaxed one, and yet another an extremely slovenly one.

Yet, another person attaches great importance to self-reflection, whereby, for him/her, contemplation and reconsideration can be very liberating, not only because of the many insights and advantages it brings, but also in terms of happiness and success in life.

Self-perception also allows the senses to sharpen, as many things in relation to oneself can be discovered, and indeed through the fact that the human being can look into himself/herself.

A self-reflection brings about an intense mental examination and a recognition of its value in everyday life.

Still others value a lifestyle that is in harmony with their environment or, on the other hand, see hedonism as desirable.

There are as many modes of leading one's life as there is sand in the desert, as many as there are humans.

Thinking for oneself instead of believing is the non plus ultra of life conduct, and that applies to every human being. In the past, everything was much simpler because there were clear rules, but everything has changed in this regard and new social norms have determined the life conduct of the humans, whereby the old norms, which provided security and stability, have been abolished and pushed far into the past.

Those, in the past, who had breached them quickly became outcasts, but today it transpires that persons who contravene against the decency, the righteousness, the laws and against the morality, as well as against the safety of their fellow human beings and the environment, are treated with kid gloves and even praised.

What constitutes the human being's life conduct, is that today we live in a society that is increasingly pluralistic* and individualised, and indeed, politically as also privately.

Dadurch entsteht je länger, je mehr eine unideale Machtverteilung innerhalb der Politik und der Gesellschaft, die je länger, je mehr wirklich derart zustande kommt, dass die Macht unabhängig voneinander auf verschiedene Gruppen der Politik wie auch der Zivilbevölkerung übergeht.

Das belastet immer mehr und mehr sehr viele Menschen im negativen Erleben des Alltags, wodurch die allgemeine Unsicherheit ständig zunimmt anstatt abnimmt, folgedem es immer schwieriger und schwerer wird, ihn zu bewältigen.

Sehr viele Menschen fühlen sich immer mehr überfordert und unfähig, weshalb sie sich die Frage stellen, wer überhaupt ihr Leben bestimmt, ob sie selbst das noch können, oder ob jemand anderes dies tut, der Staat und die Politik oder die Religion.

Given all of the confusing inputs and when thrown on our own laurels, we will come to the conclusion that there is nothing to do other than to think for oneself, IF, we don't fall to the seductions of religion and belief constructs, which are really only stop gaps to the eventual realisation that one has to think for oneself:

Bei dieser tiefgründigen Frage aber gibt es kein sehr schnelles Finden der Antwort, wenn überhaupt eine gefunden werden kann, denn es ist doch in Wahrheit so, dass es viel eher sinnvoll ist, die Dummheit abzulegen und selbst zu denken und so endlich die reale Wirklichkeit und deren Wahrheit zu sehen, als sich sinnlos einem religiösen oder weltlichen Glauben hinzugeben und nicht voranzukommen in der persönlichen Evolution.

In kleinen Schritten in der persönlichen Entwicklung voranzukommen und dieserart durch das Leben zu gehen, ist alleweil viel besser, als durch eine sinnlose religiöse oder weltliche Gläubigkeit ohne Selbstverwirklichung zu vergammeln.

Das Leben funktioniert wirklich nicht ohne Selbstverwaltung, dass eben der Mensch sich der persönlichen Dummheit entledigt und also selbst denkt, wobei sein Leben ja kein perfektes Kunstwerk darstellen und auch kein Hamsterrad sein soll, sondern nur ein gutes Werk des logischen, verständigen und vernünftigen Selbstdenkens, Entscheidens und Handelns, und zwar ohne jeden Glauben irgendwelcher Art.

Prevalence of religions makes it increasingly difficult to find interconnection and independent thought; indoctrination and unspecific guilt plays a huge roll in diverting us from finding our true path in life.

Der Mensch ist jeweils dann am zufriedensten, wenn er als absolut Selbstdenkender, Selbstentscheidender und Selbsthandelnder im Leben seine wirkliche Rolle gefunden hat und dadurch von der Gemeinschaft als gleichberechtigt wahrgenommen wird.

Doch dies ist immer seltener der Fall, weil er als Religionsgläubiger oder Weltlichgläubiger immer mehr an seinem Mitmenschen anstößt und nicht weiß warum. Oftmals fühlt er sich klein, abhängig und missachtet von anderen und reagiert entweder mit Trotz oder Anpassung - je nach der momentanen Situation-, jedoch ungewollt nach dem, was er eigentlich grundsätzlich will.

Dies liegt zumeist daran, dass er passiv in einem Rollenmuster

*[living in a society that tolerates numerous distinct ethnic, religious or cultural groups.]

Thereby, the longer this goes on the more it is the case that an unideal distribution of might within politics and society results, which increasingly materialises such that the might is transferred independently to different groups within politics as well as the civilian population.

This places an increasing burden on many human beings in their negative everyday experiences, with the result that general insecurity is constantly increasing rather than decreasing, making it increasingly difficult and challenging to overcome.

Many humans feel increasingly overwhelmed and incapable, which is why they ask themselves who actually determines their lives, whether they can still do so themselves, or whether someone else does, the state and politics or religion.

However, there is no quick answer to this profound question, if indeed there is one at all, because the truth is that it makes much more sense to abandon the state of inadequate thinking and think for oneself, thus finally seeing real reality and its truth, than to senselessly give over to a religious or secular belief and not progress in one's personal evolution.

To progress in small steps in one's personal development and to go through life in this manner is always much better than to waste away in a meaningless religious or secular belief without self-realisation.

Life really does not work without self-management, that is, without the human being ridding themselves of personal non-thinking and therefore, thinking for himself/herself, whereby one's life does not have to be a perfect work of art or that of a hamster wheel, but only a good work of logical, intelligent and rational independent thinking, decision making and acting, and indeed without any belief of any kind.

Human beings are most content when they have found their true role in life as independent thinkers, decision-makers and actors, and are thus perceived by the community as equals.

However, this is increasingly rare because, as believers in religion or the secular world, they increasingly clash with their fellow human beings and do not know why.

They often feel small, dependent and disregarded by others and react either with defiance or conformity - depending on the current situation - however, unintentionally contrary to what they actually fundamentally want.

This is mostly because they passively sink into a role pat-

LEBENSFÜHRUNG ...continues

von Abhängigkeit und ungerechtfertigter, ihm indoktriniertes Schuld versinkt, weil er unbewusst diese erlernt hat, und zwar, weil ihm religiös das Schuldigsein bereits als Kind eingehämmert wurde.

Die religiöse Indoktrination, die darauf beruht, dass der Glaube der Erziehenden - in der Regel die Eltern, die Verwandtschaft, die Schule und der Religionsunterricht - ihm unbewusst die Mitschuld daran eingehämmerte, dass einem Menschen, nämlich <Jesus>, Unrecht geschah und er ans Kreuz geschlagen wurde, ihm ebenso nie bewusst geworden war, wie das allen Christgläubigen eigen ist.

Dieses Ganze aber vermochte er nie zu überwinden, was ihm aber so wenig bewusst ist, wie auch keinem andern, der bezüglich der christlichen Religion indoktriniert und damit indirekt und ihm selbst unbewusst zur Gläubigkeit gezwungen wurde.

Und wahrlich hat sich bis heute kein Mensch Gedanken darum gemacht - vor allen nicht die Gilde der Psychiatrie, die es eigentlich wissen und verstehen müsste -, dass untergründig mit der christlich-religiösen Erziehung der Kinder und seltener auch der Erwachsenen eine hintergründige Mitschuld an der Kreuzigung des angeblichen <Gottessohnes Jesus> indoktriniert und eingepflegt wird.

[What settles into the unconsciousness, via entrenched belief-based structures, goes largely unrecognised. Today's psychological profession is still in the dark regarding the true processes of consciousness, unconscious, and subconscious.](#)

Die blanke Kreuzigungsgeschichte des Christentums setzt sich glaubensmässig im Unbewussten des Christgläubigen ab, und zwar in ihm sehr tief modern und ihn gläubig abhängigmachend, mit den ihm unbewussten Wurzeln der Mitschuld, die untergründig in ihm tätig ist und seinen Glauben erhält.

Das jedoch ist der schlauen Psychologiegarde bis heute noch völlig unbekannt, und sie bestreitet es nunmehr natürlich vehement, da es genannt wird.

Doch effektiv ist die Wahrheit die, dass der Glaube - religiös, und zwar bezüglich all den Religionen, oder auch weltlich bedingt - sich im Unbewussten des Menschen einnistet, wie samt allen dem Gläubigen unbewussten Ängsten, die damit verbunden sind und ihn zwingen, an seinem Glaubenswahn festzuhalten.

Doch warum die «Götter» der Psychologie das bis heute nicht erkannt haben, das liegt wohl daran, dass sie die menschliche Psyche und des Menschen Drum und Dran seiner Bewusstseinsform und der Unterbewusstseinsform nicht kennen, wobei letzteres sowieso vielfach bestritten wird.

[The role of relationships have their influence; dealing with the relativity of 'equality' can be one of the challenges.](#)

Dass der Mensch auf Augenhöhe mit einem gleichberechtigten Partner gelangt, dazu ist zunächst zu verdeutlichen, dass es selten darum geht, eine Gleichberechtigung anzustreben, folglich sehr schnell dem Nächsten eine Schuld zugewiesen wird, wenn etwas schief läuft.

Vielmehr geht es aber bei einer gleichberechtigten Partnerschaft darum, zu akzeptieren und zu verstehen, dass eine Gleichberechtigung diese effektiv in jeder Beziehung bei einer Partnerschaft fordert, und zwar mit allen menschlichen Eigenschaften, die den Menschen auszeichnen.

Für eine gute Partnerschaft sowie für eine eigene

tern of dependence and unjustified guilt that has been indoctrinated into them because they have unconsciously learned it, namely because religious guilt was hammered into them as children.

Religious indoctrination, which is based on the belief of those raising them - usually their parents, relatives, school and religious education - the idea that they were partly to blame for the injustice done to a person, namely 'Jesus', and that he was crucified, is unconsciously hammered into them, even though they were never aware of this, as is the case with all Christians.

However, he/she was never able to overcome all of this, which makes one as unaware of as anyone else who has been indoctrinated with the Christian religion and thus indirectly and unconsciously forced into believing.

And truly, to this day, no one has given this any thought - least of all not the psychiatric guild, which should actually know and understand this - that the Christian religious education of children and, less frequently, adults, indoctrinates and instils a subtle complicity in the crucifixion of the supposed 'Son of God, Jesus'.

The bare story of the crucifixion in Christianity settles in the unconscious of the Christian believer, festering deep within him/her and causing dependency on their faith, with the unconscious roots of complicity working subliminally within and sustaining their faith.

However, this is still completely unknown to the clever psychological milieu, and they now vehemently deny it, of course, since it has been mentioned.

But the truth is that belief-religious, in regard to all religions, or secular-takes root in the human unconscious, along with all the unconscious fears associated with it, compelling the believer to cling to his/her delusion.

The reason the 'gods' of psychology have not recognised this to this day is likely because they do not understand the human psyche and the entirety of processes relating to the consciousness-form and subconscious-form, whereby the latter is disputed in many respects.

The first thing that needs to be made clear in order for a person to be on an equal footing with an equal partner is that it is rarely a matter of striving for equality, and as a result, if something goes wrong, the blame is very quickly assigned to the next person.

Much more than that, however, an equal partnership is about accepting and understanding that equality effectively demands this in every aspect of a partnership, including all the human characteristics that distinguish human beings.

This behaviour is a decisive factor for a good partnership

LEBENSFÜHRUNG ...continues

Lebensführung ist dieses Verhalten ein ausschlaggebender Faktor, weshalb dieser einzuhalten ist, ansonsten nichts in richtiger Art und Weise funktioniert.

as well as for one's own life conduct, which is why it must be adhered to, otherwise nothing will function in a correct kind and wise.

Staying in the present has a lot to do with keeping the plan of action current and in flow.
 Dwelling in the 'what ifs' or disappointments of the past takes both unnecessary time away from overcoming current hurdles and can lend to being fearful of what is to come:

Weiter ist zu sagen, dass über die Vergangenheit zu grübeln, sich aufzuregen, sie zu vermissen und ihr nachzutruern oder über diese zu weinen usw., ebensowenig den Menschen in seiner Lebensweise vorwärtsbringt, wie auch seine Sorgen bezüglich der Gegenwart und Zukunft und derbezüglich nicht, dass schlimmstenfalls etwas Schlimmes passieren könnte. Ein solches Denken verursacht nur negative Gefühle und führt letzten Endes zu psychischen Problemen und zu Selbstmitleid.

Furthermore, it must be said that dwelling on the past, getting upset, missing it, mourning it, or crying about it, etc., does not advance a person's leading of life any more than one's worries about the present and future and the fact that, in the worst case, something bad could happen.

Such thinking only causes negative feelings and ultimately leads to psychological problems and self-pity.

Here Billy circles back to the importance of focusing on a healthy life conduct and persevering with finding one's true identity:

Wichtig ist gegenteilig, dass der Mensch sich auf sein Lernen und sich zu evolutionieren sowie mit seinen bewussten Gedanken und seinem Bemühen darauf fokussiert, alles ihn Belastende ändern zu können, um sein Leben positiv zu gestalten.

On the contrary, it is important that the human being focuses on learning and evolving, and on using one's conscious thoughts and efforts to change everything that burdens him/her, in order to shape their life positively.

Das erfordert eine gesunde Lebensführung und ist eng verbunden mit einer Identitätssuche, um sich wirklich kennenzulernen und zu wissen, was die eigene Persönlichkeit ist. Manchmal hat der Mensch dabei vielleicht das Gefühl, dass er den Kompass für sein Leben verloren hat, oder dass er sich fremdbestimmt fühlt, folglich er bewusst vermehrt darauf zu achten hat, dass ihm nicht die Kontrolle über sein eigenes Leben entgleitet.

This requires a healthy life conduct and is closely linked to a search for identity, in order to truly get to know oneself and to understand, what one's own personality is. Sometimes, the human being might feel as though he/she has lost the compass for their life, or that he/she feels controlled by others, and consequently, must consciously pay more attention to ensuring he/she does not lose control over their own life.

Das ist einfach betrachtet zwar etwas schwierig, doch der Mensch sollte sich dabei fragen, wer er eigentlich ist, wie auch, wie er grundsätzlich leben möchte.

While this is somewhat difficult to grasp, one should ask oneself who one really is and how one fundamentally wants to live.

Some concrete suggestions of actions to take to assist in finding the path to oneself:

Das ist schwerer für ihn zu beantworten, denn spätestens bei diesen Fragen sollte er einen Weg zur Lösung finden. Dazu ist es erforderlich, dass er wirklich denkend und nicht glaubend z.B. folgendes beachtet und durchführt:

This is a harder question to answer, because at the latest he/she should find a method to resolve these questions. To do so, it is necessary that he/she truly thinks, not simply believes, and for example, observes and implements the following:

1. Dass er Zeit für sich reserviert, wie auch, dass er bewusst seine Gedanken auf positive Idealvorstellungen konzentriert, denn dadurch verändert sich sein Blick für den Alltag.
2. Was er sich als seine größten Wünsche erdenkt, das soll er sich klarwerden; all die unterschiedlichen Kategorien, die sich z.B. als Wahrnehmung der Selbstverantwortung entpuppen, oder sich auf die Gesundheit, Finanzen, Beziehungen oder <Spirituelles> beziehen.

1. That he/she sets aside time for himself/herself and consciously focuses their thoughts on positive ideals, as this will change their perspective on everyday life.
2. He/she should become clear about what they consider to be their greatest desires; all the different categories that emerge, for example, as a sense of self-responsibility, or that relate to health, finances, relationships or <spirituality>.

Es ist notwendig, in der Gedankenwelt aufzuräumen und Ordnung in den Gedanken zu schaffen, und zwar indem alles systematisch und ordentlich eingeordnet wird. Daraus wird dann das gewählt, was dem eigentlichen und wichtigsten Ziel entspricht.

It is necessary to declutter his/her thoughts and create order by systematically and neatly categorising everything.

3. Wenn der Mensch sein wichtigstes Wunschziel mit der Realität abgleicht, dann ergibt sich natürlicherweise eine große Diskrepanz, wobei es sehr wichtig wird, dass jetzt nicht resigniert, sondern nach dem Motto gehandelt wird: «Das schaffe ich.» Dabei soll sich der Mensch überlegen,

From this, he/she will then choose what corresponds to his/her true and most important Ziel [culmination point].

3. When a human being compares his/her most important desired Ziel with reality, a large discrepancy naturally arises, whereby it is crucial that one does not become resigned, but rather acts according to the motto: "I can do this." The person should consider what brings him/her closer to their

LEBENSFÜHRUNG ...continues

was ihn seinem Wunschziel näherbringt; dadurch nämlich ergibt sich das, was er als konkretes Ziel anstrebt.

Turkeys do not fly into the mouth, in other words, there is work to be done and challenges to be accepted.

4. Die Ziele müssen klar und positiv definiert werden und immer im Zusammenhang mit dem stehen, was wirklich angestrebt wird. Zudem sollten sie den Weg verdeutlichen, der gegangen werden will. Es wird zwar hie und da Rückschläge geben, dennoch muss aber klar sein, wofür alles in Kauf genommen wird. Wenn der Mensch nämlich den Weg seiner Ziele einmal wirklich verinnerlicht hat, dann gelingt es ihm besser und gut, Lösungen für seine Probleme zu finden.

The connection of Creation-energy and body and one's life conduct and thought; necessity to take heed of all.

Platon wusste schon, dass der Körper des Menschen und die Schöpfungsenergie eine Einheit bilden, also ist es nicht verwunderlich, wenn sich die menschliche Lebensführung auch auf die Gedankenwelt auswirkt, die wiederum den Körper beeinflusst, der durch die Schöpfungsenergie belebt wird. Dieser bedarf jedoch der richtigen Pflege, die der Mensch beachten und demgemäß seinen Lebenswandel danach ausrichten sollte. Ein gesunder Lebenswandel verlängert die wertvolle Lebenszeit.

1. Übergewicht wie auch Untergewicht sind schädlich für den materiellen Körper, und zudem verkürzt beides das Leben.
2. Täglicher und auch moderater Alkoholkonsum verkürzt das Leben.
3. Rauchen jeder Art verkürzt das Leben. Daraus können sich für den Menschen also verkürzte - teils sehr verkürzte - Lebenszeiten ergeben, weshalb eine gesunde und ausgewogene Ernährung von Wichtigkeit ist. So ist z.B. Alkohol für die Gesundheit sehr schädlich, wie auch Zucker und Weißmehlprodukte, wobei viel mehr frisches Obst und Gemüse genossen werden sollen, als Schnellimbisse vom Verkaufsstand usw.

Auch sollte eine zweckmäßige Veränderung des Tagesablaufes vorgenommen und nicht zum Trott gemacht werden, wie auch regelmäßige Bewegung an der frischen Luft erforderlich ist, um den Körper mobil zu halten, wobei es nicht unbedingt Sportbetätigung sein muss, die manchmal schädlich ist, wenn es genau das Gegenteil von dem ist, was der Körper wirklich braucht.

Letztlich beeinflussen sich ja der Körper und die zur Anwendung gelangende Lebensführung gegenseitig, folglich besonders diese sich positiv auf den Körper und die Gesundheit auswirkt.

Die körperliche Verfassung, in der sich der Mensch befindet, spiegelt sich wiederum in seiner Lebensführung wider, folglich gesehen werden kann, wenn sich diese verändert.

Wahrheit ist: Wenn der Mensch bezüglich sich selbst nachdenkt und feststellt, dass er mit seiner Lebensführung nicht zufrieden ist und sich mit ihr nicht zurechtfindet, weshalb er sie ändern möchte, dann soll er damit nicht zuwarten, sondern sofort positiv dagegen angehen und entsprechend wandelnd handelnd sich zum Besseren wenden.

Er kann sich selbst mit kleinen Schritten langsam zu einem positiven und gewünschten Menschen bilden.

Er hat bewusst zu erkennen, dass er ein freier Mensch und

desired goal; this is how he/she determines what he/she should strive for as a concrete objective.

4. The Ziele [culmination points] must be clearly and positively defined and always be related to what is truly being pursued. Furthermore, they should elucidate the path that is to be taken. There will indeed be setbacks here and there, it nevertheless must be clear that necessary consequences will be accepted. Once a person has truly internalised the path to their culmination points they will be better able to find solutions to their problems.

Plato already knew that the human body and the Creation-energy form a unity, so it is not surprising that a human's life conduct also affects their world of thoughts, which in turn influence the body, which is enlivened by the Creation-energy.

However, this requires proper care, which the human being should observe and adapt his/her mode of life to accordingly. A healthy mode of life prolongs the valuable lifespan.

1. Being overweight and underweight are harmful to the physical body, and both shorten life.
2. Daily and even moderate alcohol consumption shortens the life.
3. Smoking of any kind shortens life. Therefore, this can result in shortened-sometimes very shortened-lifespans for humans, which is why a healthy and balanced diet is important. Thus, alcohol, for example, is very harmful to health, as are sugar and white flour products, whereby much more fresh fruit and vegetables should be consumed, rather than fast food from market stalls, etc.

A sensible change in daily routine should also be made and not allowed to become monotonous, as also regular exercise in the fresh air is necessary to keep the body mobile, although this does not necessarily have to be strenuous exercise, which can sometimes be harmful if it is the exact opposite of what the body actually needs.

Ultimately, the body and the application of the adopted life conduct influence each other, and consequently, the life conduct has a particularly positive effect on the body and health.

A human's physical condition, in which the human being finds oneself, is further reflected in his/her life conduct, consequently it can be seen when these are changed.

The truth is: When a human reflects on themselves and realises that he/she is not satisfied with their life conduct and cannot cope with it, and therefore want to change it, he/she should not wait, but immediately take positive action and accordingly transform himself/herself to the better.

With small steps, he/she can gradually develop himself/herself into the positive and desired human being he/she wants to be.

He/she must consciously recognise that he/she is a free

LEBENSFÜHRUNG ...continues

nicht einfach dem Unrichtigen ausgeliefert ist, sondern selbst die Wirklichkeit und deren Wahrheit dessen bestimmt, was er sein will, folglich er alles hinsichtlich sich selbst so gestalten kann, wie er will.

human being and not simply at the mercy of what is wrong, but rather that he/she determines reality and its truth, what he/she wants to be, consequently, he/she can shape everything regarding their own selves as they wish.

Note: This is an unofficial translation and contains errors due to the insurmountable language differences between German and English.

OUT OF BODY EXPERIENCE [OBE]

by Hillar Kallmar / March 15, 2026

During the last FIGU Landesgruppe Canada monthly meeting Paul Saleh gave a presentation on what's commonly referred to as "astral projection", an out-of-body experience (OBE) or lucid dreaming. Billy says that consciousness can never leave the body and there are very few people with the ability to stretch/project their consciousness to act as an antenna or feeler and perceive things at a distance. Yet many people believe they have effectively left their bodies at some point in their lives. In Contact Report 105 (line 92) Semjase tells Billy that only 2-3 people out of 1 billion have genuinely experienced such journeys or wanderings of their consciousness. The term OBE has been used since the early 1900s to describe such experiences and gained public awareness through books such as:

- Lucid Dreams (1968) by parapsychologist Celia Green);
- Knowledge Of The Higher Worlds (1969) a book comprising lectures by epistemologist and philosopher Rudolph Steiner (1861-1925);
- Journey's Out Of The Body (1971) by Robert A. Monroe) (1915-1995), a businessman, who also wrote Far Journeys (1985) and Ultimate Journey (1994) about his experiences;
- Return From Tomorrow (1978) by George G. Ritchie M.D. about his experiences during WWII;
- Hands Of Light (1987) by Barbara A. Brennan (1939-2022) a NASA physicist who became an energy healer and authored various books describing the human energy consciousness system;
- Various scientific papers and books by psychologist Charles T. Tart (1937-2025);
- The Biology of Transcendence: A Blueprint of the Human Spirit (2002) by Joseph Chilton Pearce (1926-2016) a humanities researcher and author);
- Eyes of an Angel (2005) by Canadian Paul Elder who claimed to have spontaneously left his body after several accidents.

Brennan in particular claimed to use out-of-body states to help people heal. She described seeing luminous threads or cords that remained attached to her physical body during such states that tethered her life force and consciousness. Her description is similar to Billy's description of some people being able to send out feelers with their consciousness.

**CONNECT WITH FIGU LANDESGRUPPE CANADA
ON SOCIAL MEDIA / JOIN & SUBSCRIBE**

YOUTUBE: NEW VIDEOS available!
<https://www.youtube.com/user/FIGUCANADA/featured>

FACEBOOK: FB groups for those who wish to connect with others interested in the FIGU/Meier information.

**OFFICIAL FLCA FACEBOOK PAGE FOR CANADA
[CANADIAN RESIDENTS] / FIGU IN CANADA MEETING PLACE:**
<https://www.facebook.com/groups/250250703187626>

OFFICIAL FLCA FACEBOOK PAGE [WORLDWIDE]:
<https://www.facebook.com/profile.php?id=61572664155850>

INSTAGRAM: https://www.instagram.com/figu_canada/

X [TWITTER]: <https://twitter.com/FiguCanada>

BITCHUTE:
<https://www.bitchute.com/channel/8F359r6kseA7>

MINDS: <https://www.minds.com/FIGUCanada/>

ODYSEE: <https://odysee.com/@FIGU-Canada:2>

RUMBLE: <https://rumble.com/user/FIGUCanada>