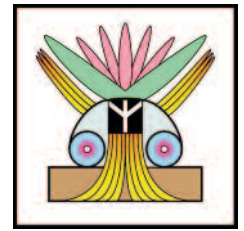




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NEUES ZUM CORONA-VIRUS UND WAS VERNÜNFTIGERWEISE ZU BEACHTEN IST
Gemäss Angaben und Empfehlung des Plejaren Ptaah / 17. März 2020

Zur Information

Ptaah Erst entstand im September 2002 in der südchinesischen Provinz Guangdong die Seuche SARS, die bis dahin nicht bekannt war. Der Erreger der Seuche wies jedoch keine Parasiten auf, die sich in Wirtszellen vermehren können, wie *Mycoplasma resp.* winzige Bakterien aus der Klasse der Mollicutes, die aerob bis fakultativ anaerob leben, wie ebenfalls keine winzige Chlamydiaceae resp. gramnegative Bakterien, wodurch also keine Bakterieninfektion, sondern eine Virusinfektion vorlag. Also handelte es sich nicht um solche Erreger, die eine atypische Lungenentzündung resp. Pneumonie verursachen, sondern um ein Virus. Folglich war Antibiotika bei Erkrankten nicht wirksam, was innerhalb von 2 Jahren zu vielen Todesfällen führte, die offiziell mit etwas mehr als 1000 angegeben wurden, wahrheitlich jedoch sehr viel mehr waren. Das unbekannte Virus wurde dann als Coronavirus der Gattung Coronaviridae definiert, das in einem geheimen Forschungslabor aus einem Erreger eines Flugsäugers resp. einer Hufeisennasen-Fledermaus (*Rhinolophidae*) mutierte, obwohl behauptet wird, dass die Herkunft des Erregers unbekannt sei, jedoch vielleicht von Fledermäusen übertragen worden sein könne. Dieses Virus wurde dann als SARS-assoziiertes Coronavirus SARS-CoV bezeichnet, kurz jedoch einfach SARS resp. «Schweres akutes respiratorisches Syndrom». Effectiv war es keine einfache Krankheit, sondern eine Seuche, die dann auch SARS-Pandemie genannt wurde.

Die Erregerübertragung erfolgte überwiegend durch eine direkte oder indirekte Tröpfchen-Infektion, und zwar durch einen Atem-Tröpfchen-Hauch.

1. Erstens: Beim Sprechen wird die Sprechatemluft als sehr feiner Tröpfchen-Hauch ausgestossen. Bei diesem Prozess

NEWS ABOUT THE CORONAVIRUS AND WHAT IS RATIONALLY TO BE CONSIDERED
According to the Information and Recommendations of the Plejare Ptaah / March 17, 2020

For your information

Ptaah In September 2002, in the south Chinese province of Guangdong, the rampantly spreading disease/epidemic SARS, which was not known until then, appeared for the first time. The pathogen of this rampantly spreading disease/epidemic, however, did not exhibit any parasites that can multiply in host cells, such as mycoplasma, that is to say, the tiniest bacteria of the class of mollicutes, which live aerobically, right up to facultative anaerobically, neither did it exhibit any tiny chlamydiaceae, that is to say gram-negative bacteria, wherethrough no bacterial infection arose, but a virus infection. Therefore, those were not pathogens that cause an atypical lung infection or pneumonia, but a virus. Consequently, antibiotics were not effective for those who were sick with it, which led to many deaths within two years, which officially was declared as being a little over 1000, which in reality however were many more. The unknown virus was then defined as coronavirus of the genus of coronaviridae, which – in a secret laboratory – mutated from a pathogen of an avian mammal, that is to say horse-shoe-nose bat (*rhinolophidae*), even though it is claimed that the origin of the pathogen is unknown and perhaps could have been transmitted by bats. This virus then was described as the SARS associated coronavirus, SARS-CoV, but abbreviated as SARS or Severe Acute Respiratory Syndrome. Effectively it was not a simple disease, but a rampantly spreading disease/epidemic, which was then also called SARS pandemic.

The transmission of the pathogens happened mainly through direct or indirect droplet infection, namely through breath-droplets/airborne droplets.

1. Firstly: While speaking, the breath is exhaled as a very

continues on page 2

NEWS ABOUT THE CORONAVIRUS from page 1

wird die Atemluft jedoch nur an kalten Tagen, nicht aber in warmen Tagen sichtbar, hat jedoch die Eigenschaft, dass sich dieser Atem-Tröpfchen-Hauch in der Regel bei Kälte bis etwa einen halben Meter ausdehnt und folgedem von nahe zur sprechenden Person stehenden Sprechpartnern eingeatmet wird, was in dieser Weise zu Atem-Tröpfchen-Hauch-Infektionen führt.

2. Zweitens: In kalten Tagen kondensiert der Atemausstoss aus dem Mund, und so wird der Atem-Tröpfchen-Hauch sichtbar und erscheint wie kleine Nebelschwaden aus dem Mund.

3. Drittens: Kondensierender Atem-Tröpfchen-Hauch entsteht nicht nur beim Menschen, sondern auch bei Tieren und gewissem Getier.

4. Viertens: Beim Prozess des Atem-Tröpfchen-Hauchs, der wie erklärt nur an kalten Tagen, nicht an warmen Tagen gesehen werden kann, ist jedoch zu beachten, dass dieser auch zu warmen Zeiten beim Sprechen aus dem Mund ausgestossen und folgedem von nahestehenden Personen eingeatmet wird.

5. Fünftens: Der Atem-Tröpfchen-Hauch des Menschen, was nochmals erwähnt werden muss, wird immer dann sichtbar, wenn der feucht-warme Lufthauch-Ausstoss aus dem Mund auf kalte und feuchte Aussenluft trifft. Dafür fundiert der Grund in einer physikalischen Luft-Eigenschaft, weil diese nämlich nur eine bestimmte Menge Wasserdampf aufnehmen und sichtbar werden lassen kann. Auch warme Luft nimmt Wasser auf, und zwar mehr als kalte Luft, wobei sich diese aus dem Mund ausstossende Warmluft in der Wärme, im Gegensatz bei Kälte, weiter und zudem unsichtbar ausbreitet, und zwar bis ca. zu einem (1) Meter, was in etwa der äussersten Aushauch- Grenze entspricht.

6. Sechstens: Der Atem-Tröpfchen-Hauch des Menschen weist auch ein Gewicht auf, und zwar bei null Grad ergibt sich ein Gewicht je nach Person und pro Kubikmeter von ca. 4,5 – 4,8 Gramm, wobei sich bei 30 Grad ca. 30 Gramm ergeben. Der Atem-Tröpfchen-Hauch sättigt jedoch auch die Luft, folgedem sie diesbezüglich auch nur begrenzt Feuchtigkeit aufnehmen kann.

7. Siebentes: Wenn sich der Atem-Tröpfchen-Hauch immer weiter abkühlt, dann wandelt sich der Atem-Wasserdampf derart, dass winzige Hauch-Wassertröpfchen entstehen, die dann in der Luft schweben und sich ausbreiten.

8. Achters: Der durch die Kälte sichtbar werdende Atem

fine wisp of droplets. However, during this process the breath becomes visible only on cold days and not on warm days. However, this wisp of breath-droplets, as a rule, has the characteristic that it spreads by about half a metre when it is cold and therefore is inhaled by conversation partners that are close to the person speaking, which in this form leads to an airborne droplet infection.

2. Secondly: On cold days the breath condenses out of the mouth and thus the wisp of breath-droplets becomes visible and appears as small wafts of mist from the mouth.

3. Thirdly: Condensing breath-droplets do not only arise from human beings but also from animals and certain creatures.

4. Fourthly: However, with the process of the breath-droplets, which, as explained, is only visible on cold days but not on warm days, it is to be considered that it is also exhaled from the mouth while speaking when it is warm and consequently is inhaled by persons standing nearby.

5. Fifthly: The breath-droplets of the human being, which must be mentioned again, always become visible when the moist-warm exhalation from the mouth meets the cold and moist ambient air. The reason for this is based on the physical characteristic of air, because it can only absorb a certain amount of water vapour and allow it to become visible. Warm air also absorbs moisture, indeed more than cool air, in which case the warm air exhaled from the mouth during warmer temperatures, in contrast to when it is colder temperature, spreads further and at the same time invisibly, namely up to about one (1) metre, which corresponds to about the outer limit of the exhalation.

6. Sixthly: the breath-droplets of the human being also have a weight, namely at zero degrees [Celsius] – depending on the person and the cubic metre – it is about 4.5 – 4.8 grams, which means about 30 grams at 30 degrees [Celsius]. The breath-droplets, however, also saturate the air, consequently it can in this regard also only absorb limited moisture.

7. Seventhly: When the breath-droplets cool down further, the breath-water-vapour changes such that tiny water droplets arise from the breath, which then float in the air and spread.

8. Eighthly: The breath becoming visible as breath-droplets during cool temperatures depends, on one hand, on the ambient temperature, but on the other hand, on the atmospheric humidity. Visible breath-droplets can thus only be produced and made visible at a lower temperature and

FOR THIS COMPLETE ARTICLE PLEASE CLICK THE LINK:

https://www.figu.org/ch/files/downloads/coronavirus/neues_zum_corona_de_en.pdf

FOR ALL FIGU-SWITZERLAND CORONAVIRUS ARTICLES PLEASE CLICK HERE:

<https://www.figu.org/ch/index/downloads/coronavirus>

VITAMIN C, VITAMIN D

FLCA Public Meeting / Lillian Smith Public Library, Toronto / January 12, 2020

Translation: Michael Uyttebroek

Here are some notes from a public meeting held in Toronto on January 12, 2020. I had always been unclear as to the actual dosage requirements of both of these vitamins and hence I reviewed the contact reports in order to solve this problem. At the end of each section there is a dosage chart which I compiled which can quickly serve as a reference guide.

**Auszug aus Zweihundertsechzigster Kontakt
Dienstag, 3. Februar 1998, 22.27 Uhr**

Ptaah:

278. Ich verstehe.

279. Ja, es entspricht der Richtigkeit:

280. Der Erdenmensch hatte die Fähigkeit, körpereigenes Vitamin C zu produzieren.

281. Durch körperdevolutionierende Umstände aber ging diese Fähigkeit nach und nach verloren, folglich im Körper des heutigen Menschen nur noch geringste Spuren dieses Vitamins produziert werden, obwohl pro 1 Kilo Körpergewicht 14 Milligramm pro Tag benötigt werden.

282. Da diese Produktion aber weitestgehend fehlt, muss die nötige Menge Vitamin C dem Körper von aussen zugeführt werden.

283. Normalerweise müsste dies über die Nahrung geschehen, was jedoch durch die gesamte Veränderung der Lebensmittel, und zwar auch der Früchte und Gemüse, heute nicht mehr möglich ist, weshalb künstliches Vitamin C hinzugezogen werden muss.

Billy:

Das bestreiten aber viele Ärzte und Vitamin-Gegner usw.

Ptaah:

284. Die sich gesamthaft alle irren und damit sehr viel Schaden anrichten.

Billy:

Ich weiss, denn seit ich mich an deine Weisungen halte mit den Multivitaminen, Spurenelementen und Mineralstoffen sowie dem, täglich pro Kilo Körpergewicht minimum 14 Milligramm Vitamin C zu mir zu nehmen, seit da ist es mit meiner Gesundheit aufwärtsgegangen, und zwar ganz gewaltig, folglich ich mich heute wirklich nicht mehr über mangelnde Gesundheit beklagen kann.

**Auszug aus Kontakt 241
3. Februar 1992, 23:33**

Ptaah:

77. Darüber haben wir schon öfters gesprochen, doch haben wir nie sehr genaue Angaben darüber gemacht.

78. Hiermit möchte ich dies nun aber einmal tun:

79. In bezug auf den Vitamin-C-Bedarf des menschlichen Körpers, wie er auf der Erde gegeben ist, bewegt sich der durchschnittliche Wert bei 750 Milligramm bei einem Körpergewicht von 60 Kilogramm und bei leichter Tätigkeit.

80. Dies entspricht 12,5 Milligramm Vitamin C pro ein Kilogramm Körpergewicht.

81. Bei schwerer Tätigkeit steigt der Vitaminbedarf des Körpers an, und zwar auf 14 Milligramm pro ein Kilogramm Körpergewicht.

Billy:

Und wie verhält sich das Mass dann bei mittlerer Tätigkeit?

Excerpt from Contact 260

Tuesday, 3rd February 1998, 22:27

Ptaah:

278. I understand.

279. Yes, it is correct:

280. The Earth human beings had the ability to produce their bodies' own vitamin C.

281. However, through bodily de-evolutionary circumstances, this ability was gradually lost; consequently, in the bodies of today's human beings, only the minutest traces of this vitamin are produced, although, 14 milligrams per 1 kilogram of body weight are needed each day.

282. Since this production is largely absent, however, the necessary amount of vitamin C must be supplied to the body from the outside.

283. Normally this would have to be done through food, but due to all the changes in the food, including the fruits and vegetables, this is no longer possible today, which is why artificial vitamin C must be added

Billy:

Many doctors and vitamin opponents, etc. deny this, however.

Ptaah:

284. They are all completely delusional and cause a lot of harm with it.

Billy:

I know, since I follow your instructions with the multi-vitamins, trace elements, and minerals and take the daily minimum of 14 milligrams of vitamin C per kilogram of body weight, and since then, it has been getting better with my health, and indeed, quite immensely, consequently I can now really no longer complain about a lack of health.

Excerpt from Contact 241

3rd February 1992, 23:33

Ptaah:

77. We have talked about this many times, but we have never given very precise information about it.

78. But this is what I would like to do:

79. In terms of the vitamin C requirement of the human body as it exists on the Earth, the average value is around 750 milligrams for a body weight of 60 kilograms and for light activity.

80. This corresponds to 12.5 milligrams of vitamin C per kilogram of body weight.

81. With heavy activity, the vitamin requirement of the body increases to 14 milligrams per kilogram of body weight.

Billy:

And how does the measure then behave with medium activity?

VITAMIN C, VITAMIN D...continues

Ptaah:

82. Eine mittelschwere Tätigkeit ist der schweren Tätigkeit gleichzusetzen.

Billy:

Ein 70 Kilogramm schwerer Mensch müsste also demnach 980 Milligramm Vitamin C zu sich nehmen pro Tag.

Ptaah:

83. Das ist richtig, jedoch entspricht dies nur einem Richtmass, denn die Regel legt dar, dass ein Mehr von 150 Milligramm von Nutzen ist, so also 150 Milligramm zu jedem errechneten Resultat hinzugerechnet werden sollten.

Billy:

Für einen Menschen mit 70 Kilogramm Körpergewicht wäre die Be-darfsmenge dann mit 1130 Milligramm pro Tag zu berechnen.

Ptaah:

84. Das ist richtig.

Billy:

Also ist das Mass von 750 Milligramm durchschnittlich nur gültig für ein Körpergewicht von 60 Kilogramm und bei leichter Arbeit. Richtigerweise muss der Vitamin-C-Bedarf demgemäss nach Kilogramm Körpergewicht und nach schwerer Tätigkeit berechnet werden. Unter diese Kategorie fallen die meisten Menschen. Nur sehr wenige verrichten ja in Wirklichkeit leichte Tätigkeiten.

Ptaah:

85. Auch das entspricht der Richtigkeit.

Billy:

Vitamin-C-Mangel beeinträchtigt ja nicht nur die Immunkraft des Immunsystems, sondern es treten auch vielerlei andere negative Dinge in Erscheinung, wie z.B. Erbschäden, Augenschäden usw. Könntest du darüber vielleicht einmal etwas Konkretes sagen?

Ptaah:

86. Zu ausführlich kann ich nicht werden, denn einerseits würde dies zu viel Zeit in Anspruch nehmen, und andererseits darf ich keine zu grossen Erkenntnisse preisgeben.

Billy:

Einige Angaben genügen mir schon.

Ptaah:

87. Dann höre:

88. Vitamin-C-Mangelercheinungen sind nicht so harmlos, wie von den Erdenmenschen angenommen wird.

89. Ebenso ist es nicht harmlos, was die zuständigen Wissenschaftler der Erde in bezug auf falsche

Ptaah:

82. A medium-heavy activity is the same as a heavy activity.

Billy:

A person weighing 70 kilograms would have to consume 980 milligrams of vitamin C per day.

Ptaah:

83. This is correct, but this corresponds only as a guide, because the rule states that an increase of 150 milligrams is useful, so therefore 150 milligrams should be added to each calculated result.

Billy:

For a person with a body weight of 70 kilograms, the required quantity would then be calculated at 1130 milligrams per day.

Ptaah:

84. That is correct.

Billy:

So the measure of 750 milligrams is on average only valid for a body weight of 60 kilograms and for light work. Correctly, the vitamin C requirement must be calculated according to kilogram body weight and according to heavy work. Most people fall into this category. Very few people actually perform light activities.

Ptaah:

85. Also this corresponds to the correctness.

Billy:

Vitamin C deficiency does not indeed only affect the immune system, but also many other negative things appear, as for example, hereditary damage, eye damage, etc. Could you perhaps say something concrete about this?

Ptaah:

86. I can't get too detailed, because on the one hand this would take too much time, and on the other hand I on the other hand, I must not disclose too many cognitions.

Billy:

A few details are enough for me.

Ptaah:

87. Then listen:

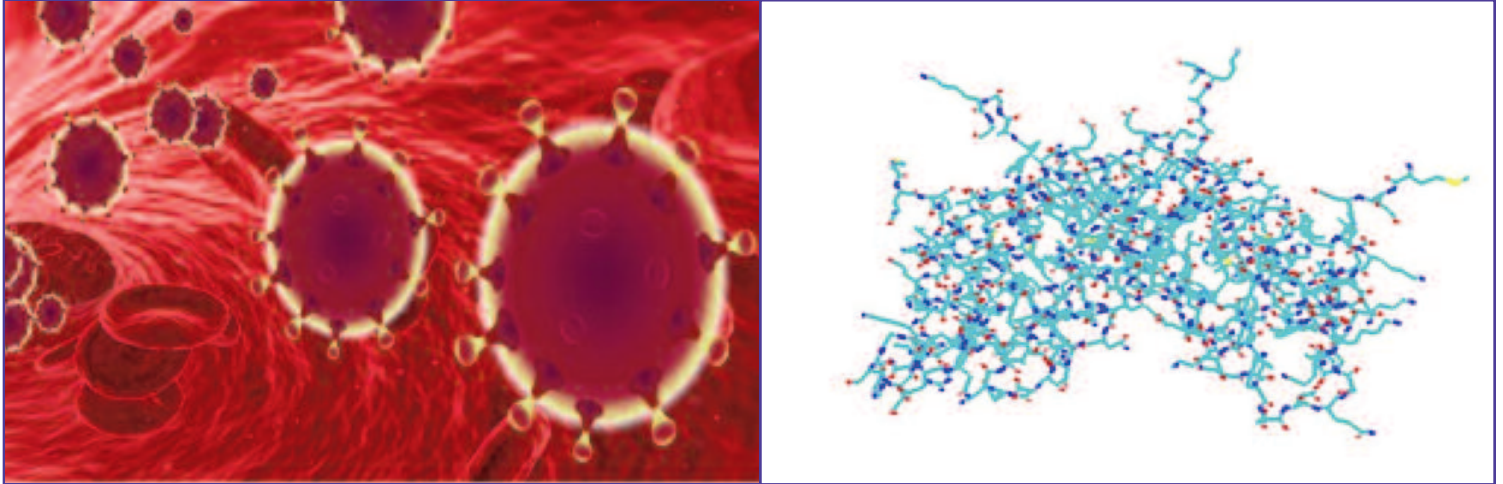
88. Vitamin C deficiency symptoms are not as harmless as is assumed by the Earth-humans.

89. Likewise it is not harmless, what the responsible scientists of the Earth propagate concerning wrong quantities of vitamin C needed for the human being of the Earth, because

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

THE CORONA VIRUS AND GAMMA INTERFERON

by: Catherine Mossman / Tiny, Ontario / March 23, 2020



I'd heard about gamma interferon through the Meier material a good 13 years ago, but at the time could find no information about it. As our group, of late, has been doing an ongoing series of FIGU health-related presentations at our public meetings, I'd volunteered back in early February of this year to prepare a presentation for our March meeting on this mysterious gamma interferon.

However, the oncoming Covid19 pandemic had other plans. We were strongly advised, on March 1st, by FIGU Switzerland, in no uncertain terms, that we should postpone all meetings, etc. So we cancelled our March 15th meeting at Toronto library venue. As it turned out, two weeks later all libraries (amidst everything else) closed their doors anyway.

My research indicated that the use of gamma interferon (a human created substance that science has been able to replicate) has applications against viruses which set me to wondering if there may be an application in this Corona virus. As it turns out science was already all over it. And with the deluge of Covid-19 interferons started appearing in the press as helpful treatments for Covid-19, replete with studies out of Cuba and China talking about this.

Following is information that Billy Meier published about gamma interferon back in 1991. This is a cleaned-up translation of the section on gamma interferon extracted from Contact Report 238, May 18, 1991. The version currently on the Future of Mankind's website site is a DeepL translation here: (scroll to part 3)

The actual printed version can be found in:

Plejadisch-plejarische Kontaktberichte Block 6 / Publishers: Wassermannzeit-Verlag, 2005

Billy

... Diese Frage aber ist nun die:

Das Immunsystem fabriziert Antikräfte und Antikörper, wie ich ja bereits gesagt habe, doch wie steht es nun damit, dass diese Antikörper und Antikräfte eigentlich auch künstlich oder halbkünstlich durch den Menschen hergestellt werden könnten?

Wenn die Natur schon chemische Reaktionen und physikalische Veränderungen usw. durchführen kann, dann liegt es für mich nicht nur nahe, sondern es ist mir dann eine Selbstverständlichkeit, dass auch der Mensch genau dasselbe tun kann, wenn er in seinem Wissen und mit seinen apparaturellen und mechanischen sowie computermässigen Entwicklungen dermassen weit fortgeschritten ist, dass sich ihm hierzu die Möglichkeiten bieten.

Dazu nun die hauptsächliche Frage: Sind die erdenmenschlichen Medizin-, Chemie- und Computerwissenschaften usw. bereits so weit entwickelt, dass diese solche Antikörper und Antikräfte entwickeln oder isolieren könnten, um spezielle immunsystemstärkende Medikamente prophylaktischer Form herzustellen oder gar Medikamente, die als

Billy:

...But this question is now the one: The immune system produces anti-forces and antibodies, as I have already said, but what about the fact that these antibodies and anti-forces could actually also be produced artificially or semi-artificially by humans?

If nature can already carry out chemical reactions and physical changes, etc., then it is not only obvious to me, but it is self-evident to me that humans can do exactly the same, if they are so advanced in their knowledge and with their developments in apparatuses, mechanics as well as computers that they have the possibilities to do so.

Now for the main question: Are the Earth-human medical, chemical and computer sciences, etc. already so far developed that they are able to develop or isolate such antibodies and anti-forces in order to produce special immune-strengthening drugs in prophylactic form or even drugs that could be used as acute treatment drugs?

If so, what is the name of such a drug in an acute treatable or prophylactic form, and from which substances could such drugs be derived?

THE CORONA VIRUS AND GAMMA...continues

Akutbehandlungsmittel Anwendung finden könnten? Wenn ja, wie lautet der Name eines solchen Medikaments akutbehandlungsfähiger oder prophylaktischer Form, und weiter, aus welchen Stoffen könnten solche Medikamente gewonnen werden?

Ptaah:

363. Du sprichst damit ein Thema an, zu dem wir bereits seit längerer Zeit belehrende Impulse an die massgebenden Wissenschaftler der Erde aussenden, weshalb ich dir dazu auch eine dementsprechende Antwort offizieller Form geben kann.

364. Gewiss, die Möglichkeit der Herstellung solcher Medikamente prophylaktischer sowie behandlungsfähiger Natur ist gegeben.

365. Der Name eines solchen Medikaments müsste von den Herstellern erst erfunden werden, wohingegen wir es bei uns schlicht SALUBRITASON nennen, was in etwa in die deutsche Sprache umgesetzt einfach Heilmittel bedeutet.

366. Der Name wird also derart ausgesprochen, dass das <O> langgezogen betont wird, wie du das eben von mir gehört hast.

Billy: Also SALUBRITASON – sozusagen mit zwei <O> ausgesprochen.

Ptaah:

367. Das ist richtig.

368. Höre jedoch weiter:

369. Der eigentliche Wirkstoff für ein Medikament, wie du es angesprochen hast, und zwar in beiden Formen, so also für eine Akutbehandlung als auch für prophylaktische Anwendung, ist den medizinischen Wissenschaftlern der Erde bereits bekannt unter der Bezeichnung GAMMA-INTERFERON.

370. Dieser Stoff GAMMA-INTERFERON muss nun nur von den zuständigen Fachkräften isoliert und aus den entsprechenden Produkten ausgesondert werden, die diesen hochwertigen Abwehrstoff gegen Krankheitserreger enthalten, um ihn dann zu einem entsprechenden Medikament zu verarbeiten, das dem Menschen verabreicht werden kann.

371. Der Stoff GAMMA-INTERFERON ist ein natürliches Produkt chemischer Umwandlung, so z.B. wenn Milch zu JOGHURT oder zu KEFIR umgewandelt wird.

372. Also ist es allein erforderlich, dass das GAMMA-INTERFERON den genannten Produkten entzogen und zu einem Medikament umgearbeitet wird.

373. Krankheitsanfällige Menschen sollten ein solches Medikament prophylaktisch täglich in angemessener Menge einnehmen, nebst den notwendigen Vitaminen, Spurenelementen und Mineralstoffen, wobei auch speziell beim Vitamin C darauf geachtet werden sollte, dass pro erwachsener Einheit Mensch ein täglicher Bedarf von mindestens 900 Milligramm erforderlich ist, wenn er einigermaßen einen ausgeglichenen und gesundheitszweckdienlichen Vitamin-C-Bedarf abgedeckt haben und gesund sein will.

374. Die diesbezüglich durch die irdischen Mediziner fest-

Ptaah:

363. You are thus addressing a topic on which we have been sending out instructive impulses to the relevant world scientists for some time, which is why I can also give you an official answer to this question.

364. Certainly, the possibility of producing such drugs of a prophylactic and treatable nature is given.

365. The name of such a medicine would first have to be invented by the manufacturers, whereas we simply call it SALUBRITASON, which in German means simply: remedy.

366. The name is thus pronounced in such a way that the 'O' is emphasized in a drawn-out manner, as you have just heard from me.

Billy: So SALUBRITASON – pronounced with two 'Os' so to speak.

Ptaah:

367. That is right.

368. But keep listening:

369. The actual active ingredient for a drug, as you mentioned it, in both forms, i.e. for acute treatment and prophylactic application, is already known to medical scientists around the world as GAMMA-INTERFERON.

370. This substance GAMMA-INTERFERON must now only be isolated by the responsible specialists and separated from the corresponding products, which contain this high-quality defense substance against pathogens, in order to then process it into a corresponding medicine, which can be administered to humans.

371. The substance GAMMA-INTERFERON is a natural product of chemical transformation, e.g. when milk is converted to YOGURT or KEFIR.

372. So it is only necessary that the GAMMA-INTERFERON is removed from the mentioned products and converted into a drug.

373. Disease-prone people should take such a medication prophylactically daily in an appropriate amount, in addition to the necessary vitamins, trace elements and minerals, whereby special care should also be taken with vitamin C, that a daily requirement of at least 900 milligrams is required per adult human if they want to have a reasonably balanced and health-promoting vitamin C coverage and to be healthy.

374. The 75-150 milligrams established in this respect by the earthly physicians unfortunately correspond to extremely erroneous assumptions, whereas your calculations are very realistic, if I compare your data made to me regarding the vitamin C as well as the other vitamins and trace elements and minerals, which you take and also recommend.

Billy:

Then is this GAMMA-INTERFERON practically the same antidote or anti-substance illness fighter as is produced by the human immune system itself?

Ptaah:

375. Sort of, yes.

Billy:

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

BEAM-Ratgebung für alle FIGU-Gruppen vom 24. März 2020 bezüglich der Corona-Krise / Umgang mit den Finanzen:

"Macht euch keine grossen Gedanken wegen der Meldungen in den Medien bezüglich dem, was die Finanzen anbelangt."

"Macht im gleichen normalen Rahmen weiter und gebt Euer Geld nicht übereilt aus, sondern spart es und legt es dort an, wo ihr es bisher auch gemacht habt."

Allgemein:

"Jetzt heisst es einfach, kühlen Kopf zu bewahren und sich wegen einem möglichen Währungsverfall und etwaige Meldungen darüber nicht ins Bockshorn jagen zu lassen."

"Über kürzer oder länger geht diese Krise auch vorbei und dann sieht man weiter."

"Derzeit können wir alle nur darauf achten, dass wir die vorgeschlagenen Vorsichtsmassnahmen zum Schutz für die eigene Gesundheit und für die Gesundheit der aufgrund des Alters und durch Vorerkrankungen gefährdeten Menschen einhalten, alles andere wird sich mit der Zeit erweisen."

(Weitergabe der Informationen erfolgt mit freundlicher Erlaubnis von Billy vom 25. März 2020)

BEAM advice for all FIGU groups of 24 March 2020 concerning the corona crisis / Dealing with finances:

Translation: Michael Uyttebroek / March 25, 2020

"Don't worry about the media coverage of financial issues."

"Continue within the same normal framework and do not spend your money hastily, but save it and invest it where you have done it before."

In general:

"Now it's simply a matter of keeping a cool head and not letting a potential currency devaluation and any news about it blow up in your face."

"For sooner or later, this crisis will pass and then we will see more."

"At present, all we can do is to ensure that we all take the proposed precautions to protect our own health and the health of those at risk due to age and pre-existing conditions, everything else will turn out in time".

(Information provided with the kind permission of Billy on 25 March 2020)

ELEMENTAL BEINGS

From the book "Diversikum" by Guido Moosbrugger

Translation: Jimmy Chen / March 2020

Elemental beings, nature-beings and nature-spirits have since time immemorial also been designated as hexes/witches. These, however, have nothing to do with human witches, which supposedly should have stood in connection with the 'devil' and which were pursued, gruesomely tortured, burned on the stakes or otherwise bestially murdered through the Christian Inquisition; these 'witches' are covered separately.

Elemental beings are very small life forms which have been named fairies, elves, gnomes or little people, etc. These nature-beings are smaller than dwarfs, which on their part are not identical with human beings of small growth, because stunted-growth, dwarfism or short statures are in everyday language terms for microsomia. It is not an independent illness, but can appear as symptoms in many various ailments. However, it often leads to further problems in the lives of those affected.

Elemental beings exist in a dimension shifted from the present space-time-continuum. From this they sometimes change into the dimension normal for the earthly human being. These beings are very fine-sensitive with regard to swinging-wave-sensitivity, therefore they cannot normally be seen by human beings of Earth, because these nature beings stay away from human beings. To human beings who are relatively fully equalised in their thinking and feeling, in their psyche as well as in their deeds, they show themselves now and then as individual nature spirits. The human being, however, can neither acoustically nor telepathically or otherwise contact these beings in any other form, as it is also not possible the other way round.

The elementary beings also have an evolutionary spirit form, and their task is to help the nature to grow and prosper; animals, creatures and plants are dependent on them. Especially within the vicinity of birches they can live well because this tree has a very positive radiation for them.

On September 8, 1982 Billy could see an elf together with his son Methuselem on the grounds of the Semjase-Silver-Star-Center. Unfortunately, it was driven away by the barking of a dog before he could take a picture of the being, which was barely a hand span in size. The elf, however, left footprints in the damp clay, which was then dug up by Billy and preserved. The piece of clay with the footprints was only captured in the picture about six years later.



Photo: 15. Oktober 1988, 15.00 h, Bernadette Brand

«DER GROSSE BOGEN IST GESPANNT»

ODER

EIN WECKRUF AN ALLE FIGU-MITGLIEDER UND MISSIONSVERBUNDENEN, DIE NOCH IM «SCHLAFMODUS» SIND

VON FIGU BULLETIN NR. 84 (JUNI 2014) SEITEN 1-3

von: Achim Wolf / Deutschland

Es begann vor rund 13 500 Jahren auf der Erde. Damals wurde die Nokodemion-Henok-Lehre-des-Geistes im indisch-burmesischen Raum gelehrt. Letztmals erschien Henok vor 389 000 Jahren auf der Erde, um dann vor rund 13 500 Jahren erstmals mit der abgeänderten Namensform Henoch und als erster Prophet der sogenannten «Späteren Zeit» in Erscheinung zu treten (siehe Artikel «Klarstellung zu den Propheten Henok und Henoch» im FIGU-Bulletin Nr. 50). Zur genannten Zeit hat die letzte grosse Einwanderung Ausserirdischer auf die Erde stattgefunden, und zwar von Ausserirdischen der Henoch-Linie (siehe diesbezügliche Leserfrage im FIGU-Bulletin Nr. 40).

Es sollte allen FIGU-Passivmitgliedern und FIGU-Freunden, die sich mit der Mission verbunden fühlen, klar sein, dass die meisten von uns als frühere Persönlichkeiten ihrer Geistformlinie zu den Einwanderern auf dem Planeten Erde gehörten. Letzten Endes spielt es aber keine Rolle zu wissen, ob es so ist oder nicht. **Entscheidend ist das Wissen und die klare Erkenntnis darüber, dass man sich freiwillig in eine weltweite und epochenübergreifende Mission und Aufgabe eingeordnet hat, die von allen einen grossen, bewussten und wachen Einsatz verlangt.**

Eine Verantwortung wahrzunehmen bedeutet, sich dieser nicht nur theoretisch bewusst zu sein und darüber nachzusinnen, während man auf der Couch vor dem Fernsehgerät liegt und eine Geisteslehreschrift liest. Es bedeutet, dass man sein Denken und Fühlen von bequemen, einlullenden und den Horizont des Bewusstseins einengenden Gewohnheiten befreien und sein Sinnen und Trachten nach der schöpferisch-natürlichen Wahrheit auf eine verantwortungsvolle und tatkräftige Basis stellen muss.

Wir befinden uns in der Jetztzeit des Jahres 2014 im heissen Endstadium der Mission mit dem wahren Propheten der Siebnerreihe, wobei die Mission allerdings noch bis ins Jahr 3999 andauern wird. Zum letzten Mal jedoch haben wir das Glück, dass die Geistform von Nokodemion wieder mit einer neuen Persönlichkeit als Prophet inkarniert ist und seine lange, mühevollen und unschätzbaren wertvollen Missionsaufgabe erfüllt. Verlangt dieses Wissen nicht danach, dass jede Frau und jeder Mann selbst tatkräftig dabei mitwirkt, die resp. der sich dieser einmaligen Zeit und Gelegenheit wirklich bewusst ist? Wenn wir diese historische einmalige Gelegenheit achtlos vorüberziehen lassen, dann gleichen wir einem schlafenden Menschen, der den Aufgang der Sonne am Tageshimmel verträumt, den Aufzug eines wunderschönen Morgens verpasst und wie ein Traumtänzer in den Tag hineinlebt, ohne sich dessen wirklich bewusst zu werden, was um ihn herum passiert und in welcher überwältigenden Wirklichkeit er existiert. Dieses Leben ist mit einer grossen, wundervollen und überaus weitreichenden Verantwortung für die Gegenwart und die Zukunft der Erdmenschheit verbunden. Die Stimme, die wir leise in uns

«THE GREAT BOW IS DRAWN»

OR

A WAKE-UP TO ALL FIGU MEMBERS AND MISSION-CONNECTED ONES, WHO ARE STILL IN THE 'SLEEP-MODE'

FROM FIGU BULLETIN NO. 84 (JUNE 2014) PAGES 1-3

by: Achim Wolf / Germany

Translation: Patrick McKnight / February 23, 2020

It began about 13,500 years ago on the Earth. At that time the Nokodemion-Henok-Teaching-of-the-Spirit was taught in the Indian-Burmese region. Henok appeared for the last time on Earth 389,000 years ago, then around 13,500 years ago with the amended name form Henoch 'Enoch' and as the first prophet of the so-called 'latter time' stepped into appearance for the first time (See article: 'Clarification of the prophets Henok and Henoch 'Enoch'' in FIGU-Bulletin No. 50). At the time mentioned, the last great immigration took place of more extraterrestrials to the Earth, and indeed by the extraterrestrials of the Henoch 'Enoch' Line (lineage) (See reader question regarding this in FIGU-Bulletin No. 40).

It should be clear to all FIGU-Passive-Members and FIGU-friends, who themselves feel connected with the mission, that most of us, as previous personalities of their spirit-form lineage, belong to the immigrants on the planet earth. Ultimately, however it plays no role to know, whether it is so or not. **Decisively the knowledge and clear cognition is about that, that one has voluntarily integrated him/herself into a worldwide and epoch-spanning mission and task, which requires from all a great, conscious and alert commitment.** A fulfilling of responsibility means, not only to themselves be theoretically conscious of this and ponder over it, while one lies on the couch before the television set and reads a spiritual-teaching-writing. It means, that one liberates his/her thinking and feeling from idle, lulling and the horizon of the consciousness restricting habits and must set his/her reflecting and striving according to the creational-natural truth on a responsible and energetic basis. We find ourselves in the present time of the year 2014 (2020) in the hot final-stage of the mission with the true prophets of the seven-series, whereby the mission certainly will persist still in the year 3999. For the last time however we have the fortune that the spirit-form of Nokodemion again with a new personality has incarnated as prophet and fulfills his long, laborious and inestimably valuable mission task. Doesn't this knowledge subsequently demand that every woman and every man him/herself energetically contribute, that him/herself is really conscious of this unique time and opportunity? If we let this historically unique opportunity thoughtlessly pass by, then we become the same sleeping human being, who dreams away the rising of the sun in the daytime sky, misses out on the rising of a beautiful morning and lives into the day as a dreamer, without him/herself really becoming conscious of what is happening around him/her and in what overwhelming reality he/she exists. This life is connected with a great, wonderful and far-reaching responsibility for the present and the future of the earth-humankind. The voice, that we quietly hear in us and that thereto encourages us, from our sleep of the passive-consuming of the creational-natural truth, leads back to our

THE GREAT BOW IS DRAWN... continues

hören und die uns dazu auffordert, aus unserem Schlaf des Passiv-Konsumierens der schöpferischnatürlichen Wahrheit zu erwachen und mitzuarbeiten, führt auf uns selbst zurück resp. auf unsere jeweilige Vorgängerpersönlichkeit zur Zeit vor 13 500 Jahren, deren Selbstverpflichtung in den persönlichen Speicherbänken abgelegt ist und deren Impulse uns heute treffen. Die damals selbst auferlegte Verpflichtung ist darauf gerichtet, hier und jetzt in diesem aktuellen Leben ganz besonders bei der Mission der 'Stille Revolution der Wahrheit' mitzuwirken. **Wir haben uns den Auftrag zur aktiven Mitwirkung an der Mission also selbst erteilt und damit quasi einen Vertrag mit uns selbst geschlossen, den wir nicht brechen sollten.**

Es ist nicht genug, die Wahrheit einfach nur zu konsumieren und sie zum persönlichen Vorteil und zur persönlichen Evolution zu nutzen. Das zu tun ist unbestritten sehr wichtig, gut und wertvoll; aber in diesem Leben und Dasein als kleines Glied im grossen Verbund der FIGU-Mission reicht es nicht aus, um alle Versprechen einzulösen, die vor rund 13 500 Jahren gegeben wurden.

«... Der grosse Bogen von der Vergangenheit über die Gegenwart bis in die Zukunft hinein ist bereits gespannt nach dem Gesetz von Ursache und Wirkung. Daran gibt es nichts zu rütteln. Das Verbreiten der Wahrheit in der Öffentlichkeit erfordert jedoch noch einen ungeheuren Einsatz, damit die Mission in Zukunft gelingt und ihre guten Früchte trägt. ...»

Auch wenn das viele Menschen, die sich der Mission ehrlich verbunden fühlen, nicht hören mögen: **Die Zeit der grossen Zusammenkunft in der Neuzeit hat längst begonnen.**

Leider sind viele 'von damals' heute nicht mit von der Partie. Viele sind in den Fängen der Religionen, Sekten und sonstigen wahrheitsfremden Strömungen hängengeblieben; wieder andere frönen dem Materialismus oder sind schlicht zu egoistisch und zu bequem, um der Mission und sich selbst Gutes zu erweisen, um daran mitzuarbeiten. **Es ist jetzt und heute von dringender Notwendigkeit, sich den vorhandenen FIGU-Landesgruppen und FIGU-Studiengruppen anzuschliessen, wenn dies irgendwo und irgendwie möglich ist, bzw. selbst die Initiative zu ergreifen, neue FIGU-Gruppen zu gründen und tatkräftig darin mitzuwirken.** In Deutschland sind geschätzte 75 Passivmitglieder, wovon aber derzeit nur rund 20% in Gruppen organisiert sind, sprich in der FIGU-Landesgruppe Deutschland und in der FIGU-Studiengruppe Süddeutschland.

Wer noch nicht FIGU-Mitglied ist, aber sich der Mission verbunden fühlt und davon profitiert, sollte überlegen, ob es für ihn/sie möglich ist, Passivmitglied zu werden und/oder einer Studiengruppe bzw. einer Landesgruppe beizutreten. Es werden Kräfte benötigt, die beim Aufbau und künftigen Funktionieren der Gruppen mithelfen, die dauernden Einsatz erfordern und dies als Lebensaufgabe betrachten, eben soweit es für den einzelnen Menschen möglich ist. Es müssen Infostände abgehalten und Vorträge gehalten werden, und es gibt vieles mehr an Öffentlichkeitsarbeit zu tun, ohne dass jedoch dabei missioniert wird, wie das den Religionen und Sekten usw. eigen ist.

In einer harmonisch funktionierenden Gruppe hat der Mensch

selfs, i.e., to our respective predecessor personality at the time of 13,500 years ago, whose self-obligation is stored in the personal memory banks and whose impulse strikes us today. The self-imposed obligation at that time is thereon directed here and now in this current life, to contribute entirely particularly to the mission of the 'Silent Revolution of the Truth'. **We have thus self-granted ourselves the task for the active cooperation to the mission and therewith virtually forged an agreement with ourselves, which we should not break.**

It is not enough, to simply only consume the truth and to use it for the personal advantage and for the personal evolution. To do that is undisputedly very important, good and valuable; however in this life and existence as a small member in the large group of the FIGU-mission it is not sufficient, in order to honor all promises, that were given around 13,500 years ago.

“... The great bow from the past through the present until into the future is already drawn according to the law of cause and effect. There is nothing to doubt about that. The disseminating of the truth in the public requires, however, still a tremendous commitment, therewith the mission succeeds in the future and bears its good fruits. ...”

Even if many human beings, who themselves honestly feel connected to the mission, may not hear this: **The time of the great gathering (meeting) in the new time has long since begun.** Unfortunately, many 'from at that time' are today not one of the party (non-starters). Many got stuck in the clutches of the religions, sects and other truth-foreign movements; again others indulge in the materialism or are simply too egoistic and too idle, in order to do the mission and themselves any good, in order to therein cooperate. **It is now and today of more urgent necessity, the opportunity to join existing FIGU-Landesgruppen (country groups) and FIGU-Studiengruppen (study groups), if this is somewhere and somehow possible and/or seize the initiative to found new FIGU-Groups and therein to energetically cooperate.** In Germany, 75 passive members are estimated, of which however at present only around 20% are in organized groups, i.e., in the FIGU-Landesgruppe (country group) Germany and in the FIGU-Studiengruppe (study group) South Germany.

Whoever is not yet a FIGU-member, however feel connected to the mission and benefit from it, should consider, whether it is possible for him/her, to become a passive member and/or to join a Studiengruppe (study group) and/or a Landesgruppe (country group). There are powers needed, that help with the construction and future functioning of the groups, that require continuing commitment and considers this as a purpose-in-life, precisely as far as it is possible for the individual human being. Information stands must be held and lectures maintained, and there is much more to do in terms of public relations, without that however is thereby proselytized, like that is the case with the religions and sects, etc..

In a harmoniously functioning group the human being has especially many more possibilities for his/her individual evolution than as a single-fighter. Thereto also nothing changes

THE GREAT BOW IS DRAWN...continues

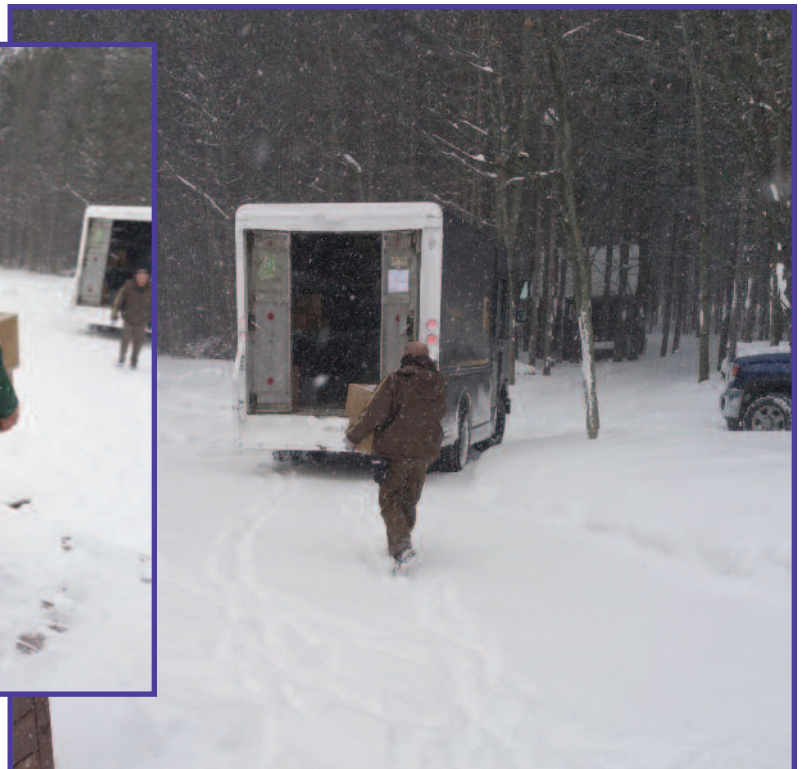
eigens viel mehr Möglichkeiten für seine individuelle Evolution denn als Einzelkämpfer. Daran ändern auch die bekannten, aber doch schal wirkenden Ausreden nichts, man sei eben kein Mensch, der sich gerne in eine Gruppe einfüge; die Zeit sei doch so knapp; man sei eben kein Frühaufsteher; das Geld sei knapp usw. usf. Jeder von uns sollte für das ungeheure Gut des Wissens und der Weisheit, wie alles durch die FIGU seit ihrer Gründung im Jahr 1975 allen Interessierten angeboten wird, dankbar sein und seinerseits als Dank und Ehrerbietung dafür einen aktiven Beitrag leisten. Wer nehmen will, sollte auch etwas geben. Wo stünden wir alle jetzt, wenn nicht die wahren Propheten so unendlich viel an Selbstverpflichtung, Arbeit, Not und Mühe auf sich genommen hätten, um die Wahrheit unter den so verbohrt und wahrheitsscheuen Menschen der Erde zu verbreiten – oft unter Einsatz ihres Lebens und unter grossen körperlichen und psychischen Schmerzen und Entbehrungen, dennoch aber voller Liebe, Pflichtgefühl, Zähigkeit, Wahrheitsliebe und Treue gegenüber der Wahrheit und der Schöpfung? Am Ende unserer Tage sollten wir uns nicht vorwerfen müssen, es versäumt zu haben, uns einer FIGU-Gruppierung anzuschliessen, um aktiver als bisher am grossen Ganzen mitzuwirken, wodurch wir vielleicht ein gutes Stück persönlicher Evolution versäumt haben – wenn wir auf dem Sterbebett liegen, ist es zu spät. Wer noch nicht weiss und es nicht erfahren hat, dass das Studium und Zusammenarbeiten in einer FIGU-Gruppe von grossem Wert ist, der sollte seine Vorurteile und Hemmungen über Bord werfen und die Gelegenheit beim Schopf packen, um sich in eine gute nichtreligiöse und nichtsektiererische Gemeinschaft einzufügen. Die Einheit und Stärke einer FIGU-Gemeinschaft ist mehr als die Summe der einzelnen!

the familiar, however still stale working excuses, one is precisely not a human being, who him/herself gladly fits into a group; the time is still so short; one is precisely not an early-riser; the money is short, etc., and so forth. Every one of us should be grateful for the tremendous good of the knowledge and the essence of wisdom, as everything is offered to all those interested through FIGU since its founding in the year 1975, and in turn as thanks and deference for it, should provide an active contribution. Whoever wants to take, should also give something. Where would we all stand now, if the true prophets had not taken on so unendingly much in self-obligation, work, hardship and difficulty on themselves and continuously put into practice in life, in order to spread the truth among the so obsessed and truth-shy human beings of the earth - often under commitment of their life and under great physical and psychical pains and deprivations, nevertheless however full of love, sense-of-duty, tenacity, love-of-truth and loyalty towards the truth and the Creation? At the end of our days, we should not have to reproach ourselves, for having neglected an opportunity to join a FIGU grouping, in order to previously more actively contribute, whereby we perhaps have neglected a good part of personal evolution - when we lie on the deathbed, it is too late. Whoever does not yet know and has not learned, that the study and collaborations in a FIGU-group are of greatest value, that one should throw his/her prejudices and unwillingness over board and seize the opportunity, in order to integrate yourself into a good non-religious and non-sectarian community. The oneness and strength of a FIGU-community is more than the sum of the individuals!

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

BOOK DELIVERY FOR FIGU-SEMJASE-SILVER-STAR-CENTER

Photos: Catherine Mossman / January 8, 2020



**MICHAEL SENDING A SHIPMENT OF ARAHAT
ATHERSATA BY UPS TO FIGU-SSSC**

VITAMIN K

FLCA Public Meeting / Lillian Smith Public Library, Toronto / February 2020

Translation: Michael Uyttebroek

SSSC, 4 August 2015, 22.58 hrs

Ptaah:

40. Of course I have also read this article and can say that the description is correct with regard to the vitamin.

Do You Know Vitamin K? Vitamin K – What is it?

The fat-soluble vitamins A, D and E also include the vitamin K complex (vitamins K1, K2, K3 and K4). Their intake through food is increased by the simultaneous intake of healthy fats and oils, and in some cases even made possible in the first place. The K vitamins are stable against oxygen and very heat-resistant; they hardly degrade when cooked or roasted. When exposed to light, however, vitamin K becomes inactive and quickly loses its bioavailability.

Vitamin K occurs in two natural forms as vitamin K1 (phyllochinone) and vitamin K2 (menachinone), which is also produced by certain bacteria in the human intestine. According to recent studies, it is synthesized naturally by humans from vitamin K1, the phyllochinone.

Vitamin K1 is found mainly in the leaves of various green plants, which should be included in the daily diet to ensure a sufficient supply of vitamin K1 or to increase the vitamin K levels in the blood. Good sources of vitamin K1 include kale, purslane, spinach or leaf salads, as well as drinks made from various grass powders such as wheat grass, kamut grass, barley grass, spelt grass or a combination of different grasses and herbs, which should come from high-quality sources. Other potent suppliers of vitamin K1 include beetroot leaves, which contain more minerals and nutrients than tubers considered to be particularly healthy. The various types of cabbage such as Brussels sprouts, broccoli or white cabbage are also highly recommended for covering the vitamin K1 requirement, although sauerkraut is a good source of vitamin K2 due to its microorganism content.

Herbs such as chives, parsley and avocado are rich in vitamin K, whereby the avocado also provides the valuable fats necessary for absorption. The consumption of avocado also promotes the absorption of many other fat-soluble substances such as vitamin A, vitamin D, vitamin E, alpha- and beta-carotene, lutein, lycopene, zeaxanthin and calcium.

Vitamin K2 is produced by microorganisms – including bacteria of the intestinal flora – and can be absorbed directly via the intestinal cells. A healthy intestine, as an important organ of the immune system, is the basis for the supply of nutrients and trace elements. Vitamin K2 sources include raw sauerkraut, butter, egg yolk, liver and some cheeses.

Tasks Of Vitamin K In The Body

Vitamin K primarily regulates the blood's ability to clot, although high doses of vitamin K do not lead to increased blood clotting or the risk of thrombosis, because the body makes optimum use of vitamin K and thus ensures a balance in blood clotting.

A vitamin K deficiency, on the other hand, inhibits the blood's ability to clot, which can lead to increased bleeding.

Vitamin K is also important for the prevention and regression of arteriosclerosis and arteriosclerosis. As a result of a bad and unhealthy diet, blood pressure rises and causes microscopic cracks in the arterial walls, which the body tries to repair. If the necessary vital substances, such as vitamin C and vitamin E, are lacking, it reverts to LDL cholesterol, which attracts calcium and other substances from the blood, which then plug the cracks. These calcium deposits are called plaque and can cause heart attacks and strokes when they detach from the inner walls of the arteries.

Calcium is an important mineral that plays an important role in numerous processes and not only in the formation of bones and teeth. If the body cannot withdraw calcium from the blood due to illness or malnutrition, it is absorbed by the vascular walls, which can lead not only to dangerous arteriosclerosis, but probably also to kidney stones.

Vitamin K has been shown to remove excess calcium from the blood and ensures that it does not accumulate in the blood vessels or kidneys, but is channelled into the bones and teeth. It therefore reduces the risk of arteriosclerosis as well as the risk of kidney stones. Studies over a period of 10 years have shown that a diet rich in vitamin K2 significantly reduces the development of plaque and that the risk of associated diseases such as heart attacks and strokes is reduced by 50%.

However, not only vitamin K plays a special role in the function of blood vessel protection, but also vitamin D in a sufficiently high dosage, which is also indispensable to produce the matrix GLA protein that provides the actual protection against calcification.

Studies carried out in rats in the USA have shown that vitamin K2 is even capable of reversing existing arteriosclerosis. Certain blood thinning medications have the side effect of preventing vitamin K from regulating the level of calcium in the

VITAMIN K continues

blood, which can lead to arteriosclerosis. With a higher dosage of vitamin K, it could be shown that an already existing arteriosclerosis led to a 50% reduction in arteriosclerosis in the animals.

In addition to calcium and vitamin D, healthy and strong bones also need vitamin K, which drains the required calcium from the blood and into the bones and teeth. In addition, vitamin K activates the protein osteocalcin, which is involved in bone formation and can only bind calcium through the action of vitamin K and build it into the bones. Studies from 2005 have shown that a vitamin K2 deficiency in older women leads to lower bone density and an increased risk of fractures. Other studies, on the other hand, showed that bone loss in osteoporosis could be suppressed by the administration of large amounts of vitamin K2 and that bone formation could even be stimulated again. The importance of a sufficient supply of vitamins K1 and K2 has been demonstrated by studies in which high vitamin D levels were found, but there was an undersupply of K vitamins; in these cases the risk of osteoporosis was even increased.

Vitamin K2 also seems to play an important role in leukaemia. Research with cancer cells in the test tube indicates that vitamin K2 can trigger the self-destruction of leukaemia cells. In a study published in the Journal of the American Medical Association, it was shown that only 10% of subjects who had an increased risk of liver cancer were also diagnosed with cancer if they were supplied with vitamin K2 as a dietary supplement. In the comparison group, which did not receive any additional vitamin K2, 47% of the patients had liver cancer.

Vitamin K Deficiency

It seems that many people are not aware of how important the two K vitamins are and how important they are for health. Experts have found that very many people have too low a vitamin K value in their blood and that deficiency symptoms are widespread among those who eat poorly. In addition, many people do not even know that and how they can prevent a vitamin K deficiency.

Vitamin K Requirement

The German Nutrition Society recommends: At least 65 µg for women and 80 µg for men respectively 0.03-1.5 µg (microgram) per kg body weight daily. For children, 10 µg per kg body weight per day is recommended. This is sufficient to activate the coagulation factors in the liver, but not for the other functions. Since breastfed babies are exposed to the (rare) risk of a clinically relevant vitamin K deficiency with the risk of dangerous brain haemorrhages, vitamin K prophylaxis is recommended in most countries of the world.

An overdose of vitamin K is most likely not possible, at least no such case has ever been reported, even at a dose of 4000 µg per day. Recommended daily intake is 65 µg to 100 µg.

Overall, more serious hypovitaminoses are rare with a normal diet if the need is not measured by the requirements of osteoporosis prophylaxis, which requires significantly higher doses. For long-term osteoporosis prophylaxis, doses of 180 µg daily are recommended based on a study by Dutch researchers.

Since it can be assumed that the recommendations are absolute minimum data which only guarantee blood coagulation but do not take into account all other tasks which the K vitamins have to fulfil, it seems appropriate to ensure that the supply of vitamins K1 and K2 is covered beyond the officially recommended level. This is all the more recommendable as both vitamins K1 and K2 are non-toxic even in high doses. There is no vitamin K hypervitaminosis, with the exception of substitution treatment in newborns, where high doses of vitamin K can trigger hemolysis because the infant's organism is still unable to cope with certain mechanisms to a sufficient degree.

It may be advisable to reconsider taking dietary supplements containing vitamin K2. It should be considered that vitamins K2 and D3 act together with calcium, which suggests that an all-round supply with calcium, vitamin K2 and vitamin D3 is envisaged.

Further information on vitamin K1 and vitamin K2 can be found on the Internet, including Wikipedia, www.zentrum-der-gesundheit.de and www.herzteam-wil.ch , which provides a good table of vitamin K-containing foods.

Weight lbs	Weight kg	Recommended 1.5 micrograms mcg/kg
100 lbs	45.35924	68.03886 µg
125 lbs	56.69905	85.048575 µg
150 lbs	68.03886	102.05829 µg
175 lbs	79.37866	119.06799 µg
200 lbs	90.71847	136.077705 µg

THE SEVEN CENTRAL ELEMENTS OF THE PEACE SYMBOL

Die sieben zentralen Elemente des Friedenssymbols

7. Weisheit

1. Frieden

6. Wachstum



2. Freiheit





5. Schutz

3. Harmonie

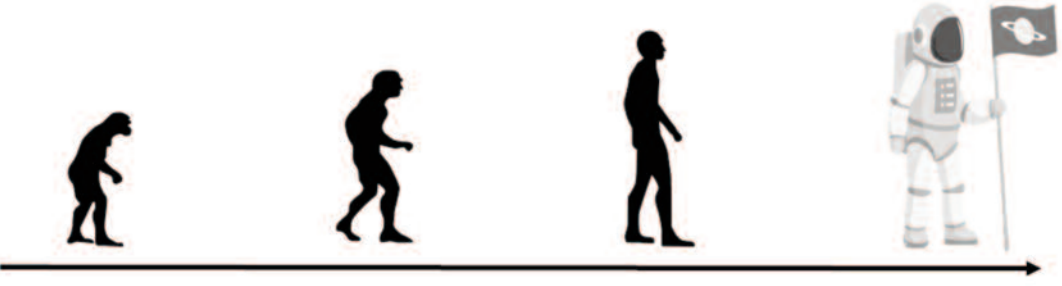
4. Stärkung der Lebenskraft

FIGU.ORG

1. Peace 2. Freedom 3. Harmony 4. Strengthening Life Force 5. Protection 6. Growth 7. Wisdom

DEATH SYMBOL
PEACE SYMBOL









Death Symbol
Peace Symbol

INFO ON ZINC

Translation: Michael Uyttebroek / March 12, 2020

Auszug aus Kontakt 381, 3. März 2015

- Billy:
 Danke. - Kannst du einmal erklären, wieviel Zink der Mensch täglich benötigt und wie wichtig dieses nebst dem Vitamin C ist, um das Immunsystem zu stärken?
 Ptaah:
 28. Vitamin C allein genügt nicht, um das Immunsystem zu stärken, denn dafür sind noch diverse andere Vitamine sowie Mineralstoffe und Spurenelemente in genügendem Masse erforderlich.
 29. Ein ganz besonderer Faktor nebst Eisen, Kobalt, Kupfer, Mangan, Fluor und Jod ist Zink, denn diese Stoffe sind für ein intaktes Immunsystem von besonderer Bedeutung.
 30. Der menschliche Körper enthält rund 2 bis 3 Gramm Zink, wobei die wichtige Bedeutung in bezug auf den Zinkhaushalt den nicht medizinisch gebildeten Menschen weitestgehend unbekannt ist.
 31. Selbst jene, welche sich bewusst gesund zu ernähren versuchen, haben in der Regel keine Ahnung von der Wichtigkeit dieses Stoffes, insbesondere nicht die Vegetarier und Veganer.
 32. In der Regel ist es nicht leicht, den täglichen Zinkbedarf mit der Nahrung zu decken, wie das auch in bezug auf das Vitamin C, andere Vitamine, Mineralstoffe und Spurenelemente ist.
 33. Der tägliche Zinkbedarf des Menschen kann folgendermassen aufgliedert werden:

Excerpt from Contact 381, March 3, 2015

- Billy:
 Thanks. - Can you explain how much zinc the human being needs daily and how important it is in addition to vitamin C in order to strengthen the immune system?
 Ptaah:
 28. Vitamin C alone is not enough to strengthen the immune system, because for this there are still various other vitamins as well as minerals and trace elements required in sufficient quantities.
 29. A very special factor, in addition to iron, cobalt, copper, manganese, fluorine and iodine, is zinc, because these substances are of particular importance for an intact immune system.
 30. The human body contains about 2 to 3 grams of zinc, whereby the important significance with regard to the zinc balance is largely unknown to non-medically educated people.
 31. Even those who consciously try to eat a healthy diet usually have no idea of the importance of this substance, especially the vegetarians and vegans.
 32. As a rule, it is not easy to cover the daily zinc requirement with food, as is the case with vitamin C, other vitamins, minerals and trace elements.
 33. The daily zinc requirement of humans can be broken down as follows:

Zinc Requirements

Adult from 20 years = 10 to 11 mg daily
Youth 16 to 20 years = 10 to 11 mg daily
Child 1 to 4 years = 3 mg daily
Child 4 to 8 years = 5 mg daily
Child 8 to 11 years = 7 mg daily
Child 11 to 14 years = 9 mg daily
Child 14 to 16 years = 9.5 mg daily
Infant 0 to 5 months = 1 mg
Infant 5 to 12 months = 2 mg
Pregnant from four months = 10 to 13 mg daily
Sedentary = 10 to 14mg daily, sometimes even over 20 mg.

45. Die täglich notwendige Menge Zink zu sich zu nehmen, ist für den Menschen ebenso problematisch wie auch in bezug auf das Vitamin C und andere Vitamine sowie hinsichtlich Spurenelementen und Mineralstoffen.
 46. Die heutigen Nahrungsmittel sind derart arm an diesen Stoffen, dass der Mensch sie sich mit speziellen Produkten zuführen muss, wenn er wirklich in vollumfänglichem Rahmen den Bedarf aller Stoffe decken will.
 47. Für den täglichen Bedarf an Zink z.B. wäre es notwendig, 5 Kilogramm Gemüse zu essen, weil dieses sehr zinkarm ist.
 48. Will er den Bedarf mit Käse decken, dann bedürfte er

45. Consuming the necessary amount of zinc every day is just as problematic for the human beings as well as with regard to vitamin C and other vitamins as well as with regard to trace elements and minerals.
 46. Today's food is so poor in these substances that the human being has to ingest them with special products if he/she really wants to cover the needs of all substances in their entirety.
 47. For the daily need for zinc e.g. it would be necessary to eat 5 kilograms of vegetables because these are very low in zinc.
 48. If he/she wanted to cover the demand with cheese,

INFO ON ZINC continues

täglich eines halben Kilos davon.

49. Bei Fleisch müssten z.B. 300 Gramm Rinderleber gegessen werden usw.

50. Stress, wie z.B. Sport, oder strenge körperliche Arbeit und Krankheit, erfordern in der Regel einen erhöhten Zinkbedarf, wie aber auch vermehrt Vitamin C und alle Formen von Vitalstoffen.

51. Auch das Spurenelement Zink ist lebensnotwendig, denn dieses ist in allen Organen und Zellen enthalten, die ohne den notwendigen Zinkbedarf nicht existieren und nicht überleben können.

52. Besonders sind die Haut, Haare und die Hoden sowie die Knochen, die Zähne, die Leber und die Muskulatur auf die tägliche Zinkzufuhr angewiesen.

53. Wie verschiedene Spurenelemente, z.B. Eisen, Kupfer, Chrom, Kobalt, Fluor und Jod usw., kann der menschliche Organismus auch Zink nicht selbst herstellen, weshalb diese Stoffe dem Körper zugeführt werden müssen.

54. Normalerweise wird vom Organismus das Zink über die Schleimhäute des Dünndarms ins Blut aufgenommen.

55. Überschüssiges Zink wird dabei in erster Linie über die Leber und über die Nieren wieder ausgeschieden.

56. Zink wird vom Organismus nicht verbraucht, wie das z.B. bei Fett und Kohlenhydraten der Fall ist, denn dieses Spurenelement unterstützt die Arbeit der Enzyme, wonach es aber unverändert auch für andere Aufgaben genutzt wird.

57. Gesunde Menschen scheiden nur sehr wenig Zink über die Nieren aus, das an und für sich schon in nur geringen Mengen im Organismus gespeichert ist.

58. Täglich gehen etwa 3 Milligramm Zink aus dem Körper verloren, und zwar durch Körperausscheidungen wie Schweiß, Stuhl und Urin.

59. Ohne Zink ist der Mensch nicht lebensfähig, wofür der Grund darin liegt, dass das Zink von mehr als 200 Enzymen deren Funktion steuert.

60. Dabei handelt es sich um Eiweißstoffe, die praktisch an allen wichtigen Reaktionen im gesamten Zellorganismus beteiligt sind, die den Ablauf des Metabolismus steuern.

61. Sie steuern auch den Abbau von Alkohol und regeln den Fett- und Zuckerstoffwechsel.

62. Zink ist aber auch noch von weiterer Bedeutung, denn es ist auch verantwortlich für die Regeneration der Schleimhaut sowie für die Gesundheit der Haare und der Haut.

63. Ausserdem wirkt es auch auf die Hormone, die sich ohne dieses Spurenelement nicht entfalten können.

64. So aber kann ohne Zink auch das lebenswichtige Insulin nicht gebildet und nicht gespeichert werden.

65. Insulin wiederum ist dafür verantwortlich, dass die Zellen mit Blutzucker versorgt werden.

66. Auch das männliche Hormon Testosteron bedarf des Zinks, wodurch die männlichen Geschlechtsorgane sowie die Reifung der Spermien und die Fruchtbarkeit geregelt werden.

67. Der Stoffwechsel des Vitamins A ist unter anderem ebenfalls vom Zink abhängig was im direkten

he/she would need half a kilo of it every day.

49. With meat, for example, 300 grams of beef liver would have to be eaten, etc.

50. Stress, such as exercise, or rigorous physical work and illness, as a rule, necessitates an elevated zinc requirement, but also increased vitamin C and all forms of vital substances.

51. The trace element zinc is also vital because this is contained in all organs and cells which cannot exist and cannot survive without the necessary zinc requirement.

52. The skin, hair and testicles as well as the bones, the teeth, the liver and the muscles are especially reliant on the daily zinc intake.

53. As with different trace elements, for example, iron, copper, chrome, cobalt, fluorine and iodine, etc., the human organism also does not produce zinc itself, which is why these substances need to be supplied to the body.

54. Normally the organism gets the zinc into the blood through the mucous membranes of the small intestine.

55. Excess zinc is primarily excreted via the liver and kidneys.

56. Zinc is not consumed by the organism, as is the case with fats and carbohydrates, because this trace element supports the work of the enzymes, after which, unchanged, it is used for other tasks as well.

57. Healthy people only excrete very little zinc via the kidneys and, in and of themselves, small amounts are stored in the organism.

58. About 3 milligrams of zinc are lost from the body every day, and by body excretions like sweat, stool and urine.

59. Without zinc, the human being is not viable, for which the reason is that the zinc controls the function of more than 200 enzymes.

60. These are proteins that are involved in practically all important reactions in the entire cell organism, which control the course of the metabolism.

61. They also control the breakdown of alcohol and regulate fat and sugar metabolism.

62. Zinc is also of further importance because it is also responsible for regeneration of the mucous membrane and for the health of the hair and the skin.

63. Furthermore, it also has an effect on the hormones, which cannot develop without this trace element.

64. However, also without zinc, the essential insulin cannot be formed and cannot be stored.

65. Insulin, in turn, is responsible for supplying the cells with blood sugar.

66. The male hormone testosterone also requires zinc, whereby the male reproductive system as well as sperm maturation and fertility are regulated.

67. The metabolism of vitamin A is also dependent on zinc, among other things, which is in direct connection with a good visual capacity, and indeed, to a certain extent, even in

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

EARTH IS FALLING INTO DEARTH

by: April D. Mackenzie / Salt Spring Island, British Columbia / 2020

Earth is falling into dearth...
 a sad disintegration;
 too bad, but surely inevitable
 given the combination
 of all the folks
 of every nation
 living, breathing,
 moving, eating,
 being born, growing up,
 getting married
 & breeding

...
 (all without quite enough perceiving).

...
 Earth is falling into dearth,
 a sad disintegration;
 too bad, but surely inevitable,
 Why?

...
 Human overpopulation.

...
 Human, human, everywhere
 and not a place to be
 that isn't oh so lonely.
 Compete for food,
 compete for water,
 for breathable air & energy,
 and any & every friend you had
 becomes your enemy.

...
 Cattle, cattle, trampling down
 whatever wasn't slashed & burned to the ground.
 Billions of hooves pound & pound
 until no more fertile soil can be found
HERE.....
 where ancient forests used to be.

Now do you see?
 Our massive collective appetite is butchering
 the planetary lungs that let us breathe.

...
 Fresh water, fresh water,
 Where have you gone?
 Flora, fauna & all of us shrivel
 under days of merciless sun.

...
 How can our food grow?
 Where does our waste go?

Nowhere.
 It's now here.
 All un-decomposing waste
 is certainly no *other* where
 which means it's truly too near

...
 Here within
 each drop of rain, soil, river, air & ocean

...
 Perhaps you don't know,
 as it sits in bits far below
 our ability to see,
 but you stand in it,
 make homes in it,
 eat it,
 burn it,
 breathe it in,
 and into it all we bear
 more & more & evermore
 dear & precious children

...
 Children, who are raised in cradles of this waste.

...
 Children, who cry in hunger
 only to be given plates
 —whether piled high or meagrely laced—
 in food richly woven with waste.

...
 Children, who from their homes
 will wander away to wonder
 “Why am I here?” in a daze,
 not truly living,
 simply slowly dying,
 smothered

in layers upon layers of waste

...
 Our waste, their waste,
 over 3 million perpetual synthetic kinds
 now sit in our face.

...
 All humans, past-&-present,
 created & consumed these into vast present presence—a load of presents
 too generous for the next generations to swallow
 for the gift is poison.

...
 Still the children wait
 waiting, waiting the infinite wait
 to see an end to this hopelessness,
 this exponential income
 of waste, waste, waste.

EARTH IS FALLING...continues

...
Why do we choose to bring them into this place?

...

Modelling

for the children we bear

we paste up a face

full of false assurance:

“There, there”

“Everything is going to be fine”

“Yes, some *other* species might go extinct”

“Yes, some *other* humans might struggle quite a bit and meet a dreadful kind of end.”

“Yes, that is all very tragic, but...”

“Us?”

“We will be fine living just like we are now.”

On pedestals over Everest

we perch

pretending

we could remain there

in a make-believe nest of all necessities

Above

all those *other* humans

all those *other* life-forms

Above

all those laws of the “wilderness”

laws of nature, of the universe

so far out, away & off below us

somewhere

from this perch

as we loftily stretch our heads way up

to peak over the peaks of all the gloomy storms

to see only a serene & sunlit cloud-scape in our view—

we envision walking onto these clouds without falling through.

Somewhere on these nice solid clouds

surely all the safe homes of “civilized” “high” society reside

where all the occupants can simply glide

over top the Golden Rule

...

But eventually, the reality

of cause-&-effect

awakens every fool.

...

Yet still more are bound to be found lost in the absurd
with every added white-washed-&-sugar-dipped-but-truly-hollow word.

...

We, the great humans, so free and proud,
we dare to deny our interdependence out loud!

Indeed, indeed we are so free,

we can even choose to sacrifice

our survivability!

...

Our current global state is clearly parasitic;
our gluttonous numbers gorge Earth’s gifts
despite depletion long-known and analytic.

...

Will we

prove to be or not to be

more than a virus consuming its host?

Onward the international human rat-race runs
well past tipping vast numbers into premature toast.

...

But if a great many of us Earthlings will decide
to strive for something better than mass-destruction & -suicide,
the choice must be made through understanding & far-sight
in favor of a worldwide procreation law
that will provide the hope & might
to gradually & humanely reduce the human number overshoot
to globally get back on a harmonious route.

...

Our future will solidify as our collectively chosen creation.

Each can help write a better end to this epic

of planet Earth’s

OMEDAM

overpopulation.

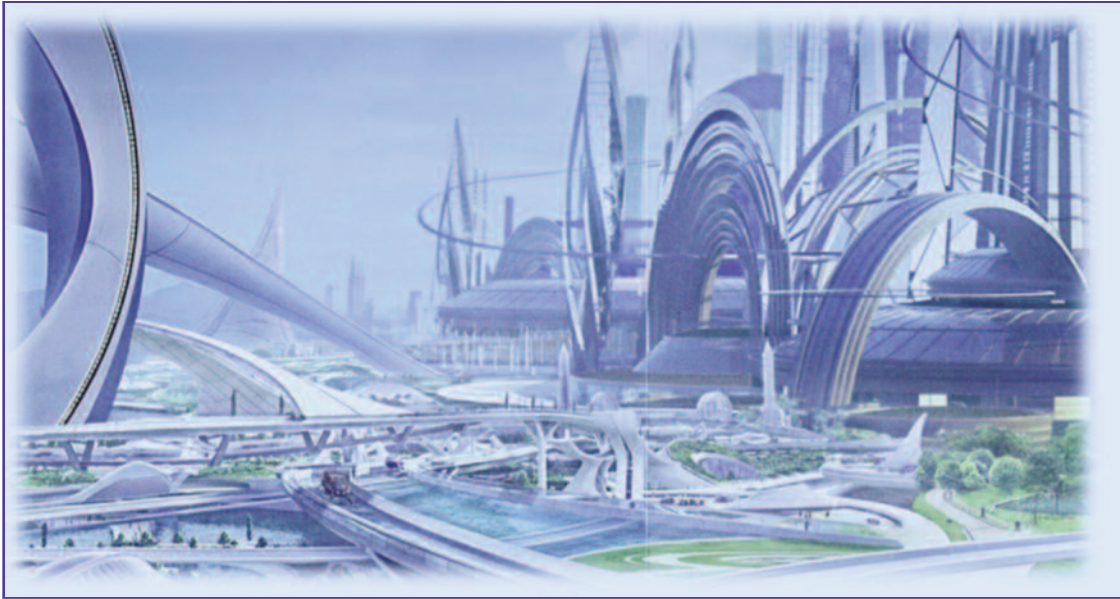
THOUGHTS INSPIRED BY "GOBLET OF THE TRUTH"

by: Rigel Rozanski / February 27, 2020

If something is truly true, then one who is knowing need not resort to shouting this truth at louder volumes in order to convey it whenever misunderstood. Only falsity is required to be repeated a spiteful numbers of times at increasing intensities in order to brainwash passers into recognising it through the familiarity of its phrasing. A true truth may be conveyed spoken at talking volume as it does not need to prove itself as something it is not. This truth can be reapplied to a multitude of relatable contexts as it is consistent with reality and through this also consistent with others' experiences. Truth is self-distinguished from dogma as it resonates with the receiver upon first impact. Truth exists free of subordination.

GREAT POTENTIAL

By: Jimmy Chen / March 2020



Truthfully, the Earth is no worse than any other civilisation in the universe, however, we are much more misled than any other by religions, materialism, might-greedy rulers and their associates, etc. and have accordingly created a hellish world for ourselves. Through being misled, many have lost the ability to think for themselves or have adopted an irrational mode of thinking which keeps them shackled to a way of life foreign to the reality and the truth. If we just learn to shake off the irrational thinking which shackles us to the constant terrible things we create for ourselves and learn to think for ourselves, according to the reality and truth, then gradually our actions will accordingly change to the better and a better world will await us.

With every negative or positive experience, a lesson is learned through the principle of cause and effect, and as we are constantly experiencing the consequences of our own thinking, feelings and actions and their effects, these become the necessary learning material for our evolution; and since one must live through hell before being able to know heaven, the necessary negative lessons we learn will help us to know what it truly means to live in heaven, figuratively. And if we climb back up from the deepest depths of the bottomless abyss by learning from our mistakes, we have the potential to reach the greatest heights, because the lower one sinks and recovers from, the higher they will rise back up into the greatest spiritual heights through the profound valuable lessons learned. This world has so much potential if we only learn to heed the laws of this universe, the cause and effects, which is taught in the Spiritual Teaching and nature itself. The universal creational laws are valid at all times and also equally for all people, and depending on the mode of our thinking, e.g. either neutral-positive and equalised, or negatively or positively degenerated and unequalised - even if our thinking has been influenced or misled - corresponding feelings and actions will result, leading towards either calamity and self-destruction or towards advancement, peace, love, freedom and harmony.

When the world as of today is observed and analysed, it is recognisable that it is currently in a very unfavourable state heading towards disaster and catastrophic events. With the constantly increasing overpopulation compounded with other terrible things such as religions, materialism and greed for might, it is becoming harder and harder to see the goodness in this world and a brighter future. However, in truth there is nevertheless great potential in this world which can become reality if we are only able to get past these challenges we face today and live to see the peaceful, harmonious, technologically advanced world we have the potential to create, where instead of might greedy rulers and wars, countries and their people cooperate and work together peacefully to create a brighter future; and instead of inequality and disrespect, each and everyone is valued equally with respect, where we travel into the expanses of the universe, exploring, researching and learning new things, dedicating our lives to peace, prosperity and evolution.