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THE ATTENDEES OF THE FLCA ANNUAL PASSIVE MEMBERS MEETING WITH CHRISTIAN FREHNER [right] SEPTEMBER 15, 2018 [more photos p. 7]

RUNAWAY POPULATION: PREDICTIONS AND SOLUTIONS

by Michael Uyttebroek / Tiny, Ontario / September 4, 2018

One can no longer turn a blind eye to the effects that we are having on our planet. From global warming to the ever increasing urbanisation and the building up over good farm soil, to storm intensification, droughts, resource wars, dwindling fresh water sources, etc. Deniers of global warming and flat-earthers belong in the same category. There is much evidence that times are changing. The hundred year storms are now occurring with ever greater frequency, global temperature averages are rising and it is clear that all is not as usual. Along with the increasing temperatures are the raging wildfires, droughts and famines. The Himalayan glaciers which supply millions of people with fresh water are receding which will further aggravate the suffering.

The future is grim indeed if nothing is done to stop this slide into the abyss. Our population growth is unsustainable. This is purely logical. All those that say, that we could easily support twice our population if we just refrained from eating meat or stop wasting food, or by changing our farming practises, etc. are just as unre-

continues on page 2

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RUNAWAY POPULATION... from page 1

alistic as the those who say we could put the entire Earth's population on Australia. Useless arguments. Reducing our meat consumption would probably have some beneficial impact, however, our ever increasing numbers are increasingly impinging on natural habitats, leaving less area for the flora and fauna to flourish. A prime example is the Amazon where more and more forest is clearcut to meet the needs of monoculture farming practises and the needs of small farmers. Little thought is given to the destruction of the natural habitats of the many diversified species which are being eradicated. Yes we could probably have many more billions of people on this planet, but at what cost to our quality of life, not to mention the devastation of our environment, pollution of the soil, depletion of oxygen in our atmosphere, erosion and desertification, total collapse of the ocean fish stocks and the fishing industry, increased desperation, poverty and malnourishment, disease, sickness, illness, where only the few elite have all of the benefits while the rest of humanity mires in poverty.

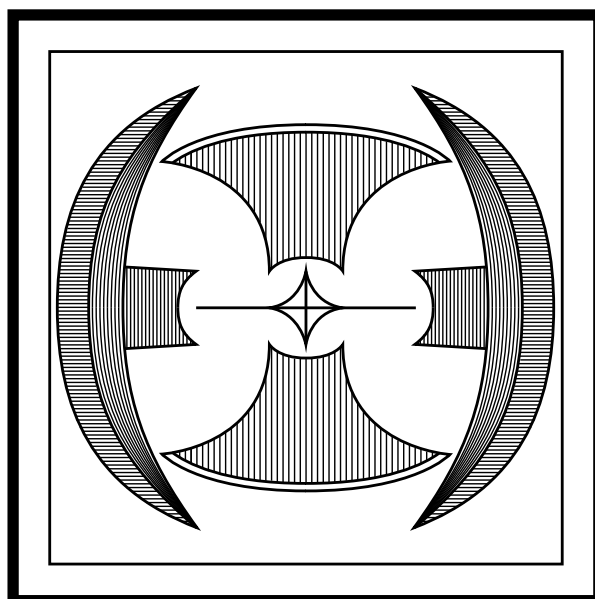
The solution is obvious, yet it is ignored. At the many environmental conferences, energy demands, food security, deforestation, fresh water requirements, rising sea levels, global warming, malnutrition, sanitation, etc. are all discussed in detail and yet, the fundamental underlying factor of an ever increasing population explosion is fundamentally not being addressed. It is clear that we do in fact urgently need to deal with all our ever increasing problems that are quickly spiralling out of control, but we need to look at and take action to slow down and stop having so many children, an initiative which requires a global cooperation in order to be effective, whereby our numbers can then slowly be normalised again, humanely, and we can then begin the road to recovery. This is a journey of self-responsibility and global responsibility, to act for the benefit of the planet and for all of the flora and fauna, to act for the benefit of all humankind. There needs to be a strict restriction of births for several years until our population numbers normalise to roughly one billion. According to Billy and Arahath Athersata, the ideal number for our planet, given the amount of arable land available and the space that is required by nature, the flora and fauna, the population of five hundred and twenty nine million is optimum. That being said, it will require personal initiative and education, an awareness of the dire situation we face and will increasingly endure if we do not heed this warning and implement a worldwide birth control. The situation will only get worse and even unbearable for millions and even billions of human beings who will live a life tormented by disease, violence, starvation, misery and need, while the few elite who manage to exploit the weaker masses will live in material abundance while the rest suffer. But these 'lucky ones' too, will not be able to escape from the ravages of a planet that is in upheaval. Intense storms and raging wildfires will show no mercy, increased air pollution will spew nauseous gases into the atmosphere, showing no boundaries. Coastal cities will be submerged and hammered by the ever-increasing might of the storm surges. Tsunamis, volcanoes, earthquakes, typhoons, hurricanes, tornadoes will all intensify. Heed these warnings and prepare yourselves for the worst if we do not stop our incessant growth.

This is simply the result of a natural process of cause and effect. If we continue to grow in population, we will require more and

more resources, food, space, energy, fresh water, simply to keep on living, and because our demands will keep on increasing, there will be more pressure to meet these demands, which will lead to increased competition for survival, leading to mass migrations, wars, torment and suffering. There can only be one humane solution, and that rests primarily with a complete cessation of births and a systematic targeting of efforts to cope and mitigate our problems kinetically spiralling out of control on their own. We have already pushed the limits beyond an acceptable point where the consequences could be easily manageable. The time urgently requires that we recognise the elephant in the room NOW, and do something ... otherwise we can only expect a worsening situation for our children and their children and so on. It is not as if this problem will go away or simply vanish if we don't think about it. Unless it is dealt with, it will make itself ever more blatantly present and the effects will be felt by everyone in their day to day life. No one will be exempt. So now, please heed these warnings and share this urgent issue with everyone, but especially to those who have the power to get this message out to the common person, so that we can collectively make a change for the better. There is no turning back. The only logical solution needs to be actualised, locally and globally.

continues next page

Symbol: WORK
 from "Symbols of the Spiritual Teaching" from the storage banks of Nokodemion and Henok retrieved and recorded by "Billy" Eduard Albert Meier



WORK
 is one of 623 symbols in the book
 "Symbols of the Spiritual Teaching"
 [2018 German/English Edition published by FLCA]
 In total there are 52,476,812 symbols.

RUNAWAY POPULATION... from page 2

Plejaren Statistics

2010	8,102,716,701
2011	8,199,430,908
2012	8,301,283,002
2013	8,424,738,019
2014	8,532,048,007
2015	8,634,006,014
2016	8,739,001,024
2017	8,844,128,002

UN Statistics

2010	6,958,169,159
2011	7,043,008,586
2012	7,128,176,935
2013	7,213,426,452
2014	7,298,453,033
2015	7,383,008,820
2016	7,466,964,280
2017	7,550,262,101

Represents a discrepancy of approx. 1.3 billion people

Overpopulation Data

A tremendous change occurred with the industrial revolution. According to Plejaren data: whereas it had taken from 1 A.D. until around 1800 for world population to reach one billion, the second billion was achieved in only 125 years (1925), the third billion in 35 years (1960), the fourth billion in 18 years (1978), and the fifth billion in only 8 years (1986), the sixth billion in 9 years (1995), the seventh billion in 8 years (2003) and the eighth billion in 6 years (2009). In 1978, there were roughly half as many people in the world as there are now.

Dummköpfe

Wäre die Welt nicht so voll von Dummköpfen, die wider jeden Verstand und gegen alle Vernunft Kriege, Terror, Unfrieden, Überbevölkerung, Unfreiheit, Disharmonie, wie aber auch Lieblosigkeit und bösen Hass erschaffen, dann wäre des Menschen Leben ein Paradies auf Erden.

SSSC, 21. Februar 2012 17.32 h,
Billy

Dumb Heads

Would the world not be so full of dumb heads, who against every intellect and against every rationality, create wars, terror, unpeace, overpopulation unfreedom, disharmony, as however, also lovelessness and evil hatred, then the life of the human beings would be a paradise on Earth.

SSSC, 21th of February 2012 5:32 pm
Billy

translation: Jimmy Chen

CHRISTIAN FREHNER "AN INFORMAL TALK"
Toronto Public Library / Lillian Smith Branch
September 9, 2018 / Toronto
photos: Peter Chladek



CHRISTIAN DURING HIS PRESENTATION

AFTER THE EVENT FLCA MEMBERS AND ATTENDEES MET FOR DINNER ON SPADINA AVENUE



ES WIRD VIEL ZU VIEL NUR DAS NEGATIVE GESEHEN

von Billy

... Nur das Negative der Vergangenheit und der Zukunft zu sehen und sich nur mit den negativen Nachrichten aus Fernsehen, Radio, Zeitungen und Journalen vollzustopfen und dadurch immer tiefer im Pessimismus zu versinken, das entspricht keiner guten Lebensauffassung. Ein solches Handeln ist grundfalsch, denn wenn sich der Mensch in diese negativen Berichterstattungen einlässt, dann wird er von ihnen gefangen, verliert den Boden der Wirklichkeit unter den Füßen und verfällt der irrigen Meinung, die Welt und die wahre innere menschliche Natur, die gemäss den schöpferisch-natürlichen Gesetzen existiert, seien aggressiv, böse, gewalttätig und schlecht. Das ist, nur schon aus psychologischer Sicht gesehen, äusserst bedenklich, denn das, was sich Erwachsene in dieser Beziehung leisten, färbt auch auf Kinder und Jugendliche ab.

Dies eben besonders dann, wenn ihnen durch Erziehende irriige Ansichten der genannten Art vermittelt werden oder wenn diese ihre Schutzbefohlenen mit Fernsehen, Zeitungen und Zeitschriften «erziehen» und in bezug auf die negativen Seiten des Menschen und seines falschen Handelns «belehren». Besonders Kinder und Jugendliche sind sehr aufnahmefähig und aufnahmebegeistert, folglich für sie negative Berichterstattungen und die Geschehen darum für einen Moment sehr aufregend und interessant sein können.

Nachrichten über Kriegs-, Mord- und Gewalttaten aller Art lösen in ihnen auch dementsprechende Gedanken und Gefühlsregungen aus, was vielfach durch die Unvernunft der Erziehenden noch dadurch gefördert wird, indem Kindern und Jugendlichen erlaubt wird, im Kino oder Fernsehen Kriegs-, Horror-, Kriminal-, Verbrechens-, Vendetta- und sonstige Gewaltfilme anzuschauen. Dies gräbt sich genauso ins Bewusstsein der Kinder und Jugendlichen ein und formt auf bösartige Weise ihre Gedanken- und Gefühlswelt wie mörderische Internet und Elektronikspiele, mit denen sie sich mit Erlaubnis der Erziehenden beschäftigen. Es sind jedoch auch viele Erwachsene, die diesbezüglich in gleicher Art reagieren und dann ungehemmt ihre durch solche Filme und Spiele hochgestachelten Gewaltallüren ausleben und dabei nicht selten Mitmenschen verprügeln, tottreten oder mit Messern, Schlagstöcken und Schusswaffen usw. ermorden. So ist sowohl auf kurze wie auch auf lange Sicht gesehen die in Nachrichten, im Fernsehen, Radio, in Zeitungen und Zeitschriften sowie durch Internet- und Elektronikspiele in Erscheinung tretende Gewalt ausserordentlich gefährlich, und zwar sowohl für den einzelnen wie auch für die Familien, für Gemeinschaften, Vereine, die Gesellschaft und für die Staaten selbst. Die rundum gezeigte Gewalt im Fernsehen, Kino und in Zeitungen und Journalen sowie die mörderischen Internet- und Elektronikspiele haben einen äusserst negativen Einfluss auf das Bewusstsein und auf die Gedanken und Gefühle, wie auch auf die Psyche von Milliarden von Kindern, Jugendlichen sowie von Erwachsenen. So ist es dringend notwendig, dass der Mensch der Erde von der vielfältigen Gewalt wekommt und sich den grundlegenden Werten zuwendet, die da sind alle Tugenden, die Liebe, der Frieden, die Freiheit und Harmonie, die sowohl den Kindern und Jugendlichen vermittelt werden müssen, die aber auch

FAR TOO MUCH ONLY THE NEGATIVE IS SEEN

by Billy

Translation: Christian Frehner, Switzerland /

For the public lecture held on Sept 9, 2018 in Toronto, Ontario

(An excerpt)

“To see only the negative of the past and future and to stodge oneself only with the negative news from TV, radio, newspapers and journals, and, therefore, to sink deeper and deeper into pessimism, is not a good understanding of life. Such acting is absolutely wrong, because if the human being lets him- or herself into such negative reporting, then he or she gets caught by it, is losing the firm ground of reality under his or her feet, and becomes addicted to the false opinion that the world and the truthful inner humane nature – which exists in line with the creational-natural laws – are aggressive, evil, violent (gewalttätig) and bad. If seen from a psychological view, this is extremely alarming, because that which adults are allowing themselves in this respect, influences the children and youths. This occurs especially when erroneous opinions as mentioned are imparted to them by the educator, or when they, the educators, are educating their protégés with TV, newspapers and journals, or when they “teach” them with regard to the negative sides of the human beings and their false actions. Especially children and youths are very receptive and in this respect enthusiastic. As a consequence and for a moment, the negative reporting and the events can be exciting and interesting for them. News about deeds of war, murder and violence (Gewalt) of all kinds also trigger corresponding thoughts and feelings; and this is often facilitated by the educators through allowing the children and youths to view in the cinema or TV all kinds of war, horror, crime, vendetta and other movies full of violence (Gewalt). All this is buried into the children’s and youths’ consciousness and is forming in an evil wise their world of thoughts and feelings, as it is also the case with the murderous internet and electronic games they occupy themselves with the educators’ permission. But there are also many adults who are reacting in the same wise and, highly stimulated by such movies and games, live out without restraint their airs of violence; and by doing so, they quite often beat up, stamp to death, or murder with knives, truncheons and guns, etc., their fellow human beings. Viewed in the short as well as in the long run, the violence (Gewalt) which appears in TV, radio, in newspapers and journals as well as in internet and electronic games, is exceptionally dangerous, namely for the individual just as also for the families, for communities, societies, the society as well as for the state. The violence (Gewalt) as shown all around in TV, cinema and also in newspapers and journals as well as the murderous internet and electronic games have an extremely negative influence on the consciousness and on the thoughts and feelings, and also on the psyche of millions/billions of children, youths as well as adults. Therefore it is an urgent need for the human beings of Earth to get away from the varied forms of violence (Gewalt), and to turn towards the fundamental values, such as all virtues, love, peace, freedom and harmony, which must be imparted to the children and youths, but which also have to be worked out by the bulk of adults, because only when they have made them (the values) their own, they can forward them to their descen-

FAR TOO MUCH ONLY... from page 5

vom Gros der Erwachsenen zu erarbeiten sind, denn nur wenn sie sich diese zu eigen gemacht haben, können sie sie auch an die Nachkommen und Mitmenschen weitergeben. Und nur dann, wenn in diesem Rahmen die Gedanken- und Gefühlswelt ausgelegt und dann demgemäss gehandelt wird, kann sich die Hoffnung auf eine bessere Zukunft erfüllen, in der Änderungen im allgemeinen menschlichen Verhalten in Erscheinung treten, die zu einer guten und gesunden Entwicklung zum wahren Menschsein und zu einem Leben ohne Gewalt führen.

Billy
Semjase-Silver-Star-Center, 3. August 2011, 16.20 h

dants and fellow human beings. And only if the world of thoughts and feelings is interpreted in this context, and if it is acted accordingly, may the hope for a better future be fulfilled; a future where changes in the general humane behaviour appears, which lead to a good and sound development for becoming a true human being in the real and true sense, and lead to a life without violence (Gewalt).“

Billy
Semjase-Silver-Star-Center, August 3, 2011, 16.20 h

HOW I CAME TO BILLY

by Joseph Ayoub / October 2018

[A Canadian 'Friend of FIGU' in Ottawa shares how he came to find out about Billy.]

I came to know of Billy Meier around the age of 16, I am 61 today, my parents owned a corner store in Ottawa and sold the typical stuff you would buy in a grocery store, you know, bread, milk, eggs and so on. They also sold magazines and it was one of these magazines that caught my eye, I wish I could remember the name of the magazine, better yet, in hindsight I wished I had kept a copy of it.

It had a picture of a young Billy Meier on the cover, this picture had to be taken in the seventies because I was in High School at the time. In the background of this picture was what I think were the hills of Schmidruti.

I believe the article mentioned something like Billy being the oldest man on the planet and spoke about UFOs.

I wish I could ask Billy about this article, anyways, being a 16 year old I was interested for a while but then I got distracted by girls and the whole teenage scene.

Jump ahead to 1992, I married to a very beautiful and religious lebanese woman, right off the boat, let me add that it was not an arranged marriage. So out of respect for wife and her beliefs I started going back to church, I should add that I had the bible and was well versed in the new testament but there was always something had me questioning in the back of my mind but I chose to ignore it.

Jump further head to around 2008 and a colleague at work sent me an email with a link that was called "The Greatest Story Ever Denied". It was about UFOs which I was always fascinated in, now I had always watched ufo documentaries over the years. But for some reason when talking to my colleague about this specific documentary it was like a light went off in my head.

I said to him I have to check out Billy Meier, I didn't even have to think about it, it just popped in my head that still amazes to this day how I was able to recall his name after some 35 years later.

From there I did nothing but watch videos, study, buy everything I could afford about Billy and his teaching. The first thing I ever purchased from Theyfly.com were the Col. Wendell Stevens disks, now I own various other books but on my night table I have the Goblet of Truth, My Guide to living. It's funny now that I am typing this I realized I haven't picked it up in sometime, I'll have to get on that.

But when I started following Billy and reading his teachings, it made me realize what I had been questioning about religion for so long, it didn't fit.

It was illogical, so I downloaded the Goblet of Truth and printed it out and that's when I had my "AHA" moment, the things I was reading in the Goblet of Truth were exactly how I felt about things or felt how that should be.

The more I read, the stronger my resolve became in knowing I was on the right track. Now I try to live my life to the teachings but it can get difficult at times, now I try to speak about Billy to whomever I can but its an uphill climb. I have lost friends, "religious ones" or I am no longer invited to their home. Isn't funny how the religious people are the most judgemental.

Maybe it's in my nature to confront these people so I found myself asking my religious friends and relatives, "if your Jesus was to come back today, how would you know he was here?" one answered "I don't know and I don't care."

How do you deal with that logic, again to remind you these are people that grew up in Lebanon, I don't know if you can get much more religious than that.

Unfortunately this is the battle I fight on a daily basis. I have people here that I share Michael Horns' blog with and let them decide, some have told me it scares them.

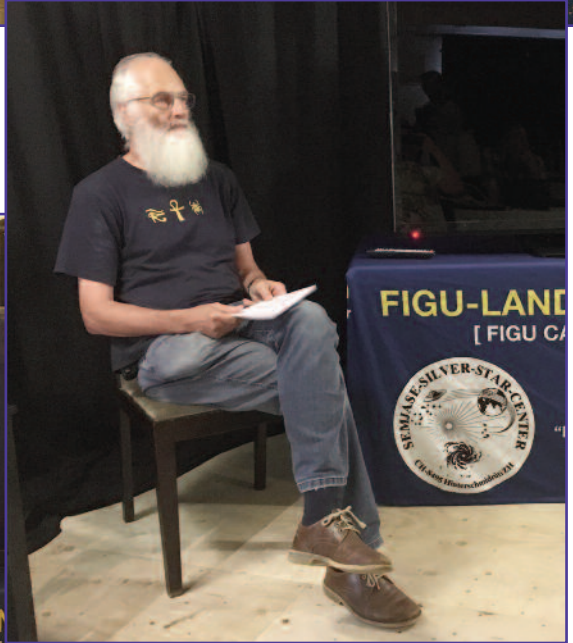
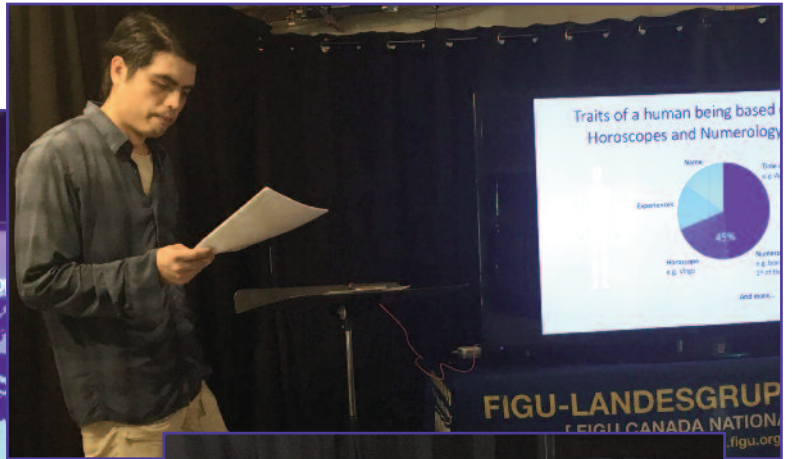
Billy never said this was going to be easy, I try to live to the standards that are set for us, but I am the first to admit that it can be hard at times.

Love and much Respect to all and a better world!!!

P.S - I've got my wife questioning Jesus, but she still believes in god, small victories!!!

THE FLCA ANNUAL MEETING / SEPTEMBER 15, 2018
PENETANGUISHENE, ONTARIO

photos: Peter Chladek, Ferdinand Suzara



PRESENTATIONS FROM MICHAEL, CATHERINE, CHRISTIAN AND JIMMY



LUNCH IS SERVED

THE FLCA ANNUAL... from page 7



THE GROUP WITH THE BRAND NEW TRACTOR



THE END OF DAY DINNER WITH THANKS TO DON, IRENE AND MARY FOR THE DELICIOUS FOOD

WHOLE LIFE EXPO FALL 2018
 Toronto Metro Convention
 Centre / November 9-11, 2018
 FLCA INFO BOOTH
 photos: Catherine Mossman



THE FLCA INFO CORNER BOOTH AFTER MICHAEL AND CATHERINE FINISHED SETTING IT UP

ABOUT COCOA...

An excerpt from 'Direktiven' p. 25
 by 'Billy' Eduard Albert Meier
 Translation: Cody David Tyler Rutland / North York, Ontario
 October 2018

Wie beim Kaffee werden die Aromastoffe beim Kakao erst durch den Röstprozess gebildet, wobei ihm ein Gärungsprozess vorangeht. Theobromin nennt sich das Alkaloid des Kakaos, das bis zu 4% in diesem enthalten ist und schwächer wirkt, jedoch in der Wirkung Ähnlichkeit aufweist mit dem Koffein. Bis zu 4% enthält Kakao auch Koffein.

As with coffee, the aromatic substances/flavourings of cocoa are firstly formed through the roasting process. This event, that of the aromatic substances forming, will first be preceded by a fermentation process. Theobromine is the alkaloid of cocoa, which is contained up to 4% in cocoa, and which has a weaker, but similar, effect as caffeine. Cocoa also contains up to 4% caffeine.

In der Genuss- resp. Nahrungsschokolade, die zu grossen Teilen noch Beimengungen anderer Nahrungstoffe aufweist,

sind nur 20-25% der im Kakaopulver vorkommenden Theobromine enthalten.

The nutritional chocolates, which are often eaten for enjoyment, and which for the most part contain admixtures of other nutrients, contain only 20-25% of the theobromine found in cocoa powder.

Als Nahrungsmittel weist der Kakao einen sehr hohen Nährwert auf, denn 100 Gramm ungezuckertes Kakaopulver weist einen Wert von 400-500 Kalorien auf. Auch der Mineralstoffgehalt im Kakao ist äusserst hoch und wertvoll.
 As a source of nourishment, cocoa has a very high nutritional value, since 100 grams of unsweetened cocoa powder has a value of 400-500 calories. Also, the mineral content of cocoa is exceedingly high and valueable.

Kakao eignet sich ausgezeichnet als Stopfungsmittel bei Durchfall, wobei er andererseits bei Stuhlbeschwerden noch weiter stopfend wirken kann.

Cocoa is excellent as a stopping agent in cases of diarrhea, whereby on the other hand it can further work as a constipation agent as well.

**THE SHIPPING CONTAINER FOR FLCA BOOK STORAGE
PENETANGUISHENE, ONTARIO**

photos: Peter Chladek



Auszug aus dem offiziellen 688. Kontaktbericht vom 20. August 2017

Billy ... Dein Vater Sfath hat mir schon sehr früh beigebracht, dass Schmerzmittel die Leber angreifen und diese mit der Zeit überlasten würden, und zwar auch dann, wenn eine Art Blocker dagegen eingenommen wird, der verhindern soll, dass infolge der Schmerzmitteleinnahme ein weiterer gesundheitlicher Schaden entstehen soll.

Die Leber selbst ist ja unter anderem ein Entgiftungsorgan, und sie hat auch eine wichtige Rolle im Stoffwechsel des Körpers inne.

Sie nimmt Stoffe aus dem Darm auf, die in den Leberzellen nach Bedarf sofort verwertet, gespeichert, umgewandelt oder abgebaut werden, wobei dieser Prozess jedoch durch in den Schmerzmitteln enthaltene bestimmte Stoffe verändert und damit die Leberfunktion geschädigt wird, ...

Ptaah: ... Aber was du sagst bezüglich des Schmerzmittelgebrauchs im Zusammenhang mit der Leber, wie es dir mein Vater erklärt hat, so ist das richtig.

Die Leber spielt eine sehr wichtige Rolle im Stoffwechsel des Körpers, wozu ich folgendes erklären will: Stoffe aus dem Darm gelangen durch die sogenannte Pfortader in die Blutbahn und in dieser Weise in die Leberzellen.

Und wie du gesagt hast, werden sie dort nach Bedarf sofort abgebaut, gespeichert, umgewandelt oder verwertet.

In der Leber speichern die Zellen diverse Stoffe – wenn diese nicht unmittelbar benötigt werden – wie Eiweissbausteine resp. Aminosäuren, Fett, Vitamine sowie Zucker.

Gespeichert wird Zucker in Form von Glykogen, wie auch als Traubenzucker resp. Glukose, der, wenn der Blutzuckerspiegel sinkt, ins Blut abgegeben wird.

Zucker kann jedoch von den Leberzellen auch in Eiweisse und Fett umgewandelt werden.

Die Leber stellt aus den Eiweissbausteinen viele wichtige Eiweisse her und erstellt so auch die Gerinnungsfaktoren, die bei Verletzungen das Blut gerinnen lassen.

Weiter spielt das C-reaktive Protein eine bedeutende Rolle, das speziell bei Entzündungen im Körper zur Geltung kommt.

Es werden in der Leber auch Eiweisse für den Transport von Fetten und Hormonen im Blut hergestellt, wie auch ein Grossteil des körpereigenen Cholesterins hergestellt und zur Bildung der Gallenflüssigkeit verwendet wird.

Pro Tag produziert die Leber etwa einen Liter Gallenflüssigkeit, die dazu dient, die Fette in der Nahrung verdaulich zu machen.

Und wie du richtig gesagt hast, ist die Leber ein sehr wichtiges Entgiftungsorgan, das die im Stoffwechsel regelmässig entstehenden giftigen Substanzen in harmlose Stoffe umwandelt, wie z.B. giftiges Ammoniak in ungiftigen Harnstoff.

Billy: Danke, doch wenn du erlaubst, dann möchte ich dir das hier vorlesen, das ich bei Wikipedia im Internet gefunden und rauskopiert habe, weil ich dir eben die Frage wegen der Funktion der Leber noch stellen wollte.

THE DANGERS OF THE USE OF PAIN KILLERS / DANGERS OF PARACETAMOL

Excerpt from the official 688th Contact Report of August 20, 2017

Translation: Catherine Mossman / July 12, 2018
Tiny Township, Ontario

[Billy in conversation with Ptaah]

Billy ... Your father Sfath taught me very early on that painkillers would attack the liver and overload it with time, even if a kind of blocker is used to hinder further damage to health as a result of taking painkillers.

The liver itself, among other things, is a detoxification organ and it also has an important role in the body's metabolism as well.

It absorbs substances from the intestines which are immediately utilised, stored, transformed or broken down in the liver cells as needed, whereby this process is altered by certain substances contained in the painkillers and as a result damages the liver function...

Ptaah:... But what you say about the use of painkillers in connection with the liver, as my father has explained to you, is correct.

The liver plays a very important role in the body's metabolism, for which I would like to explain the following: substances from the intestines enter the bloodstream through the so-called portal vein and thus into the liver cells.

And as you said, they become immediately broken down, stored, transformed or repurposed there as needed.

In the liver, the cells store various substances - if these are not immediately needed - such as protein building blocks or amino acids, fat, vitamins and sugar.

Sugar is stored in the form of glycogen, as well as glucose, which is released into the blood when the blood sugar level drops.

However, sugar can also be converted by the liver cells into proteins and fat.

The liver produces many important proteins from the protein building blocks and thus also produces the coagulation factors that cause the blood to clot when injured.

Furthermore, the C reactive protein plays an important role, which is particularly effective against inflammations in the body.

The liver also produces proteins for the transport of fats and hormones in the blood, as well as a large part of the body's own cholesterol, which is used to produce bile.

The liver produces about one litre of bile per day, which serves to make the fats in the food digestible.

And as you correctly said, the liver is a very important detoxification organ that converts the toxic substances regularly produced in the metabolism into harmless substances, such as toxic ammonia into non-toxic urea.

Billy: Thanks, but if you will allow me, I would like to read you this one I found and copied from Wikipedia on the Internet, because I wanted to ask you the question about the function of the liver.

THE DANGERS OF THE USE OF... from page 11

Ptaah: Natürlich, gerne höre ich, was geschrieben steht.

Billy: Gut, dann folgende Erklärung:

Auch Alkohol wird durch die Leber unschädlich gemacht: Pro Stunde kann sie je 10 Kilogramm Körpergewicht etwa 1 Gramm Alkohol abbauen.

Das Enzym Alkoholdehydrogenase wandelt den Alkohol zunächst in eine giftige Zwischenstufe um, bevor ihn ein zweites Leber enzym, die Aldehyddehydrogenase, zu Essigsäure abbaut.

Dieser zweite Schritt fehlt z.B. bei Asiaten, so dass sich das giftige Zwischenprodukt anhäuft und zu Übelkeit und starken Kopfschmerzen führt.

Letzten Endes wird Alkohol von der Leber in Fett umgewandelt, übermäßiger Alkoholgenuss erhöht also den Fettgehalt des Körpers (‘Bierbauch’).

Die Leber filtert darüber hinaus Hormone, alte oder defekte Zellen sowie Bakterien aus dem Blut.

Wasserunlösliche Schadstoffe gibt sie über die Gallenflüssigkeit direkt in den Darm ab, wasserlösliche scheidet sie ins Blut ab.

Sie gelangen mit dem Blutstrom zu den Nieren und werden dort über den Urin aus dem Körper ausgeschieden.

Auch Medikamente werden so von der Leber ‘entsorgt’, wenn sie ihre Aufgabe erfüllt haben.

Ein wichtiges Enzym zum Abbau von Giftstoffen und Medikamenten ist das ‘Cytochrom P450’.

Da dieses Eiweiss in verschiedenen Varianten auftritt, die unterschiedlich aktiv sind, werden bei manchen Menschen schädliche Substanzen langsamer abgebaut und verbleiben länger im Blut.

So kommt es, dass eine bestimmte Dosis eines Medikaments bei verschiedenen Personen unterschiedlich stark wirken kann.

<https://www.internisten-im-netz.de/fachgebiete/leber-galle-bauchspeicheldruese/leber/funktion-der-leber.html>

Nun aber noch die Frage, warum Schmerzmittel für die Leber so ungesund sind, eben bezogen auf diesbezüglich irdische Medikamente. Kannst du kurz etwas dazu sagen, bitte.

Ptaah: Ja, das kann ich.

In der Regel enthalten irdische Schmerzmittel wie auch Erkältungsmixturen und sehr viele andere Medikamente den Stoff ‘Paracetamol’, einen schmerzstillenden und fiebersenkenden Arzneistoff aus der Gruppe der Nichtopioid-Analgetika resp. Cyclooxygenase-Hemmstoffe.

Dieser Stoff wird verschiedentlich eingesetzt, so z.B. im Rahmen der Selbstmedikation in Form eines Monopräparates oder als Bestandteil verschiedener Kombinationspräparate zur symptomatischen Behandlung von Erkältungskrankheiten, Fieber und Schmerzen.

Paracetamol hilft weniger gut bei entzündungsbedingten Schmerzen, wie beispielsweise bei rheumatischen Erkrankungen.

Paracetamol hemmt die Cyclooxygenase Cox-2, einen körpereigenen Stoff, der bei Zellschädigungen aktiviert wird und die Produktion von entzündungsfördernden und schmerzver-

Ptaah: Of course, I like to hear what's written.

Billy:good, then the following explanation:

Alcohol is also rendered harmless by the liver: it can break down about 1 gram of alcohol per hour per 10 kilograms of body weight.

The enzyme alcohol dehydrogenase first converts the alcohol into a toxic intermediate before a second liver enzyme, aldehyde dehydrogenase, breaks it down into acetic acid.

This second step is missing in Asians, for example, so that the toxic intermediary product accumulates and leads to nausea and severe headaches.

Ultimately, alcohol is turned into fat by the liver, excessive alcohol consumption increases the fat content of the body ('beer belly').

The liver also filters hormones, old or defective cells and bacteria from the blood.

Water-insoluble contaminants are released directly into the intestine via the bile, water-soluble pollutants are released into the blood.

They reach the kidneys with the blood flow and are excreted from the body via the urine.

Drugs are also 'disposed of' by the liver once they have fulfilled their function.

'Cytochrome P450' is an important enzyme for the breakdown of toxins and drugs.

Since this protein occurs in different variants, which are differently active, harmful substances are degraded more slowly in some human beings and remain longer in the blood.

As a result, a certain dose of a drug can have different effects in different human beings.

<https://www.internisten-im-netz.de/fachgebiete/leber-galle-bauchspeicheldruese/leber/funktion-der-leber.html>

But now the question why painkillers are so unhealthy for the liver, precisely in relation to worldly medicines in this respect. Can you say something about that, please?

Ptaah: Yes, I can.

Usually worldly painkillers as well as cold mixtures and many other drugs contain the substance 'paracetamol', a pain-relieving and antipyretic drug [drug for preventing or reducing fever] from the group of non-opioid analgesics or cyclooxygenase inhibitors.

This substance is used in various ways, thus e.g. for self-medication in the form of a mono-preparation or as part of various combination preparations for the symptomatic treatment of colds, fever and pain.

Paracetamol is less effective for pain caused by inflammation, such as rheumatic diseases.

Paracetamol inhibits cyclooxygenase Cox-2, an endogenous substance that is activated when cells are damaged and stimulates the production of prostaglandins that promote inflammation and intensify pain.

The inhibitory effect of paracetamol is actually only weak,

THE DANGERS OF THE USE OF... from page 12

stärkenden Prostaglandinen anregt.

Die hemmende Wirkung von Paracetamol ist eigentlich nur schwach, weshalb für seine Wirksamkeit weitere Mechanismen beteiligt sind, die jedoch von der irdischen Medizin noch weitgehend nicht entschlüsselt werden konnten, wozu ich aber gemäss unseren Direktiven keine Erläuterungen machen kann.

Oft wird aber Paracetamol in Kombinationspräparaten mit Coffein erweitert, was in geringer Weise die schmerzlindernde Wirkung von Paracetamol verstärkt.

Paracetamol bringt auch Nebenwirkungen hervor, und zwar auch dann, wenn es im Bereich einer schwachen Dosierung gut verträglich ist.

Bei regelmässigem Einsatz von Schmerzmitteln mit Paracetamol leidet die Leber sehr stark, wobei normalerweise Nebenwirkungen nicht unbedingt sofort spürbar auftreten, sondern in manchen Fällen erst deutlich später und also zeitversetzt.

Treten jedoch beim gesundheitlich kranken oder auch stabilen Menschen Störungen auf, dann können diese weiterreichend sein, als dies den irdischen Medizinern bekannt ist.

Im Rahmen der gesundheitlichen Störungen sind mir folgende bekannt, wie z.B. Appetitlosigkeit, Asthma, Autismus, Bauchschmerzen, Blässe, Blutbildstörungen, Durchfall, emotionale Abstumpfung, Erbrechen, Magenschmerzen, Magen-Darm-Beschwerden, ein Leberwerte - anstieg, allergische Reaktionen, Schwindel, Schläfrigkeit, Übelkeit, Unterleibsschmerzen, wie aber auch eine Verkrampfung der Luftwege mit Atemnot.

Tritt eine Überdosierung von Paracetamol in Erscheinung, dann kann das sehr wohl schwere Nebenwirkungen zur Folge haben, wobei vor allem die Leber schwer geschädigt werden kann.

Medikamente mit Paracetamol weisen manchmal Wechselwirkungen mit anderen Medikamenten resp. mit diversen Wirkstoffen und Lebensmitteln auf.

Arzneimittel, die bestimmte Leberenzyme anregen, können die unerwünschten Effekte von Paracetamol auf die Leber verstärken, wozu z.B. bestimmte Schlafmittel, Medikamente gegen Epilepsie sowie der Wirkstoff Rifampicin gehören.

Menschen, die an einer eingeschränkten Leber- oder Nierenfunktion leiden, sollten keine Medikamente mit Paracetamol einnehmen, sondern Rücksprache mit dem Arzt halten und von ihm abschätzen lassen, ob eine Einnahme eines Paracetamol-Präparates angewendet werden darf oder nicht.

Dies gilt auch als Regel bei chronischem Alkoholmissbrauch, wie aber auch für Menschen, die an einer Störung des Leberstoffwechsels resp. am Gilbert-Syndrom leiden.

Es ist unbedingt notwendig für jeden Menschen zu wissen, der allergisch auf Paracetamol reagiert, dass er unter keinen Umständen ein Medikament mit diesem Wirkstoff anwenden darf.

Billy: Danke, deine Ausführungen sind sicher für viele wichtig, denn wie ich weiss, sterben allein in den USA jedes Jahr nahezu 600 Menschen an Leberschäden, die sich durch Schmerzmittel mit Paracetamol den Tod holen.

Sterben kann der Mensch aber ja auch dann, wenn er zuviel trinkt, worüber wir ja auch schon mal gesprochen haben.

Dazu habe ich aber hier eine kleine Notiz aus einem Magazin:

Zu viel trinken.

which is why further mechanisms are involved for its effectiveness, which have not yet been largely deciphered by worldly medicine, but for which I cannot explain according to our directives.

However, paracetamol is often enhanced in combination preparations with caffeine, which only slightly increases the analgesic effect of paracetamol.

Paracetamol also yields side effects, even if it is well tolerated at low doses.

If painkillers with paracetamol are used regularly, the liver suffers a great deal, although side effects are usually not necessarily noticeable immediately, but in some cases only much later and therefore delayed.

However, if disturbances occur in sick or stable human beings, then these can be more far-reaching than is known to Earth physicians.

The following health disorders are known to me: loss of appetite, asthma, autism, stomach ache, paleness, blood count disorders, diarrhoea, emotional dullness, vomiting, stomach pain, gastrointestinal complaints, an increase in liver values, allergic reactions, dizziness, drowsiness, nausea, abdominal pain, as well as cramping of the airways with difficulty breathing.

If an overdose of paracetamol occurs, then this can very well result in severe side effects, whereby the liver in particular can be severely damaged.

Medications containing paracetamol sometimes interact with other drugs or with various active ingredients and foodstuffs.

Pharmaceuticals that stimulate certain liver enzymes can increase the undesirable effects of paracetamol on the liver, including certain sleeping pills, drugs for epilepsy and the active ingredient rifampicin.

Human beings suffering from impaired liver or kidney function should not take any medication containing paracetamol, but should consult their doctor and have him/her assess whether or not they are allowed to take a paracetamol preparation.

This is also a rule in chronic alcohol abuse, but also for human beings suffering from a disorder of the liver metabolism or Gilbert's syndrome.

It is essential for anyone who is allergic to paracetamol to know that under no circumstances should they use a drug containing this active ingredient.

Billy: Thank you, your comments are certainly important for many, because I know that in the USA alone almost 600 human beings die every year from liver damage caused by paracetamol painkillers.

But a person can also die if he drinks too much, which we have talked about before.

But here's a little note from a magazine:

Drink too much.

THE DANGERS OF THE USE OF... from page 13

Nein damit ist nicht Alkohol oder Limo gemeint.
 Die Rede ist von ganz normalem Wasser.
 Und ja, man sollte am Tag rund drei Liter Wasser trinken,
 um nicht auszutrocknen.
 Doch wer es übertreibt, riskiert, unnötig zu sterben.
 Wer zu viel in kurzer Zeit trinkt, kann sich eine
 Wasservergiftung zuziehen.
 Die Nieren können diese Überflutung nicht verarbeiten, das
 Wasser lagert sich im Gehirn und in der Lunge an.
 Selbst wenn man nicht daran stirbt, führt eine
 Wasservergiftung zu Übelkeit, Kopfschmerzen und
 Desorientierung.

Ptaah: Darüber haben wir schon mehrmals gesprochen,
 und was diese kleine Notiz aussagt ist soweit richtig, bis
 eben darauf, dass der Mensch pro Tag drei Liter Wasser
 trinken muss.

Dies nämlich trifft nicht zu, denn das Ganze des täglichen
 Flüssigkeitsbedarfs des Menschen ist individuell völlig ver-
 schieden, wie du selbst weisst.

Einerseits ist der körperliche tägliche Bedarf körperkonstitu-
 tionsmässig abhängig, andererseits aber auch von der
 Gesundheit sowie der Tätigkeit, die ausgeübt wird.

Weiter ist auch das jeweilige Tages- und Landesklima von
 Bedeutung, wie aber auch die körperliche Kontrolle, wozu
 auch das Flüssigkeitsbedürfnis gehört.

Also kann der tägliche Flüssigkeitsbedarf für den
 Organismus sehr klein oder eben grösser als drei Liter pro
 Tag sein, folgedem eine Angabe von drei Litern als
 Tagesbedarf äusserst irreführend ist.

No, it's not alcohol or soda.

We're talking about normal water.

And yes, you should drink about three litres of water a day
 to avoid drying out.

But those who exaggerate, risk dying unnecessarily.

If you drink too much in a short time, you may become
 water poisoned.

The kidneys cannot process this flooding, the water accu-
 mulates in the brain and lungs.

Even if you don't die from it, water poisoning leads to nau-
 sea, headaches and disorientation.

Ptaah: We have already talked about this several times,
 and what this little note says is so far right, until it says that
 a person has to drink three litres of water a day.

This is not true, because the whole of a person's daily fluid
 requirements is completely different individually, as you
 yourself know.

On the one hand, daily physical requirements depend on
 the body's constitution, but on the other hand also on health
 and the activity that is performed.

The daily and national climate is also important, as is physi-
 cal control, which also includes the need for fluids.

So the daily fluid requirement for the organism can be very
 small or even more than three litres per day, which makes
 an indication of three litres as daily requirement extremely
 misleading.

First published in the Semjase Silver Star's FIGU-Ratgeber
 zum Wohlbefinden, Nr. 3, März, 2018

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

**INTERESTING INFORMATION ABOUT THE
 CONSUMPTION OF COFFEE**

An incomplete summary of information, based on Ptaah's
 explanations during the 708th Contact Report of May 29, 2018
 by Christian Frehner / September 19, 2018

Important notice!

Everything may differ depending on age, weight, health condi-
 tion and genetic disposition of the respective person!

When consuming coffee, the person must observe or monitor
 the possible effects on his or her body and adjust the dose.

Basics:

Within a normal human being, the alkaloid caffeine enters the
 blood circulation within 30 to 45 min and decays with a meta-
 bolic half-life of about 4 hours (in the case of a pregnant person
 about 5 to 6 times longer).

Suggested dose for a strong and healthy person:

- 6 to 7 times a day a normal 1 dl cup of coffee (= 7 dl a day)
- In case of an existing hypertension, reduced (but not
 eliminated) coffee consumption is recommended

Positive effects of caffeine:

- As a rule very positive, not negative
- Does not dehydrate the body (as a rule: diuretic effect only in
 cases of rare or extremely irregular consumption)
- Caffeine does not damage the nerves or increase the blood

pressure

- Stimulates the heart and blood circulation system, and by
 that increases the physical potential as well as the ability
 of (mental) concentration and storage
- Brightening of one's mood
- May be helpful concerning allergies, asthma, feebleness
 of the heart, migraine, neuralgia and pain
- Decreasing the risk of colonic cancer
- Blood vessels are widened and age-related degeneration
 of the consciousness and its performance is reduced
- Decreasing the risk of depression and other mental
 ailments
- For a strong and healthy person: Generally coffee and the
 alkaloid caffeine benefit organic health and have under
 some circumstances a life-extending effect (if a healthy
 and strong person is drinking 6-7 of 1 dl cups of coffee a
 day).

Negative effects of decaffeinated coffee:

- Dichloromethane, which is used to decaffeinate coffee, is
 carcinogenic even in small doses and responsible for very
 many cancers among terrestrial humankind
- Too much coffee a day may lead to a potassium
 deficiency or muscular problems, or to a state of
 exhaustion or headache

2018 SIGHTINGS

by Rigel (aka. iwishtobefaciallyblind) / November 7, 2018

Just saw the most interesting thing I've ever seen in the sky by a long shot. I was at a fun experimental music festival near Meaford Ontario and boy was I having a weird time. There was somebody there who, for no good reason, has always had it out for me. I don't know them that well, but they hate me as far as I can tell (they think I'm inauthentic is all I know). Whatever - I give them as much space as they want - it's OKAY - not everyone has to like everyone right? Anyways I'm having a weird time because I didn't expect to see them there, AND it just so happens that a few older acquaintances of mine, who I would have normally been quite excited to see are gazing past me when I walk by - they're all camping together. Oh no, I think, something is amiss. I have an okay-medium to crappy time that night just knowing that something is messed - I need to talk to the organizers (whom I know) about these horrible vibes I'm getting. But whatever, I love to dance, so I'm still dancing my heart out. While on the dancefloor I have one moment of loss-of-faith-in-humanity and I think to myself "you know - if something crappy happens to me here I'm going to quit working on this math problem"- of which by the way I've been having wild and unhindered success on - which is the topic of a whole other discussion, I quickly take back that thought however, that would be way too resentful... Anyways, on my to bed, I am walking up a hill alone - from my upper peripheral vision, I see an incredibly bright flash – really, really bright. I think to myself "what the #\$@% was that" - so I look up. I'd been seeing many comets this weekends already (5+) so my immediate reaction is to assume I just saw a comet. As I'm staring at the sky in the position where I think I just saw the flash it happens again! Reflecting on this second flash, I realize, from the central point where this flash occurred it was the brightest things I've ever seen in the sky! of course excluding the sun (but yes MORE intense than the moon). The intensity from that central point was so tremendous that it drew rays of light from all around it in the sky. WOW I thought this could only be ONE thing. "Salome" I exclaim at it - it produces another BRIGHT FLASH. Then in a playful whispering tone I quickly blurt "salome" - then it responds with a tiny tiny little flash. A laugh maniacally and plopping right on the ground and just keep staring at the sky - the source of the light is moving around slightly (maybe in weird directions I don't quite recall). I say a few thanks for coming by and express general gratitude for all the hard work (I assumed) they have been doing - it responds in a powerful emotional demonstration of flashes I didn't anticipate and then fades away just as a few other friends are walking up the hill. I ask them for the time and record it promptly - 4:44 AM, Aug. 4th (cool number), 2018. At two separate occasions later that night over the span of approximately an hour I see the same bright flashes again in the sky, but from totally new locations each time. It gets annoying so I tell them, basically, that they should come party down here because it's a lot of fun.

October Update: I've now had an additional 9 sightings (10 incl. the first one) - some have been quite remarkable, but shy of this first experience. Many of them have been with other people, over a wide variety of hours. I quote a pal "well yeah

I've never seen anything like that before!". One of the experiences I knew I was going to occur before it did. Multiple times there have been multiple moving objects simultaneously happening in the sky which seem as though they're nearly touching (however only one ever seems to be giving off what I've come to think of as their signature light pattern - think of a saxophone player improvising except with lights, sometimes even responding to my words [thoughts?]). Also on my birthday (lol).

I'm super grateful, hope you've enjoyed this story!

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APPLICATION OF KNOWLEDGE

by Michael Uyttebroek / August 2018



Upon reviewing the various writings of Billy in The Way to Live, it is apparent that if one is to correctly understand the message of the words, there is required a practical application of the message. A real tangible change in the moment to moment expansion of one's life, an awareness of our thoughts and a seizing of the moments for change into a positive neutral balance forward movement, unencumbered by unfreedom, illogical thoughts, fears, worries, frustrations, etc. The truth of the matter simply is and if we align ourselves with it, there is free movement, self-responsibility for affecting ourselves and those around us and affecting change far into the future. But in order to fulfil this evolutive process, having knowledge and tools at our disposal are prerequisites. The technique of might-oriented thinking is a simple and yet very effective method to exert might over one's negative thinking patterns and to reaffirm control

APPLICATION OF KNOWLEDGE from page 15

of the direction of desires in order to attain a balanced, happy and free creative healthy life. There are other tools which can be practised which can further support the resistance and not merely giving in to unfreedom, angst and other burdens. Important to note is that for any change to occur it must be done in the immediate moment. Not something that happens in theory or that will be done some other time, but immediately, seizing the moment. The point of change is in the now...that ever-changing flow where we can decide either to go left or right, forward or backwards or just to stand still and listen. Nevertheless it is in this time that we decide which thoughts to support and which thoughts to simply let go of.

The following are some considerations and tools which can be utilised to help re-establish balance from the book 'The Way to Live':

- page 224 - deciding to let go of ingrained habits and behaviours
- pages 178-182 - I bring my consciousness home, I let go of everything, I relax myself
- pages 284-286 - OM mantra quietly to one's self
- pages 276-280 - Meditation on a daily basis

REMEMBERING PHILIP MCAINEY

by Catherine Mossman and Michael Uyttebroek

We are very saddened to hear of the sudden loss of our friend Philip McAiney on August 25th, 2018 at the age of 74 years. He did a lot for helping to inform the world of Billy Meier and the FIGU organization and to forward the mission for truth, peace, love and freedom in the world...his efforts will be remembered and cherished. He was a talented speaker and gifted film-maker who captured the imagination of his audiences with his many extraordinary stories; a truly unique human being, he will be sorely missed.

He produced a film with Michael Horn called 'UFO's and Channeling', narrated by Telly Savalas, which included the exceptional story of Brazilian Luis Gasparetto among others; he collaborated with the late James Deardorff; he visited India in the late '80's to track down a copy of a newspaper from Delhi, called 'The Statesman' which contained an article entitled "The 'Flying Saucer Man' leaves Delhi" published on Sept. 30, 1964, which chronicled Billy's contacts with ET's when he was living there; he was a long-time member of FIGU Switzerland and was a member of the FIGU Canadian Study Group in the 90's. He went to Brussels in 1998 to participate in a protest at a European Parliament Conference hearing about H.A.A.R.P.

Though he had somewhat isolated himself in his hometown of Windsor, Ontario over the last 15 years, he did come out to attend one of our first FIGU-Landesgruppe annual Passive Meetings in 2011 (pictured below, back row, far right) and remained a member of FIGU Switzerland to the end.



PHILIP MCAINEY [back row, far right] at the 2011 FLCA PASSIVE MEMBERS MEETING