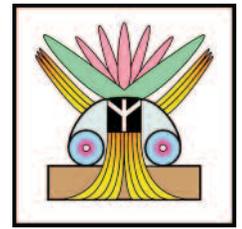




# FIGU-LANDESGRUPPE CANADA NEWSLETTER

OFFICIAL NEWSLETTER OF THE FIGU CANADA NATIONAL GROUP / FLCA

#10 / November 2014 [ca.figu.org](http://ca.figu.org) / [figu.org](http://figu.org)



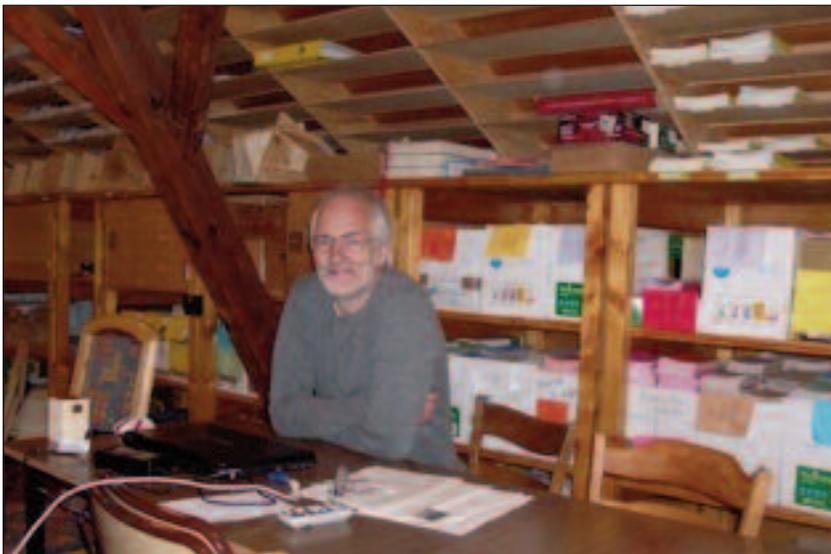
DON AND MICHAEL DURING FLCA'S MONTHLY PUBLIC MEETING

## ERZIEHEN = TO INSTRUCT

by Christian Frehner, SSSC / May 2014

Annotation: Catherine Mossman

In May, 2014, Christian Frehner held a special Geisteslehre (Spiritual teaching) talk with the English speaking passive members who were working at the SSSC in the week previous to the annual passive member's meeting. Below is the presentation he gave (originally in PowerPoint).



CHRISTIAN FREHNER AT SEMJASE-SILVER-STAR-CENTRE / MAY 2014

## FLCA Special Lecture Event THEME: REINCARNATION

**Date:** January 11th, 2015 [Sunday]

**Time:** 2:00-4:00 pm

**Location:** Lillian Smith Library, 239 College St.  
(east of Spadina)  
Downstairs in Room A

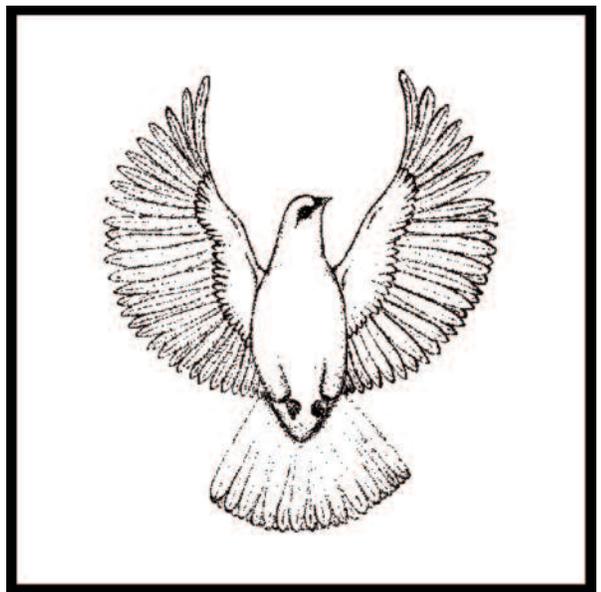
**Admission:** \$5.00

FIGU-Landesgruppe Canada is presenting a lecture, comprising three presenters, on the topic of Reincarnation and the various aspects of creational processes that ensure our ongoing evolution from life to life.

Here is a link to the location:

<https://www.google.ca/maps/place/Lillian+H.+Smith+Library/@43.658071,79.398405,15z/data=!4m2!3m1!1s0x0:0x822dc3ec86e6c66a>

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



ASCENDING LOVE is one of 601 symbols in the book "Symbols of the Spiritual Teaching". In total there are 52,476,812 symbols.

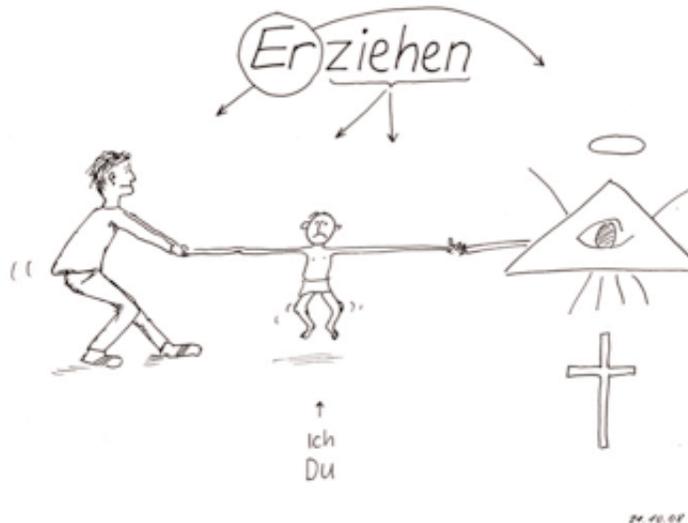
ERZIEHEN... from page 1

(Note: During the presentation members were invited to reflect on what CF was presenting, ask questions, etc. It was highly interactive and instructional for us all. As this was the first of such talks, we all were very enthusiastic about making this a yearly tradition ! C. Mossman)



### Erziehen

Ahd. [old high German origins] irziohan = zu etwas anleiten  
 = To instruct someone in something  
 jemandes Geist und Charakter bilden und seine Entwicklung fördern  
 = to form somebody's spirit and character and to promote his/her development.



### Kelch der Wahrheit / Goblet of The Truth

“Each human being may gain virtues, and in truth it is also his duty to form his character and his virtues, which means, that he must educate himself. And the process of learning the virtues and forming the character is one's own self-education, which may never end as long as the human being lives.”

#### The 7 main virtues of the human being

1. Moderation
2. Steadfastness
3. To be hard-working
4. Honesty
5. Discretion
6. Caution
7. Benevolence

#### The 7 foundations of being human in the real and true Sense

1. Modesty
2. Anti-materialism
3. Perseverance
4. Patience
5. Peace
6. Universal love
7. Understanding

**The 7 main faults of the human being**

1. Carelessness
2. Obstinacy
3. Fearfulness
4. Submissiveness
5. Presumptuousness
6. Indolence
7. Selfishness



**If the human being is thinking and acting correctly and is correctly educated, and when he/she brings his/her self-education in order, then result seven special values:  
(The Art zu leben, p. 17)**

**10**

At the age of ten, the human being's sense is turned toward life

**20**

At the age of twenty, the human being grasps the power of his/her abilities.

**30**

At the age of thirty, the human being is assured in his/her thinking and acting

**40**

At the age of forty the human being has left his/her doubts behind regarding the truth and knowledge.

**50**

At the age of fifty, the human being knows the essential creational-natural laws and recommendations, and follows them.

**60**

At the age of sixty, the human being has completely opened his/her consciousness for the truth.

**70**

At the age of seventy, the human being can accede to his/her wishes, without ever again going beyond the boundaries of what is right and decent.

**This is the true development of the human being during seventy years of life, if he/she lives and prevails according to the laws, recommendations and regulations of creational-natural character.**

*Er: ziehen*



## FLCA PUBLISHING UPDATE

**APPEAL FOR SUPPORT AND DONATIONS FROM SPONSORS !**

**WE ARE CURRENTLY SEEKING SPONSORS FOR THE FIRST GERMAN / ENGLISH EDITION FOR  
KELCH DER WAHRHEIT / GOBLET OF THE TRUTH**

**Goblet of the Truth**

The book of the entire Teaching of the Prophets

Teaching of the truth, teaching of the spirit, teaching of the life from Henoch (Enoch), Elia (Elijah), Jesaja (Isaiah), Jeremia (Jeremiah), Jmmanuel (Immanuel), Muhammad (Mohammed) and Billy (BEAM)

FLCA is currently in the process of the final proof-reading of the English translation.

We will be publishing a 682 page, 8.5" x 11", deluxe linen cloth bound hardcover German/English edition of the Goblet of the Truth. The cover will have the title and goblet symbol debossed, the content pages will be stitch bound and the book will feature 2 gold coloured 1/4" ribbon markers. On February 5, 2008 BEAM ("Billy" Eduard Albert Meier) finished his largest and most important work after only 5 months and 16 days (171 days). This book, "Kelch der Wahrheit" (Goblet of The Truth), which will survive the coming ages, live on forever and find its way far out into the Universe, must also find a fast and efficient dissemination here on our Earth, so it can be effective and reveal its value to the people who come in contact with it. The value of this work shall be discovered for generations and be able to become a friend and continuous companion in all situations in life.

**Excerpt from Contact 459 on February 3, 2008**

**Ptaah** ... and what is of immense importance for the "**Kelch der Wahrheit**": **since it is actually the most important work as far as the entire mission is concerned**, you should endeavour to have the book translated as quickly as possible into the most important languages prevailing on Earth. The book should be disseminated worldwide as quickly as possible, since it is of particular importance that it makes its way out into the entire world.

**Billy** ... concerning the translating of the new work, "Kelch der Wahrheit", there will no doubt be difficulties because it

must be professionally translated which costs a tremendous amount of money – money that we do not have at our disposal. In this case it would be necessary that responsible-minded human beings with sufficient financial resources step in and support this work as sponsors. To find such responsible-minded human beings may be very difficult because whoever is financially rich has, as a rule, no need to support the effective truth and its teaching as well as a teaching through which human beings are able to find within themselves the path of true love, peace, freedom and harmony and to carry these high values out to the entire humanity on Earth...

**HOW TO ASSIST FIGU-LANDESGRUPPE CANADA:**

Currently we are looking for sponsors for any donations to assist us in realising this monumental project.

To find out how you can donate, please click here:

<http://ca.figu.org/donate.html>

**CONSIDERING PEACE**

by Michael Uyttebroek / September 20, 2014

When considering what peace is, it is not just a pleasant concept to aspire to or just an intellectual idea that is removed from the present. Nor can it be something that is forced upon one's consciousness as an ideal state of being. Peace cannot be the result of an form of suppression because suppression is essentially a form of inner conflict, a battle between how one is and how one should be which obviously cannot be a manifestation of a peaceful state of being. Peace can only be where there is freedom, freedom from the urge to fall back into old patterns of viewing through the smokescreen of our beliefs. Therefore peace and freedom go hand in hand. One cannot have one without the other. It is possible to have peace without freedom, but that would only be due to the restrictions of the outer physical, such as would be the case with imprisonment or forceable confinement, etc. Nevertheless, the inner sense of freedom, once understood and grasped as an ever-evolving process of becoming, can never be taken away no matter what the physical influences (outer). Peace therefore is perceived as a state of free movement of consciousness perception, where automatic behaviours of fear, shyness, anxiety, over confidence, sadness, boredom, impatience, anger, depressing thoughts, etc. are no longer burdening one's immediate perception of the "what is". Peace can only have value if it is understood in its true meaning and not simply as an elusive state to be achieved at some point in the future, for as long as it is not experienced as reality, it is merely a concept without the fullness of life.

When considering world peace and the peace meditation, peace begins at home, peace begins as the process while doing the peace meditation and then spreads out from the individual to affect each other and all. So, we can all influence change by choosing where we shine the light of attention.

On July 17th, 2014, at FIGU Landesgruppe Canada's special annual public presentation at the High Park Public Library in Toronto, Andreas Schubiger presented this English translation of the article he wrote regarding Belief and the tendency to transfer it onto the spiritual teaching.

## ALLZU OFT WIRD DER GLAUBE DES EINZELNEN IN DIE GEISTESLEHRE EINGEBRACHT

von Andreas Schubiger

Wir alle beschäftigen uns mit der Geisteslehre und dies meint, dass wir vor allem die Bücher, Artikel und Schriften von Billy lesen.

Immer wieder weist er in seinen Schriften darauf hin, die eigene Denkweise zu überprüfen und kontrollieren, denn allzu schnell verfällt der Mensch dem unbedachten Glauben.

Natürlich soll auch das selbst zusammengeschusterte Weltbild dafür erhalten, überprüft zu werden.

Das ganze Denken und Entwickeln ist stetig im Wandel und darum ist es schwer zu beurteilen, ob der Mensch einfach glaubt, was er aufnimmt, oder ob er es auf seinen Wahrheitsgehalt untersucht, der Sache vollständig auf den Grund geht, oder die erstbeste und naheliegendste Antwort bereits genügt, um zufrieden zu sein mit sich selbst und der Welt.

Der Glaube an die Wahrheit oder das Wissen um die Wahrheit ist in Kreisen der FIGU eine besondere Sache.

Eigentlich hat bereits jeder soviel gelernt, dass an Religionen glaubende Menschen einem Irrtum nachhängen und einer Irrlehre frönen.

Wer aber Bücher von Billy kauft und liest, hat sich bereits auf die Seite der Wahrheit geschlagen und so hat es oft den Anschein, dass diejenigen, die sich damit bereits in Sicherheit wägen und der Meinung sind, dass ihnen betreffend ‚Glaube an eine Irrlehre‘ nichts mehr geschehen könne.

Wenn der Titel darauf anspricht, dass ‚allzuoft der Glaube des einzelnen in die Geisteslehre eingebracht wird‘, dann ist damit gemeint, dass zwar Geisteslehre-Schriften, Bücher usw. gelesen werden, aber das Studium mit der Auseinandersetzung der Wahrheit und deren Ergründung nicht stattfindet, sondern im gleichen Lebenstrott wie bis anhin geglaubt wird, was geschrieben steht.

Somit wird zwar das Objekt ausgetauscht, nämlich der Glaube an eine Religion wird nun – oh welch ein Glück – durch den Glauben an die Wahrheit ersetzt.

Gut, so nebenbei bemerkt ist zwar immer noch der Glaube vorhanden, aber es handelt sich um das bessere der beiden Übel, und so gesehen handelt es sich nicht mehr um den Glauben an eine Irrlehre, sondern um einen Glauben an die Wahrheit.

Dies ist nicht das Gelbe vom Ei, doch schon besser, als im Irrtum dahinzuleben.

Natürlich ist auch dieser Zustand noch zu optimieren, denn geglaubte Wahrheit wird letztendlich ebenfalls wie eine Irrlehre praktiziert und im gleichen ‚schwarz-weiss‘ beziehungsweise ‚gut-schlecht‘-Fanatismus ausarten wie das religiös praktizierende Gläubige eben tun.

Es ist nachvollziehbar, wenn ehemals Gläubige einer

## ALL TOO OFTEN THE BELIEF OF AN INDIVIDUAL IS INCORPORATED INTO THE SPIRITUAL TEACHING

by Andreas Schubiger

Translation: Christian Frehner / July 11, 2014

Translation Corrections: Catherine Mossman / November 2014

All of us preoccupy ourselves with the spiritual teaching and this means, that we primarily are reading all of the books, articles and writings by Billy.

Again and again, in his writings, he points to the examining and controlling of our own modes of thinking, because all too quickly the human being falls prey to unmindful belief.

And of course the serving worldview, which has been cobbled together on that account, shall also be examined.

The entire thinking and developing are continuously in flux and, therefore, it is difficult to assess whether the human being simply believes what he/she takes in or whether he/she examines it concerning its truth content, if the content has been thoroughly gotten to the bottom of, or the first available or obvious answer is already enough in order to be content with oneself and the world.

The belief in the truth or the knowledge of the truth is a special issue in FIGU circles.

Actually everyone has already learnt that religion believing people cling to erroneous assumptions and indulge in irrational teachings.

Those who buy and read Billy's books have already hit upon the side of the truth, so often for that reason they consider themselves seemingly already in certainty and are of the opinion that nothing more could happen to them regarding a 'belief in an erroneous teaching'.

With the title: 'All Too Often The Belief Of An Individual Is Incorporated Into The Spiritual Teaching', it is thereby meant that indeed, spiritual teaching-writings, books, etc. are read, however the studying in the thought-feeling-based careful examination of the truth and its exploration is not taking place, but rather, one is in the same old rut of the trodden paths existing up until now: what is read is believed.

As a consequence, the object is, to wit, interchanged, namely the belief in a religion is – oh what luck – replaced by a belief in the truth.

Well, so incidentally it still exists as a belief though but only can be seen as the better of two evils and so perceived, it is not a belief in an irrational teaching anymore, but a belief in the truth.

This is not exactly great, but better than living with an erroneous assumption.

Naturally this state also has to be optimised, because believed truth will eventually also be practised like an irrational teaching and likewise can degenerate into 'black-white' and 'good-bad' fanaticism, as is done by practising religious believers.

It is understandable, when former believers in a religion, or human beings who were, at the very least, brought up in such an environment still carry the old "religious world view" with them, and are not yet able to lay it aside when they learn

ALL TOO OFTEN THE BELIEF... from page 5

Religion oder auch zumindest in einem derartigen Umfeld aufgewachsene Menschen beim Kennenlernen der Geisteslehre das ‚alte gläubige Weltbild‘ noch mit sich tragen und noch nicht ablegen konnten.

Nur sollte erkannt werden, dass die Tatsache des Weltbildes eines Gläubigen noch immer existiert, weil sein Denken immer noch von Glaubensstrukturen geprägt ist.

Die Betrachtungsweise der Geisteslehre mit den Augen eines Gläubigen erzielt nicht den wirklichen Effekt, der aus dem Studium der Geisteslehre erzielt werden soll, um ein freier, unabhängiger, selbständiger Mensch zu werden.

Weil wir in einer Gesellschaft aufwachsen, die uns oft religiös zu prägen vermochte, haben wir ein Leben lang gegen den in uns drin seit jungen Jahren eingefleischten, irrümlichen Glauben anzukämpfen und deshalb soll die eigene Auseinandersetzung zwischen Glaube und Geisteslehre nicht einschlafen.

Viele von unseren Mitgliedern sind FIGU- oder auch Billy-Gläubige, ihr habt richtig verstanden: Billy-Gläubige.

Sie schenken dieser Sache ihr Vertrauen bzw. ihren Glauben und beginnen im Kielwasser mitzuschwimmen. Dies ist ja sehr freundschaftlich und auch ganz nett, aber es ist nicht die Art und Weise, wie es sein sollte.

Um diese Sache zu verstehen, reichen nicht einfache Center-Besuche aus, ob direkt im Besucherraum oder auf der Internetz-Seite.

Nebst dem angesprochenen Studium und der Auseinandersetzung mit der Wahrheitsergründung gehört auch der tatkräftige Einsatz dazu.

Damit ist die Hauptarbeit nicht getan und es nützt der Wahrheitsverbreitung nichts, aber auch gar nichts, wenn die einzelnen Mitträger der Mission ihren blinden Glauben nun einfach mit Worten der Geisteslehre in die Welt hinaustragen, gerade so wie es der Wolf im Schafspelz verkörpert. Sie haben somit insofern versagt, als dass sie nicht nach dem Grundsatz gehen „Es prüfe, wer sich ewig bindet“.

Vermutlich machen sie diesen Fehler bereits zum zweiten Mal.

Denn das erste Mal waren sie aus dem Elternhaus religiös erzogen und schwammen im Glauben mit, weil sie nichts anderes kannten.

Später geraten sie ein weiteres Mal an etwas Neues und schwimmen wieder einfach mit, ohne wirklich und wesentlich eine massgebende Änderung zu vollziehen.

Oder sie kriegen die Kurve schon frühzeitig und lernen gegen den Strom zu schwimmen und sich damit zu befreien.

Wer das Gelehrte nicht hinterfragt und die Geisteslehre wie eine Rosenkranz-Pflichtübung betreibt, derjenige hat definitiv noch nicht verstanden, worum es geht.

Fehlt nur noch, dass sich solcher Art Menschen für die Geisteslehre derart aufspielen und mit grosser Klappe und ebensolchem Grössenwahn den Propheten mimen.

about the spiritual teaching.

It should only be realised that the fact of the worldview of a believer still exists, because his/her thinking is still characterised by belief structures.

The perspective of the spiritual teaching through the eyes of a believer does not achieve the true effect, which should be achieved from the study of the spiritual teaching, in order to become a free, independent, autonomous human being.

Because we grow up in a society which often succeeds in religiously influencing us, we have to struggle throughout our entire life against the erroneous beliefs, which were ingrained into us since early childhood, and therefore we shall not slacken in our on-going thought-feeling based careful examination between our own belief and the spiritual teaching.

Many of our members are FIGU or Billy believers, you have heard correctly: Billy-believers.

They bestow their trust, in other words, their beliefs in this case and thus, they start to swim along in the wake.

Yes, this is very amicable and also quite nice, but it is not in the form and wise as it should be.

In order to understand this case it does not suffice to simply visit the SSSC, either in the visitor's room, or through the website.

Aside from the previously mentioned study and the analysis of the truth-exploration, also pertains the active application thereof.

For this reason the principle work to do is not the spreading of the truth, it serves for nothing, however, also indeed is for nothing if one who is working for the mission, in their blind belief, now simply disseminates words from the spiritual teaching into the world; it thus exactly embodies the wolf in sheep's clothing analogy.

They have failed in the sense that they do not live according to the saying: "look before you leap".

Presumably they are making this mistake for the second time already.

Because the first time was when they were religiously educated in their parents' house and so swam accordingly in the belief, because they did not know otherwise.

Later they get into something new and again just swim along, without accomplishing a real and fundamentally decisive change.

Or they already turned the corner early on and learned to swim against the tide, in order to free themselves.

One who does not question that which is taught, and who practices the spiritual teaching just like saying a rosary, has surely not yet understood what really matters.

The only thing lacking are those such types of people who are giving themselves airs regarding the spiritual teaching in such a way and with big mouths, and with exactly the same craving for recognition, mime the prophet.

[continues in link below]

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

**FOR THE COMPLETE TRANSLATION PLEASE CLICK THE LINK & SCROLL DOWN TO "ALL TO OFTEN THE BELIEF...":**

<http://ca.figu.org/lectures-and-articles.html>

**FROM THE SECRETARY'S DESK:**

In September, of this year, we received an email with the following question, regarding why our books, etc. are so expensive. Our group thought the answer given was worthwhile sharing with our readers:

Reader writes: **Hello I was wondering why your materials are so expensive. I would love to purchase books and learn more, but I do not have that much money. If you want to spread awareness and help the world discover the truth, you are not going about it correctly. People will scrutinize you, and claim you are \"money hungry\" greedy people scamming others. Please, fix the prices, or have a package-type purchase which includes multiple books, which could save the customer money.**

Answer: Hello (name withheld). Thank you for your interest in FIGU. May we please direct you to read this PDF which is one of the Bulletins FIGU puts out on a regular basis. This one is from 1995, when someone asked Billy the same question. You will need to scroll to page 9 to find the question and answer:

[http://ca.figu.org/uploads/FIGU\\_Bulletin\\_Vol1\\_No3.pdf](http://ca.figu.org/uploads/FIGU_Bulletin_Vol1_No3.pdf)

Also, we are in no way a missionising group and we are not here to spread awareness. Please see our statement about talkativeness and missionising:

<http://ca.figu.org/Talkativeness.html> It is up to people to find the information Billy Meier makes available from out of their own efforts: if they are truly seeking, then the information they find here will resonate with them and they will learn a lot. If not, they move on; we are not here to try to convince anyone of anything, nor are we a business seeking to entice 'customers' with 'package deals', etc. The people who buy our books are searching for truth and meaning and they are wanting to evolve in their knowledge and understanding. Additionally, we are a small group of people (less than 10) who make up the Canadian FIGU Landesgruppe; we are a Federal not-for-profit organisation representing FIGU Switzerland, every single one of us here does this out of our own feeling of responsibility and as volunteers. Some of us spend many hours of our own precious time every week working for this mission (not to be confused with the verb missionising).

We are actually doing Canadians a favour by bringing books from Switzerland a few at a time, in our own suitcases when we go over there, in order to save them the expensive shipping costs from the Swiss postal system (i.e. shipping anything from there, up to one kilo, is about \$35 CAD !). We pay the same price as you would if you went to Switzerland for their books. Of course we have to charge the slight difference due to the exchange rate. The few books that we (the Canadian group) have published, are based on the price of the Swiss version, except ours have both the original German AND English which we worked long and hard at translating, some take years ! We charge shipping based on the Canadian postal system rates. And also, if people buy a number of books, the shipping is less, than compared to buying one at a time.

**MY DEDICATION, TO ALL CREATION,**

by Reuben Clarke

*This is part of a song that I wrote when I was trying to explain to myself our relationship to Creation.*

My dedication, to all Creation,  
I'm talking about the all you know what I'm saying  
We know there is something but we have trouble trying to name it  
That's fine with I'm too small frame it,  
It's the light the spark, the charge of the big bang.  
All that is creative, the wellspring of my slang,  
The source, the actual the factual everlasting flow,  
I respect and I love it cause it is all that is natural  
But not supernatural  
The source of all our history, mysterious mystery  
Beginning, an enigma, least for now is how I figure,  
Its just do what it do, as we swim in absolute,  
Life's great stew  
The great spirit, the creative spirit, the reason why we living,  
Truth love the force use intuition.  
Universal consciousness, universal energy, all life energy  
Love has with no enemies  
The true reality, don't need a personality  
There is nothing comparable, because it is everything,  
But id rather it call love, cause no matter where I look  
All I see is us,  
Nature, the universe, everything, nothing else.  
The Essence, of creation, is evolution itself  
We are evolving too, it's the only thing we do,  
The beauty of this love Its a part of you  
Rather you a part of it, so I cant worship it,  
Still, it's awesome how my awesomeness adds to our strength,  
Becoming love, becoming true,  
I learning to love, is what we do,  
All being, all meaning,  
Every song, every note, every space in-between,  
The total sum of energy of everything that is  
Only thing to do, is got out learn love, live, win

However, if you have no money then there is tons and tons of information available for free on the internet, enough to last a lifetime, without having to buy a single book. The Goblet of the Truth is free as a PDF on our site. It's huge, and will take a long time to get through. Then there are the endless contacts that Billy has had (see Future of Mankind site, in our links), Michael Horn's site: theyfly.com just to name a few. People who understand, truly, the work that we are doing would never think of us in such a manner as you suggested.

Regards, Catherine  
FIGU-Landsgruppe Canada Secretary

On July 17th, 2014, at FIGU Landesgruppe Canada's special annual public presentation at the High Park Public Library in Toronto, Barbara Harnisch presented this English translation of her article *Gewohnheiten (Habits)*.

## GEWOHNHEITEN

von Barbara Harnisch

FIGU-Wassermanzeit, No. 170 (2014)

Gewohnheiten können sowohl ein Segen als auch ein Fluch für den Menschen sein, denn sie sind stark in ihm verankert. Es sind Neigungen, die oft seiner Wesensart entsprechen, welche er schon seit seiner Kindheit pflegt. Wie es sich der Mensch seit seiner frühen Erziehung angeeignet hat, pflegt er es weiter und so können sich Denk-, Handlungs- und Vorgehensweisen als Gewohnheiten einschleifen und festsetzen.

Beispielsweise hat der eine Mensch gelernt, immer systematisch vorzugehen, während der andere unbekümmert alles zu Erledigende häufelt und aufstapelt. Ersterer hat es sich zur Gewohnheit gemacht, Ordnung zu halten, seine Arbeiten und anstehende Dinge fortlaufend zu erledigen und daher wird es ihm leicht fallen, Zeit für anderes und weiterführendes zu finden. Der andere Mensch wird zeit seines Lebens mühevoll versuchen, seine aufgeschobenen Arbeiten und Vorhaben abzubauen, derweil sich immer weiter Forderungen des Alltags anhäufen und er folglich allem stetig hinterherhinkt. Die Folge dieser Gewohnheit ist absehbar: Es bleibt keine Zeit für anderes, die Freude am Tun wird weniger, bis nur noch Mühe, Unlust und Frustration zurückbleiben. Auch wenn es diesen Menschen ärgert und er weiss, woran sein selbstgemachter Stress liegt, gelingt es ihm, wenn überhaupt, nur schwer, sich von seiner üblichen Handlungs- und Vorgehensweise zu lösen und sich eine förderliche Gewohnheit anzueignen, die ihm sein Leben erleichtern würde. Oftmals verharrt er lieber in alten Mustern, denn eine Veränderung würde doch nur Anstrengung und Mehraufwand bedeuten. Daher ist es illusorisch, zu glauben, er könne dann, wenn er einmal mehr Zeit hat, z.B. an Sonn-, Frei- und Ferientagen und erst recht nach seiner Pensionierung alles das tun, was er schon immer gern tun wollte. Auch das entspricht wohl eher einer Wunschvorstellung, denn aus unklaren, vagen Vorstellungen können keine klaren Handlungen und Wirkungen hervorgehen.

Unliebsame Gewohnheiten können durchbrochen werden, indem der Mensch gründlich darüber nachdenkt, wie er sich im Alltag verhält, wann und wo er in das alte gewohnte Muster verfällt, wie und was er daran ändern kann und sich dann ein klares Ziel sehr sorgfältig aufbaut, dieses konsequent verfolgt und dabei immer achtsam bleibt. Im Geisteslehrbrief Nr. 14 ist auf Seite 142 über die Gewohnheit folgendes nachzulesen: "Vom Standpunkt der Geisteslehre und somit vom Standpunkt der Wahrheit aus gesehen, ist die Gewohnheit nichts anderes als das auto-matische in den Mittelpunkt der Aufmerksamkeit Treten von Ideen, die sich dann verwirklichen. Je öfter der Mensch eine Idee bewusst in den Mittelpunkt der Aufmerksamkeit stellt, um so leichter gelingt dies und um so präziser verwirklicht sie sich."

## HABITS

by Barbara Harnisch

FIGU-Wassermanzeit, No. 170 (2014)

Translation: Christian Frehner / June 28, 2014

Translation Corrections: Catherine Mossman / August 2014

For the human being, habits may be a boon or a bane because they are deeply anchored within him/her. Habits are inclinations which often correspond with his/her character, which he/she nurtures since his/her childhood. In the same way the human being has appropriated everything since his/her early education, he/she fosters it further, and so modes of thought, behaviour and approaches are ground in and take hold as habits.

For example, one person has learned to always proceed systematically, while another person is recklessly amassing and stacking up everything that needs to be done. The first one has made a habit of keeping order, to finish off all his/her tasks and pending things. That's why it will be an easy thing for him/her to find the time for other and continuing things or tasks, etc. The other person, in contrast, will arduously struggle all his/her life to reduce his/her postponed work and projects; in the meantime he/she is continuously further amassing demands of everyday life and, consequently he/she is steadily falling behind. The consequence of this habit is foreseeable: there remains no time left for other things; the joy of doing dwindles, until only effort, unpleasure and frustration remains. Even if that person is angry and knows the origin of his/her self-created stress, he/she is hardly successful, if at all, to detach from his/her usual modes of behaviour and approaches, and to acquire a conducive habit which would alleviate his/her life. Often he/she will persist in old patterns, because a change would only mean exertion and extra effort.

Therefore it is an illusion to believe that he/she could do all that he/she always wanted to accomplish when someday they have more time, for example on Sundays, on a day off, on vacation, or especially after his/her retirement. This is also more likely wishful thinking, because from unclear, vague imaginings no clear actions and effects can result. Unwelcome habits may be broken through when the human being deeply thinks about how he/she is behaving in everyday life, when and where he/she is falling back into old habitual patterns, how and what he/she may change at that, and then to painstakingly build up a clear objective, consistently pursuing it, and thereby always remaining attentive. In Spirit-Lesson no. 14, on page 142 the following may be read about habits: "From the standpoint of the spiritual teaching and, therefore, from the standpoint of the truth, habit is nothing other than ideas which automatically step into the focus of one's attention, and which then are manifested. The more often the human being consciously puts an idea into the focus of his/her attention, the easier it succeeds and the more precise it is realised."

**REPORT ON: FALL PSYCHIC FAIR IN TORONTO  
FIGU INFORMATION BOOTH**  
International Centre, Toronto / October 3-5, 2014  
by Catherine Mossman



**CATHERINE AND MICHAEL AT THE FIGU-FLCA BOOTH**

We had another great weekend where we met quite a few people who showed interest in the FIGU material in fact we gave away 270 free booklets. Some were quite surprised that they'd never heard of Billy Meier before, even though they'd been interested in UFO related material for some time. Michael had the opportunity to do a couple of 30-minute presentations. Friday's was an Introduction to the Billy Meier Contact Case. On Sunday he presented Reincarnation according to the Spiritual Teaching of Billy Meier. This latter presentation was Michael's first time talking about this and he found it satisfying to actually discuss aspects of the spiritual teaching in more detail and shed some light on this 'mysterious' topic and on people's assumptions about it. For example, some people were surprised to hear that their personality doesn't come back in their next life. Also, the interactive nature of the presentation was new in that Michael encouraged people to ask questions at any point if they needed clarification. Many people were interested in our free literature, especially of interest were: What all Earth Human Beings Should Know and



**ANOTHER ANGLE OF THE FLCA BOOTH**



**MICHAEL PRESENTS THE TOPIC OF REINCARNATION**

also the one about For Women Are More Intelligent Than Men.

Some common questions were:

Why did the extraterrestrials contact Billy, which often lead into a discussion about the process of reincarnation and evolution of the spirit-form and consciousness.

What is FIGU's understanding of what God is whereby we made the distinction between god as a human being and the Creation as the Universal Consciousness.

Who are the Plejaren, where do they come from and what is their main message, which lead into discussions regarding the evolution of the spirit-form contained within the human being as well as their warnings about overpopulation.

Other topics: Parallel universes, reptilians, shape-shifters, crop circles, conspiracies and the ilk.

We also heard our share of personal UFO experiences/ sightings. We even met someone who claimed to have a 'Pleiadian metal-sample' in his pocket! At which point it was promptly brought to his attention that actually the Pleiades are a blue-class star system, that burn too brightly and to hot and therefore are not capable of supporting material or spiritual life-forms. Needless to say there were all types of people ready to pull the wool over our eyes if we were ready to believe their stories. And as pictured below, we learned about a new way of contacting 'spirits', with this handy-dandy spirit-trumpet!!

Until our next show.....

Salome, Catherine and Michael



**FIGU-LANDESGRUPPE CANADA MEMBER PROFILE**  
**MICHAEL UYTTEBROEK**



**HOW IT ALL BEGAN FOR ME.**

by Michael Uyttebroek

Back in Nov. 1986 I had just returned from a fantastic drum journey in Senegal. I was keen to bring the drum to Toronto and was searching for a locale to hold weekly drum circles throughout the winter. It just so happened that a new age bookstore/café/workshop space had recently opened in the Annex area very close to my home. The asking price to rent the main space was more than fair so, needless to say, I began my weekly drum sessions. One day I dropped by during the afternoon to pick up my instruments and my eyes caught the video playing on the television set up in the main room. There was a UFO flying about and then scientists taking turns explaining their findings. I sat down, quite fascinated and intrigued by what I was seeing and hearing. So much so that I sat and watch the same video 'Contact' several times in a row. I was particularly struck by the frankness of Marcel Vogel and his open-minded approach to studying the metal fragments that had been supplied to him by Wendelle Stevens. I was also impressed by Billy's straight forward answers to questions posed to him by various investigators and also the little bits of knowledge that he conveyed, interspersed throughout the movie. It all seemed so plausible. Somehow it all prompted me to further investigate for myself. After all, if this was true, just imagine all the things I could learn, all the insights I could have, for instance about reincarnation or how these extra-terrestrials lived. I thought that this was perfect...a new path was unfolding and I wanted answers. Amazed and somewhat excited I soon left the centre and pensively began walking down Bloor St. I had just walked a block and a half and suddenly I stopped dead in my tracks. It was as though a puzzle had just come together, as if a series of fragments had suddenly gelled into a solution. I instantly remembered a childhood experience that I had never consciously thought about since the time that it had happened! A mystery that I had pushed so far back in my mind was suddenly

reawakened and with it, a totally new perspective.

**My early experience**

During the summer of 1959 my mother had sent me to stay for several weeks in Metis Beach in Quebec with a woman who had taken on several children for the summer. One evening I found myself walking with others along a secluded road. Where we had come from or where we were going I do not remember. Bobby and I were lagging behind the group comprised of an adult and 3 older children. They were perhaps 40 feet ahead of us. It was early evening, the sun had gone down yet there was still ample light to see our surroundings. We were on a dirt road. There were no houses in the vicinity however, had there been, they would have soon needed to turn on their lights. Bobby was walking next to me on my left side, a couple of feet apart. Further to the left I noticed a slight ridge alongside the road and beyond a field. Further back was a dark forest. All of a sudden, out of nowhere, the most incredible, incomprehensible sound was clearly audible. Not loud so that it hurt, but certainly not soft. There were oscillations and frequencies that were extremely technical sounding. I was shocked and frightened, so much so that the shivers ran down my spine and the hair on the back of my neck seemed to stand. I had never heard anything like that, ever! It was impossible for me to understand. I had no point of reference. The experience lasted a second or two. Completely confronted with the unknown, my first reaction was to turn to Bobby with eyes bulging and exclaim: "Did you hear that?!!!" and we both bolted to the group ahead of us who were walking as if nothing had happened, just casually walking having their conversations. My first thoughts were I'm safe, we are moving ahead, everything is fine... and immediately, the whole matter was completely pushed back from my consciousness...never to be discussed or thought about for 29 years, until now...outside of "Book City", in downtown Toronto. Finally I understood. The mystery and its solution had appeared. I realized that it had to have been the sound emitted by a beamship, but why me and Bobby and not the others? Watching the Contact video with the sound analysis and recordings along with all of the other material had suddenly made it possible for me to form a logical conclusion. The time was ripe, the solution was now available. Later upon further contemplation I realized that the sound had been directed and had not been a random event. How could it have been otherwise? Only the two of us had heard it. I learned that the Plejarens had the ability to bend light around their ships and could open up a contained field of vision so that only selected people standing in close proximity to one another could see their ships should the Plejarens choose. Thus I concluded that it was quite possible that sound could be similarly contained within defined parameters. I had no idea whether this childhood event was conceived by the Plejarens nor do I know this today, however it certainly did provide me with food for thought. Over the next few days I returned to the Rainbow Centre where I had first viewed Contact and soon met others who

HOW IT ALL BEGAN... from page 10

also had a similar interest in the UFO phenomena. I managed to meet someone who had the Wendelle Stevens' book "UFO Contact from the Pleiades – A Preliminary Investigation", but they were unwilling to lend it to me. Somewhat disappointed I still managed to obtain Wendelle's mailing address and later met up with the person who had brought the video to the center in the first place. From those days and months on, more and more doors opened. One afternoon, Tony, who had managed the bookstore at the Rainbow Centre, showed me an advertisement in a new age magazine, 3 books by Billy Meier, translated: The Meditation, The Decalogue and The Psyche. I jumped on the opportunity to get more information and within a few weeks I had received these and was devouring them. Little did I know that these books had been published without Billy's approval and contained many translation errors and misunderstandings. Nevertheless, this material did resonate a truthful note with me and I found a desire to further investigate. As a result of these publications I got FIGU's mailing address and in 1988 began communicating with Philia and Bruni.

### The Origins of FIGU-Landesgruppe Canada

After having viewed the Contact Video my thirst for more information became insatiable. Over time I obtained all the material pertaining to the Billy Meier case I could get my hands on. I obtained the 2 coffee table photo books put out by Genesis Publishing, Message From the Pleiades Vol. 1 to 4 and UFO Contact from the Pleiades - A Preliminary Investigation and UFO Contact from the Pleiades - A Supplementary Investigation, all published by Wendelle Stevens, Gary Kinder's book "Light Years", the Contact Video, the 3 video set The Meier Chronicles, The Metal Samples, The Film Footage...along with other materials including Shirley Maclaine's Out on a Limb, The unauthorized translations of the Decalogue, The Psyche and the Meditation (as already mentioned), the complete unedited, roughly translated set of contact notes which took up 9 volumes, Billy's Interview with Randy Winters and from Switzerland the booklets "Torture, Death Penalty and Overpopulation", "The Truth About Billy Meier" and later "A Crusade Against Overpopulation".

In my unbridled enthusiasm it was not long before I had raised myself up as some sort of "Billy Meier expert". I indexed all of the topics in order to organize the vastness of information. I began making unauthorized presentations of the Billy Meier Contact Case and sold the odd photocopy of the material I had earlier purchased from Roberta Brooks. It was at one of these presentations that I met Ferdinand and also Catherine (although Catherine would only return to the material many years later). These presentations served the function of establishing a starting point for meeting others who also had a similar interest (keeping in mind that these were the pre-internet days). In November 1991, Ferdinand, Alicja and I formed a small study group. We met to study the various material that we had at our disposal. The group

### THE SPIRITUAL TEACHING APPLIED IN OUR DAILY LIFE

**Question:** Is it alright to kill insects and other animals which invade our houses and can be dangerous to our health? - like spiders, house flies, mices etc. Or should we perhaps catch them and release free outside house?

**Answer:** Such insects and animals cannot be tolerated in human beings' houses because they are threatening our health. Killing them in order to protect our health is okay. (Note by CF: e.g. catching house flies, putting them in a box and driving many kilometers in order to then release them free [and by doing so preventing that they probably return into one's house] is a „positive Ausartung“ = is not neutral-positive thinking. Frankly, that would be a stupid action.)

Source: FIGU Discussion Board /  
Your Questions to Billy Meier Answered

### QUOTE FROM "ARAHAT ATHERSATA" BY BILLY, PAGE 81.

641. Gemessen an der Zahl der irdischen Population sind es zur Jetztzeit nur sehr wenige Menschen, die in den mindesten Anfängen die Wahrheit erkannt haben.

*Measured by the number of earthly population, there are to the present day very few human beings who have recognised the minimal beginnings of the truth.*

642. Sie kommen einigen wenigen Wassertropfen im Meere gleich.

*They come akin to a few small drops of water in the seas.*

643. Nun liegt es aber in der Masse der Menschheit, diese wenigen zu vermehren und die einzelnen Tröpfchen im Meere zu einem grossen Wasser anschwellen zu lassen, denn wo ein grosses Wasser entsteht und eine Sturmflut, da wird aller Unrat hinweggeschwemmt.

*Now it lies within the mass of humanity, to multiply these few and let the individual droplets in the sea swell to a large body of water, because where there is a large body of water arising and a storm surge, then all rubbish is swept away.*

Translation: Catherine Mossman, September 24, 2014

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

underwent many incarnations with various people coming and going. It was our experience that for most people, interest in the material was generally short-lived, especially if it did not agree with their existing beliefs. Nevertheless, my desire to further investigate only grew. In May 1992 I boarded a flight to Switzerland to visit and work at the Semjase-Silver-Star-Center. The goal was to find answers to my ever increasing list of questions and to see first hand, who Billy really was and as well, to meet those who were living and working at the center. Hence began my journey into exploring the immensity of knowledge, wisdom and truth put forth by Billy Meier and his extraterrestrial friends.

Salome,  
FIGU-LANDESGRUPPE CANADA