



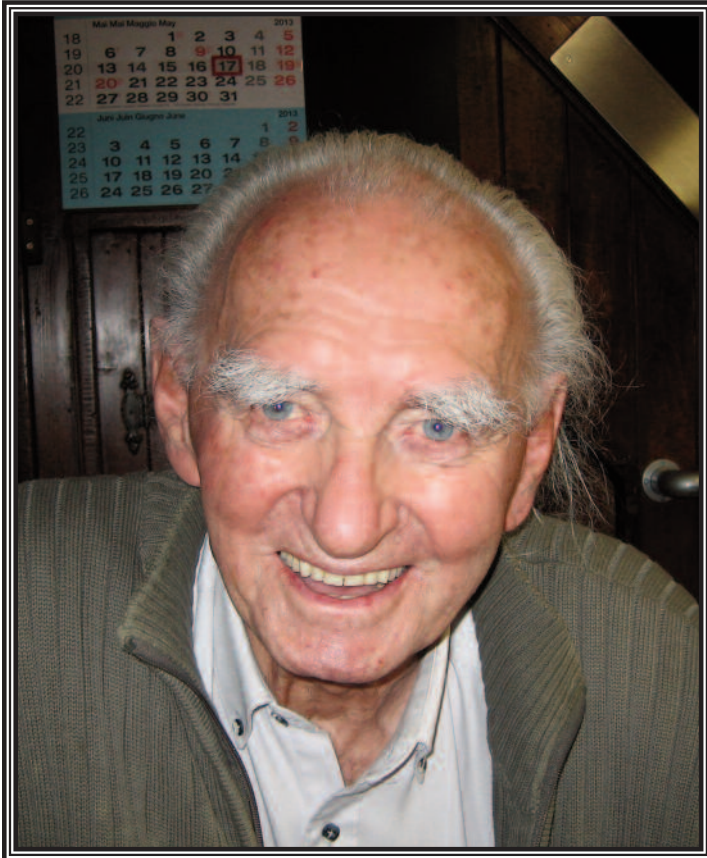
FIGU-LANDESGRUPPE CANADA NEWSLETTER

OFFICIAL NEWSLETTER OF THE FIGU CANADA NATIONAL GROUP / FLCA

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In Memoriam: Guido Moosbrugger
[Feb. 14, 1925 - Feb. 24, 2014]



GUIDO AT SSSC MAY 2013

REMEMBERING GUIDO

By Michael Uyttebroek / February 27, 2014

When I remember the first time that Guido came to Toronto, it was a big deal. The house was packed with over 250 people and served as a focal point to help bring together the original members of the later to be FIGU Canadian Study Group. This was the first of 4 visits to Toronto. Although he spoke very little English and I even less German, we still managed to strike up a friendship and it was through his encouragement that I started up taking the Spirit Lessons. He always made time where there was a sincere desire to learn and remember bringing him out of town to visit an elderly German lady named Gertrude Haulk, who had expressed a deep interest in FIGU after one of his lectures in Toronto.

Although he was very serious in his quest to uncover the truth, he had a powerful laugh and an underlying sense of humour. Even in a dire unpleasant situation he was able to see the bright or comical side. As an example, a few years

APRIL 2014 / FLCA EVENT:
FIRST STAR PSYCHIC FAIR, TORONTO
Weekend of April 25, 26, 27 - 2014
The Queen Elizabeth Building at Exhibition Place
BOOTH #334

<http://www.fspychicfairs.com/2014/04-Toronto.html>

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



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

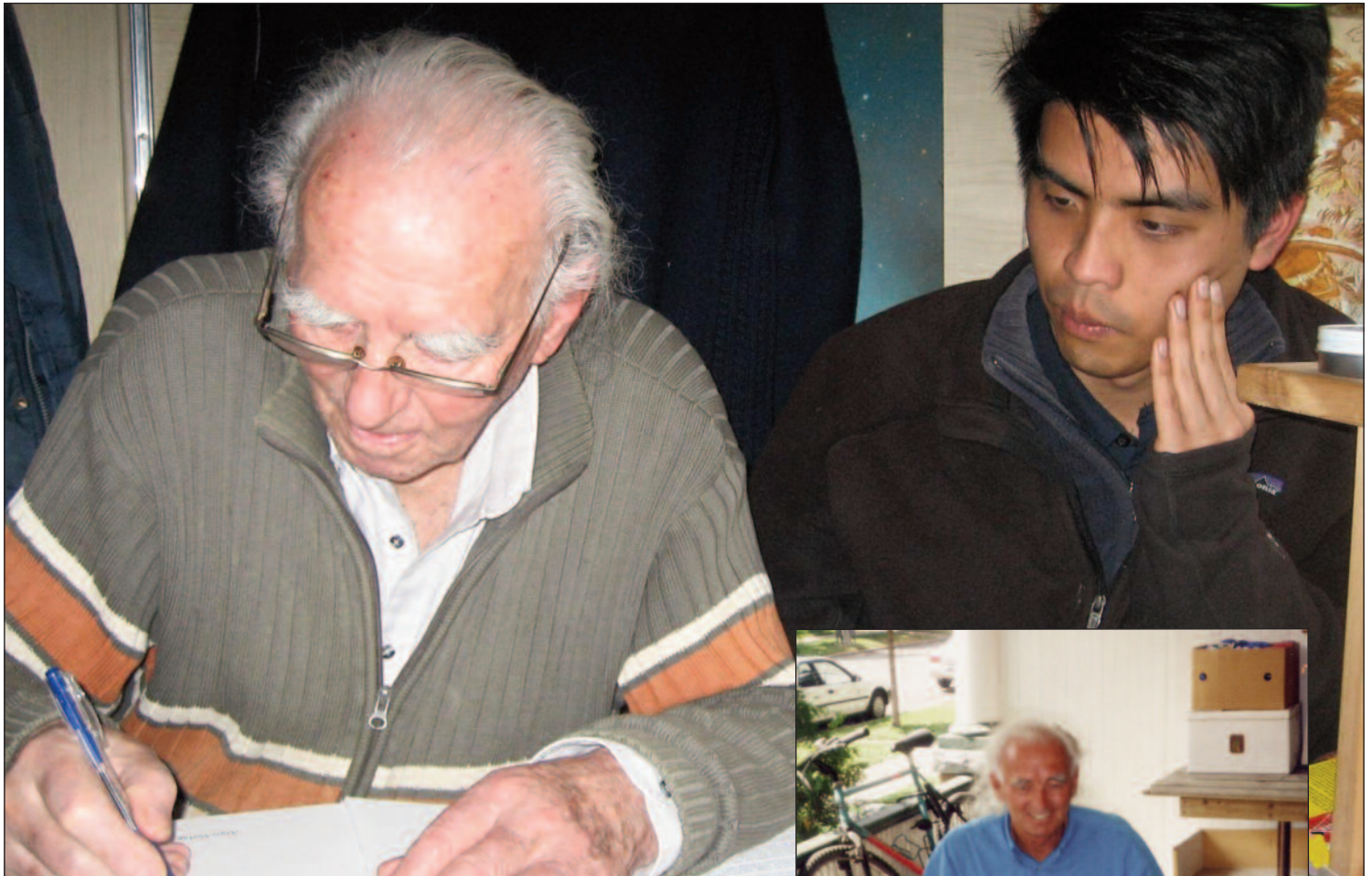


GUIDO AND ELISABETH VISIT TORONTO 1994

continues next page

REMEMBERING GUIDO... from page 1

ago Guido walked into the kitchen at the SSSC with a bicycle helmet on and I thought, wow this is incredible, Guido is on a health kick and he was laughing at my reaction, which as it turns out, was not such a funny situation, as he was wearing the helmet not for riding but for protecting his head should he fall, which had recently happened. I knew that he was unafraid or unconcerned about what people thought when, on our touristic trip to Niagara Falls we ended up doing the Peace Meditation with the pyramid in a parking lot in Niagara. I also remember him as the person who would take it to heart to explain a difficult concept using props. The one idea that comes to mind is that of the procession from the Age of Pisces to the Age of Aquarius using a hula hoop and an Earth ball. I also remember his fond interest in conveying large numbers. Finally, it was kind of him to take the time to invite us to his trailer just to talk in May 2013. I had a feeling that this might be the last time that I would see him so I told him so and asked him if he was afraid of dying with which he quickly and emphatically responded no. I always felt very comfortable around Guido even if there was the void of the language barrier. He will be warmly remembered by all who knew him.



GUIDO AND FLCA MEMBER JIMMY AT SSSC 2013

A WORD ABOUT THE PASSING OF GUIDO

By Catherine Mossman / February 28, 2014

It was with a jolt I read the news about Guido's passing away; very sad, but a part of life. He was a gentle and kind person. The leave taking of a personality, never to be seen again, is always a heartfelt hardship for those left behind. Guido's work will live on, and his spirit-form's ongoing association with the mission and with Billy's spirit-form linked future personalities will continue on in future incarnations, as it has for the past thousands of years, no doubt. Same goes for all of us, I certainly feel this to be true. His spirit-form will 'soon' (all being relative) inhabit a fresh new body along with a new consciousness-block formed for ongoing evolution, and so all is good and we deal with our grief and loss yet trust that it is all as it should be.



GUIDO'S "EXERCISE" TORONTO 1994

An Open Letter to Media Organisations from FIGU-Landesgruppe Canada about FIGU; Why it is Important that this Information be Made Known.

The following is based on a letter that was written to the TED forum in support of their featuring Michael Horn as one of their guest speakers. Michael has indeed approached them, and has been rejected. **Follow this link to see MH's correspondence with TED:** <http://theyflyblog.com/why-wont-they-look-through-the-telescope/04/22/2013>

Our letter was a letter of support, but as it turned out, it was not read and we were diverted with the request to fill out the rote-forms of nomination, which was done, and no opportunity given to go further. So we do not hold our breath for a positive response from TED, however, this letter is one that could be used when approaching other media outlets, be they magazines, television/online shows, etc. Here is a re-work of that letter with direct references to TED and Michael Horn removed. Please feel free to use it, should you be interested to do so.

We are a daughter group of an organisation founded by Eduard Albert Meier (a.k.a. 'Billy' Meier) based in Switzerland. The FIGU part of our name is a German acronym translated as: 'Free Community of Interests For Border (read: Frontier) and Spiritual Sciences and Ufological Studies'. One of the purposes of this group is to aid in the evolution of human consciousness through logical thinking based on natural universal laws and principles. However, what is really interesting is that this knowledge is encapsulated within the fascinating, true story of the life of Billy Meier, his ongoing contacts with humans of off-Earth origin (which has substantial evidence that makes it credible, as examined by analysts and scientists in the fields of metallurgy, sound, film and photography), in addition to knowledge about the history and formation of life in the Universe, our own Earth's history, the evolution of human beings, our solar system, etc.

It is these latter, scientific and technological aspects of the case that we think your readers/ audience would find to be extremely thought provoking. Given the unparalleled evidence of what we offer, we would like to propose that you consider either publishing this article or have one of our representatives present a program which would be highly informative and unique. Billy Meier of Switzerland has been having ongoing contact with extraterrestrials for over 70 years. To quote our American representative, Michael Horn: 'Meier's information and still irreproducible physical evidence has been authenticated by scientists like Michael Malin of the Mars Mission, David Froning of McDonnell Douglas, formerly skeptical, retired physician and scientist Dr. Sandford Weinstein and others....'

There are many people who've not yet heard about Billy Meier, his experiences, and the information he has to share. The information contained within the FIGU material, appeals to those ready to take a level-headed consideration of the possibility of life existing throughout the Universe; given that many educated professionals would agree that this is a scientific possibility, then it is really not such a great leap of logic to consider that perhaps there are, and have been, other races visiting our planet, for millennia. Eduard Meier has been in close contact with one of these races since he was 5 in 1942. It is real, it is scientifically documented, and it is really, really hard for people to take this seriously and so very much easier to dismiss. Especially if they refuse to even seriously look at it in the first place!

It is unfortunate that the very mention of 'unidentified flying objects' or 'extraterrestrial' spurs a conditioned knee-jerk reaction to derisively dismiss it as nothing short of laughable or alternatively, its only value is for its entertainment factor thanks largely to the pulp-press and the film industry's seamy appeal to the thrill-seeking masses through fear-mongering and fantastical projections of world-invading aliens, etc.

And so, this unprecedented true story is not known for these reasons, and indeed has been actively suppressed, usurped by opportunists, or discounted by self-made know-it-alls and opponents. Billy has had 22 assassination attempts made on his life for his 'outrageous' claims, thus attesting to the degree that the truths and insights he puts forth challenge and threaten people's belief systems and their desire to maintain the status quo. Or, it is simply dismissed with disinterest, based on foregone assumptions that this 'can not possibly be'. Without taking an unbiased reconsideration of the matter we will not grow in our understanding. Must it be for mainstream 'civilised' society, that until they see it on CBC or CNN that pre-existent life beyond our planet is not going to be an acceptable possibility?

We know that for the above reasons you could possibly have concerns about the UFO aspect of this presentation and how it has the potential to cast a tawdry pall upon the reputation of your organisation, i.e. draw out the wackos, conspiracy nuts and all, but we assure you that is neither the intention nor the nature of FIGU's presentations; this information will only appeal to, and makes sense to, those with a logical inclination and ability to think rationally.

We look forward to your response and deeply urge you to consider allowing us to present the most fascinating and eye opening subject matter on this planet to your audience of forward thinkers, as this is definitely a subject worth reporting about.

Catherine Mossman, Secretary,
FIGU-Landesgruppe Canada,
Toronto, Jan 3, 2014

EIN WORT ZU MANN UND FRAU

von Billy

1. Geht es um die Schöpfung resp. darum, dass er die Krönung der Schöpfung sei, dann drängt sich unweigerlich immer der Mann in den Vordergrund und stellt sich allem voran - auch der Frau.
2. So mancher glaubt tatsächlich, dass er sogar der Herr der Schöpfung sei und folgedessen über dem weiblichen Geschlecht stehe und dieses beherrschen müsse.
3. Dies jedenfalls so bei jener Männerwelt, die des irren Glaubens ist, wie weiland Albertus Magnus und Konsorten, dass Frauen minderwertige Geschöpfe und dumm, unselbstständig und einfältig seien, was sich dadurch zum Ausdruck bringe, dass sie nebst anderem Unrühmlichem auch viel zu unlogisch seien, um allein und ohne männliche Hilfe mit den Mühen des Alltags, mit ihrer Arbeit, mit ihren Aufgaben und mit dem Leben an und für sich überhaupt fertig zu werden.
4. Ausserdem, so wird von dieser Art Männer allen Ernstes angenommen, sei das weibliche Geschlecht allgemein unkontrolliert, un kreativ und im Denken, Fühlen und Handeln abartig, nebst einer angeblich angeborenen Hilflosigkeit in allen Dingen - eben das schwache Geschlecht schlechthin.
5. Nun, für die besagte frauennegierende und oft gar frauenfeindliche Männerwelt muss einmal gesagt und erklärt werden, dass sie einem völlig falschen Cliche nachhängt und völlig falsch geht in ihrem Glauben, dass die Frauen hilflose, dumme und unselbständige Wesen usw. und dass sie, die Männer, allein die Krone der Schöpfung seien, denn tatsächlich gebührt dieser Anspruch eher der Frau als dem Mann.
6. In diesem Sinne muss das Cliche der männlichen Allherrlichkeit vom <Herrn der Schöpfung> wohl oder übel abgebaut und hinter sich gelassen werden, wenn der effektiven Wahrheit Genüge getan werden soll.
7. In Wahrheit ist nämlich die Frau ganz anders geartet, und zwar auch in ihrem Wesen, als von jener frauenfeindlichen und frauendiskriminierenden Seite jener selbstherrlichen Männerwelt angenommen wird, die die Frau als des Mannes Untertan, Magd und Sklavin und irgendwie als un intelligentes und minderwertiges Wesen betrachten - was jedoch glücklicherweise nicht auf alle Männer zutrifft, weil es doch noch so und so viele Mannen gibt, die die Würde und die Fähigkeiten sowie den Verstand, den unermüdlichen Einsatz und alle lebensbefähigenden Kräfte der Frau achten, schätzen und ehren.
8. Die wahre Art der Frau wird von vielen Männern geflissentlich ebenso missverstanden, missachtet und mit Füßen getreten wie auch ihr wahres und eigentliches Wesen, das so ganz anders geartet ist als das der Männer.
9. Und sowohl die Art wie auch das später zur Geltung kommende Wesen der Frau beginnen bereits im Mutterleib.
10. Grundlegend ist dabei zu beachten, dass erstlich alle Embryos weiblicher Natur sind.
11. Eine Wandlung zum Männlichen - wenn es ein Junge wird - erfolgt erst während der achten bis zehnten Schwangerschaftswoche, und zwar durch die Entwicklung einer grösseren Menge Hormone, wie z.B. Testosteron.

A WORD TO MAN AND WOMAN

by Billy

Translation: Michael Uyttebroek using the FIGU Dictionary / Jan. 24, 2014

1. When it comes to the Creation, therefore, that the human being is crown of the Creation, then it is inevitably always the man who pushes himself into the foreground and arises above all - even the woman.
2. So many actually believe, that he is even the master of the Creation and consequently stands above the female gender and must control them.
3. These in any case, of the male world are of the mistaken beliefs, like the late Albertus Magnus and cohorts, that women are inferior creatures and dumb, dependent and simpleminded which through it is to the expressed, that they are also much too illogical together with other ingloriousness, in order to generally manage on their own and without male assistance, with the efforts of everyday life, with their work, with their tasks and actually, with life itself.
4. Furthermore, it is assumed by these kinds of men, in all of seriousness, that the female gender is generally uncontrolled, uncreative and abnormal in the thinking, feeling and actions, together with a supposed innate helplessness in all things - simply the poor weakly gender.
5. Now for these women-negating and often even misogynistic men it must be said and explained once, that they hang on to a completely wrong cliché and go completely astray in their beliefs that women are helpless, stupid and have dependent natures, etc., and that they, men alone, are the crown of the Creation, because in actuality, this claim is sooner due to the woman than to the man.
6. In this sense, the cliché of the male all-magnificence as the 'master of the Creation', whether you like it or not, must be dismantled and left behind if the effective truth should be sufficiently done.
7. In truth, the woman, namely, is quite different, and indeed, also in her nature, than what is assumed from those misogynistic and woman-discriminating from the side of that autocratic man's world, that regard the woman as man's subject, maid and slave and somehow as unintelligent and of inferior nature - what fortunately however, does not apply to all men because there are still so many men, that pay attention to, esteem and honour the dignity and the abilities as well as the understanding, the untiring participation and all life-enabling powers of the woman.
8. As well, many men deliberately misunderstand, disregard and trample upon the true form of the woman, along with her true and actual inner nature which is completely different than that of men.
9. And both the form, as also later, the coming into effect inner nature of the woman, already begins in the womb.
10. Fundamental to note is that firstly, all embryos are of a female nature.
11. A developmental change to the male - if it becomes a boy - first occurs during the eighth to tenth week of pregnancy, and indeed, through the development of a bigger quantity of hormones, as for example, testosterone.

A WORD TO MAN AND... from page 4

12. Im gesamten aller Geburten gesehen bilden sich in der Regel mehr männliche als weibliche Embryos.
13. Dies ist ganz besonders dann der Fall und tritt sehr auffällig in Erscheinung, wenn viele Männer gestorben sind oder getötet wurden, wie z.B. bei Kriegshandlungen.
14. Während kriegslosen Zeiten usw. verhält es sich so, dass der Überschuss der männlichen Embryos von begrenzter Dauer ist, denn dieser währt nämlich nicht lange, weil sich während der Schwangerschaft viele männliche Embryos lösen und Fehlgeburten anheimfallen resp. diese einfach <abgehen>.
15. Kommt der Zeitpunkt der Geburt und des beginnenden Lebens ausserhalb des Mutterleibes, dann sind naturgemäss weibliche Nachkommen besser geschützt als männliche.
16. So leiden z.B. Knaben sehr viel mehr an Kinderkrankheiten als Mädchen.
17. Auch in Hinsicht vieler Erbkrankheiten bleiben Mädchen und damit die späteren Frauen verschont, während das männliche Geschlecht dafür sehr anfällig ist.
18. Auch in bezug auf den frühen Kindstod sind die Mädchen den Knaben weit überlegen.
19. Allein das zeugt schon davon, dass das weibliche Geschlecht bereits von Geburt an gegenüber dem männlichen Geschlecht sehr viel widerstandsfähiger und gegen Krankheiten also viel robuster ist.
20. Der Grund dafür ist ein einfaches und unscheinbares X Chromosom.
21. Alle Menschen, weibliche wie männliche, bergen in sich 23 Chromosomenpaare, und genau diese sind es, in denen alle Erbanlagen verankert sind.
22. Die Chromosomenpaare beider Geschlechter sind identisch - bis auf eines, das als Nummer 23 bezeichnet wird und als Geschlechtschromosom eine äusserst wichtige Funktion einnimmt.
23. Beim weiblichen Geschlecht sind zwei X - Chromosomen vorhanden, beim männlichen hingegen ein Y- und ein X-Chromosom.
24. Das doppelte X-Chromosom vermag sich beim Embryo selbst zu helfen, denn wenn das eine X-Chromosom beschädigt ist, dann gleicht das andere dies aus, wodurch ein neues X-Chromosom entsteht.
25. Dadurch kann eine defekte Erbinformation ersetzt werden, ohne dass Schaden entsteht.
26. Hat im Gegensatz dazu das männliche Embryo ein fehlerhaftes x-Chromosom, dann kann dies nicht mit dein Y-Chromosom wettgemacht und folglich nicht ersetzt werden.
27. Dies ist z.B. ein Grund dafür, dass in männlichen Nachkommen schwere Erbkrankheiten entstehen können, wie u.a. die Bluterkrankheit usw.
28. Mädchen haben gegenüber den Knaben nicht nur gewisse körperliche Vorteile, denn auch ihre Auffassungsgabe ist schneller und besser ausgeprägt, was bereits zum Ausdruck kommt und sichtbar wird, wenn das Spielen und Sprechenlernen angesagt ist. Kopfrechnen besonders auffällt.
12. Throughout all births coming about, as a rule, there are more male embryos formed than female.
13. This is most notably the case and steps into appearance very strikingly, if many men have died or been killed, as for example, by acts of war.
14. During times without war etc., it behaves in such a manner that the excess of male embryos is of a limited duration, namely, because this does not last long, since many male embryos come off during the pregnancy and succumb to miscarriages, i.e., are simply 'discharged'.
15. Come time for the birth and the beginning of life outside of the womb, then the female descendants are naturally better protected than the male.
16. So boys, e.g., suffer very many more childhood diseases than girls.
17. Also in this respect, girls and therefore later women, remain spared of many inherited illnesses whereas the male gender is very susceptible to them.
18. Also with regards to early childhood death, girls are far superior to boys.
19. Alone, what already bears witness to it is that, compared to the male gender, the female gender, already from birth, is much more resistant and therefore more robust against illnesses.
20. The reason for it is a simple and plain X chromosome.
21. All human beings, female like male, include in themselves 23 chromosome pairs and it is precisely in these that all genetic information is anchored.
22. The chromosome pairs of both genders are identical - except for one that is designated as number 23 and, as the gender chromosome, takes on an extremely important function.
23. With the female gender there exists two X - chromosomes, however, with the male, a Y - and a X-chromosome.
24. The double X-chromosome is able to help itself with regards to the embryo, because if one X-chromosome is damaged, then the other one compensates for this whereby a new X-chromosome arises.
25. As a result, defective genetic information can be replaced without the damage arising.
26. In contrast, if the male embryo has a faulty X-chromosome, then this cannot be compensated for with its Y-chromosome and consequently, cannot become replaced.
27. This is a reason for example, that serious inherited illnesses such as hemophilia, etc., can arise in male descendants.
28. Girls, compared to boys, not only have certain physical advantages, because also their comprehension is quicker and better pronounced, which is already expressed and becomes obvious when playing and learning to speak is called for.

CONTINUES WITH THE 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: http://ca.figu.org/A_Word_to_Man_and_Woman_2.html

WHY FIGU DAUGHTER GROUPS KEEP THEIR CORRESPONDENCE WITHIN THEIR OWN COUNTRIES

By Catherine Mossman

Below is an answer to an inquiry from outside Canada as to why FIGU groups are not communicating outside their home countries. Though this is a bit of an oxymoronic statement in that normally we would not give such an explanation to someone from out of Canada, there are times that we feel the exception needs to be made, particularly when dealing with questions pertaining to our group. Additionally, this is not the first time we've had people query this and so we thought it would be interesting to share a recent answer sent out to someone from Israel who'd replied with the following after Catherine had shared that further questions would need to go to FIGU Switzerland as our mandate is to our fellow countrymen:

Email to FLCA from Jan 2, 2014

..... But there is one thing that you made my logic wondering. What does it matter from which part of the world I am? My home address is what makes me what I am? Aren't we all just humans no matter what color of shirt we wear?? I must say that I'm quite in shock about this. Sorry for taking your Canadian time...

Answer: We understand your perplexity regarding nationality, however, this is due to a directive from Switzerland (to all FIGU national daughter groups) for reasons that perhaps are not yet apparent to us, events possibly unfolding in future as the world continues to overpopulate and resources dwindle, etc... things we cannot see. No decisions are made arbitrarily.

Yes of course we are all humans and we are all equal... however, the majority of the population on this planet lives at such a level of consciousness evolution, and state of desperation, where the overall human race does not share that view of equality, neutrality that we do... so certain measures are necessary to be taken, probably more protective than anything. The hopeful outcome is that all nations will have their own collectives of people interested in FIGU material, who will found their own bases of knowledge to help out their fellow countrymen, etc.

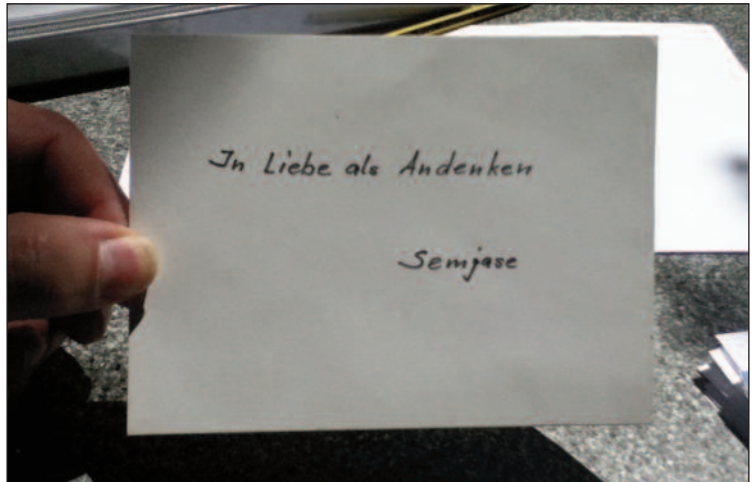
So, until many hundreds of years into our future, when we see ourselves in a clearer light, see the meaning of existence, see the love, harmony, peace, freedom that is inherent in each one of us and we all live without wanting for our very existence... then, there will be no need for borders, but in the meantime we need to be able to be independent.

And so that is all my Canadian time for now ;) and we hope you find success in your search, please be patient ! And maybe you'll eventually find others in your vicinity who also can find some meaning in this vast body of knowledge about which we speak.

Salome, Catherine

PHOTOS FROM FIGU/SEMJASE SILVER STAR CENTRE

Photos: Jimmy Chen



**HANDWRITTEN NOTE FROM SEMJASE
" In love as a souvenir "**



**AN APPLE GROWN FROM PTAAH'S GREAT SPACER
GIVEN TO BILLY AND PRESERVED BY GUIDO**



SSSC OUTDOOR ANNOUNCEMENT BOARD

REPRINT FROM "STIMME DER WASSERMANNZEIT" / December 2002 [April 6, 1990 pages 13-16]

Translation: Philip McAiney / March 25, 2013

Correction/Revision with FIGU Dictionary: Michael Uyttebroek / February 25, 2014

**Auszüge aus den Küchengesprächen zum Thema
Eigen- und Selbstverantwortung
Eigenpflicht und Selbstpflicht**

zusammengefasst von Brigitt Keller

ENGELBERT: Und die Wahrheit versetzt halt viele Menschen in Schock. Und vielleicht ist so ein Schock für viele recht heilsam.

BILLY: Ja, die Erfahrung haben wir ja von Anfang an gemacht. Am Anfang mussten wir noch viel mehr ausrufen und in ganz andern Tonarten. So konnten wir uns einerseits die vom Leib halten, die nicht reif genug waren, weil sie einfach feige sind, weil sie die Verantwortung nicht selbst tragen wollen, weil sie die Verantwortung für sich selbst gar nicht erkennen und nicht erfassen. Andererseits sind aber die tatsächlich geblieben, die wirklich gesucht haben, die nicht feige waren, die ihre Verantwortung erfasst haben, auch wenn sie sie nicht erkennen konnten, aber sie haben sie erfasst und gewusst: <<Ich muss da hingehen; das will ich jetzt wissen. >> Und genau aus dem Grund seid ihr alle zusammen da, weil ihr das wirklich erfasst habt und nicht feig gewesen seid. Ihr habt genau das gemacht, was ihr machen musstet, nach einem urewigen Gesetz festgelegt, dass der Mensch sein Leben, sein Handeln und Tun, sein Fühlen und sein Denken, sein Empfinden usw. inklusive seiner Verantwortung und seinem Mut in die eigene Hand nehmen und zum Ausdruck bringen soll. Später, nachdem ihr anfing mehr zu wissen, habt ihr es dann auch erkannt.

BERNADETTE: Wenn unsere Artikel machmal ein bisschen böß sind, dann haben wir den grössten Erfolg, denn die Menschen denken nur darüber nach, wenn es ein bisschen weh tut.

BILLY: Richtig.

BERNADETTE: Das ist ja bei und auch nicht anders. Und am allermeisten denken die Menschen nach, wenn sie wütend werden.

BILLY: Ja, wenn es einem trifft. Der beste Punkt, um einen Menschen zu belehren ist der, wenn du ihn treffen kannst. Irgendwo ist der Punkt, wo es ihn anfängt zu wurmen, wo es ihn schmerzt, wo er beleidigt ist oder sonst irgendetwas, dann fängt er an zu denken, und sonst läuft es einfach an ihm ab. Das ist aber nur der Anfang. Nachher kannst du vielleicht noch 70 000 oder 100 000 mal das gleiche erzählen, bis er es dann endlich kapiert.

BRIGITT: Es gibt ja so und so viele Menschen, denen du die Wahrheit nicht sagen kannst. Also in meinem Fall ist das relativ häufig. Und ich denke mir, ich wäre froh, wenn ich es den Menschen sagen könnte, aber es geht einfach nicht. Und trotzdem ist man sehr viel mit den Menschen zusam-

**Excerpts from the Kitchen-Conversations on the
Theme One's Own Responsibility and Self-respon-
sibility One's Own Obligation and Self-obligation**
summarized by Brigitt Keller

ENGELBERT: And the truth just puts many human beings into shock. And maybe such a shock is quite healing for many.

BILLY: Yes, that experience we have made from the beginning. In the beginning we had to shout out even much more, and in completely other tonalities. So on the one hand we could keep people at arm's length that were not sufficiently ripe, because they were simply cowardly, because they do not want to bear the responsibility themselves, because they do not recognise the responsibility for themselves at all and do not comprehend it. On the other hand, however, are those that have remained, that have really sought, who were not cowardly, that have comprehended their responsibility, even if they do not recognise it, but they have comprehended and have known: 'I must go there; that I now want to know.' And exactly for that reason you are all together here, because you have really comprehended that and not been cowardly. You have done exactly that, what you had to do, according to an inherent law that was set, that the human being takes their life, their actions and deeds, their feelings and their thinking, their perceiving in a fine-spiritual wise, etc., including their responsibility and their courage, into their own hands and should be expressed. Later, after you started to know more, you also have realised it then.

BERNADETTE: When our articles are a little rude, then we have the greatest success, because the human beings reflect only about it if it hurts a little.

BILLY: Right.

BERNADETTE: Yes, that is it and also not otherwise. And most of all, the human beings reflect when they become furious.

BILLY: Yes, when it touches them. The best point to instruct a human being is there, when you can touch them.

Somewhere is the point, where it starts to nettle them, where it hurts them, where they are insulted or else something or another, then they start to think, otherwise it is simply runs like water off a duck's back to them. That is however only the beginning. Afterwards, you can maybe still tell the same, 70,000 or 100,000 times, until he/she finally understands it then.

BRIGITT: There are so many human beings, to whom you cannot say the truth. Therefore, in my case it is relatively often. And I think to myself, I would be glad if I could tell it

EXCERPTS FROM THE KITCHEN... from page 7

men. Jetzt ist meine Frage: Überträgt sich trotzdem irgend etwas auf die Menschen, das vielleicht irgendwann einmal zur Wirkung kommt?

BILLY: Das ist ganz automatisch. In der Regel hast ja du mit älteren Personen zu tun. Und dort ist es so, dass du wegen des Alters nicht mehr sagen kannst. Denn du kannst nicht einem alten Menschen das wegnehmen, womit er ein Leben lang gelebt hat. Was eigentlich sein Lebensinhalt auf die älteren und alten Tage ist; woran er sich hält, womit er lebt. Und das ist in der Regel der Herrgott oder der Heiland oder sonst irgend etwas in diesem Rahmen. Es heisst in einem alten Sprichwort: Einen alten Baum kann man nicht mehr verpflanzen. Und dies ist auch bei einem alten Menschen so oder bei einem älteren Menschen so, wenn er nicht aus sich selbst heraus persönlich darauf stösst und das andere sucht. Dass musst du ihn in dem Leben lassen, worin er ein ganzes Leben lang gelebt hat, was immer noch sein Lebensinhalt ist bis zu seinem Endtag. Wobei du auf ihn gefühls- und schwingungsmässig das überträgst, was du besser weisst, und dies nimmt er auch wahr. Darum klammert er sich unter Umständen an dich, weil er dies wirklich merkt. Dann wird er irgendwie mit dir verbunden und ist irgendwie auf dich angewiesen. Und das merkst du sicher alle Tage, wenn du zu den Leuten gehst, dass irgend etwas da ist, wenn du zu ihnen gehst, dass sie dich mit einem bestimmten Gefühl erwarten.

BRIGITT: Ja, das merke ich schon und ich weiss, dass es so ist. Ich frage mich nur, ob es bei ihnen etwas auslöst, was es ihnen im nächsten Leben leichter macht, auf die Wahrheit zu stossen.

BILLY: Richtig. Denn sie merken ja das andere, das in dir ist. Sie können es aber nicht definieren. Unter Umständen nehmen sie an, es sei der gleiche Rahmen wie bei ihnen, also das Denken diesbezüglich. Trotzdem merken sie aber, es ist anders. Es ist einfach anders gepolt, es ist eine andere Schwingung. Das merken sie sehr wohl und das ist das, was sie aufnehmen und sich deshalb an dich heranmachen. Und dies verhilft ihnen, Impulse zu schaffen, die sie im nächsten oder übernächsten Leben dann auf den richtigen Weg führen.

BRIGITT: Fragt sich, wann das Alter anfängt.

BILLY: Wann das Alter anfängt? Du musst das einmal so sehen: Wenn ich von einem alten Baum spreche oder vom Alter, dann kannst du das nicht in dem Rahmen sehen, dass etwas lebensunfähig würde oder so. Das hat gar nichts damit zu tun. Es hat nur mit der Umwandlung zu tun, weil du den noch fehlenden Teil des Lebens nicht kennst. Das erahnst du nur oder legst es durch dein Denken fest. Um den Altersanfang zu bestimmen, gehst du von der voraussichtlichen Mitte aus. Bei 100 Jahren beginnt das Alter also bei 50 Jahren. Dann kannst du denken, ab diesem und jenem Zeitpunkt wird es nicht mehr möglich sein, den Baum noch zu verpflanzen oder den Menschen auf Neues hinzuweisen,

to the human beings, but it simply will not work. And nevertheless, one is still very much together with the human beings. Now my question is: if something is nevertheless conveyed to the human beings, will that take effect perhaps someday?

BILLY: That is totally automatic. As a rule, you have to do it with older persons. And in cases it is so, that because of the advancement in years you can say no more. Because you cannot take away from an elderly human being, what he/she has lived with for a lifetime. What is actually their purpose in life is of the old and olden days; by which they hold themselves to, wherewith they live. And as a rule, that is their ruling god or saviour, or something else within this framework. There is an old proverb: one cannot transplant an old tree without it dying. And this is also so with an elderly person or with an old person, when they do not personally push from out of themselves thereupon and search for a difference. You must let them live in that, in which they have lived a whole lifetime, which is always still their purpose in life until their final day. Whereby you transmit to them in a feeling and swinging-wave based manner, that you know better, and this they also take as true. Therefore, they possibly cling to you, because they really notice this.

Then they are somehow connected with you and are somehow dependent on you. And you certainly notice every day, when you go to the people, that something is there when you go to them, that they await you with a certain feeling.

BRIGITT: Yes, I already notice that and I know that it is so. I just wonder, whether it triggers something in them that makes it easier for them in the next life to come upon the truth.

BILLY: Right. Because they notice that which is different that is in you. However, they cannot define it. Under the circumstances, they assume it to be the same framework as with them, therefore, in this regard, the thinking. Nevertheless, however, they notice it is different. It is simply differently-poled, it is a different swinging-wave. That, they certainly notice and that is what they take in and therefore approach you. And this helps them to bring forth impulses, that they, in the next life or the one after, then conduct in the right way.

BRIGITT: I wonder when the age begins.

BILLY: When the age begins? You must see like that: when I speak of an old tree or from the advancement in years, then you cannot see in that framework, that something would be incapable of life or so. That has nothing at all to do with it. It has only to do with the transformation, because you do not know about the part of the life still missing. You guess it or only determine it through your thinking. In order to determine the start of age, you go to the presumed middle. With 100 years, the age therefore

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ohne dass er Schaden nimmt. Du musst immer davon ausgehen - wenn du rechnen kannst -, dass der Mensch jetzt die Hälfte des Lebens hinter sich hat. Wenn er 70 Jahre ist, dann ist es ein ganz klarer Fall. Wenn er 60 Jahre ist, ist es auch bereits ein ganz klarer Fall, denn er wird nicht nochmals 60. Das sind absolute Ausnahmen. Von daher musst du also anfangen zu rechnen. Wenn er aber von sich aus selbst kommt, weil dies bereits in ihm drin ist, weil die Impulse schon aus früheren Leben arbeiten, dann ist es ein ganz anderer Fall. Dann kommt er zu dir, dann musst du nicht zu ihm gehen. Ich meine jetzt in bezug auf das Wissen und die Wahrheit der Lehre usw.

(Brigitt erzählt)

BILLY: Es ist kein Paradoxum. Denn wenn du jetzt auf das Christentum greifst: Das Christentum ist trotz allem - auch wenn es eine der schlimmsten Religionen ist - die Religion, die am meisten fremddenkende und fremdreligiöse Aspekte zulässt, womit der Mensch denken und weiterkommen kann. Das Ganze beruht auch in dem, weil das Christentum auf der Wahrheit aufgebaut ist. Das heisst, es hat eine Menge wahrheitliche Aspekte drin, auch noch in der Bibel. Auch wenn sie teilweise himmeltraurig verdreht worden sind. Darum ist es auch möglich, dass so eine Menge von unserer Sache da hineinpasst.

BERNADETTE: Das ist doch auch das, was das Christentum potentiell so gefährlich und am wenigsten durchschaubar macht, dass es nicht die Wahrheit ist.

BILLY: Ja, weil eben eine Menge Wahrheit darin ist und darin versteckt ist.

BERNADETTE: Und darum spricht es auch so stark das Gefühl und die Emotionen an bei den Menschen.

BILLY: Ja.

begins at 50 years. Then you can think, from this and that point in time, it will no longer be possible to transplant the tree, or to point out new things to the human being without him/her being harmed. You must always assume that - when you can calculate it -, that the human being now has half of the life behind them. If he/she is 70 years old, then it is quite a clear case. If he/she is 60 years old, it is also quite a clear case already, because he/she will not do another 60. These are absolute exceptions. Accordingly, you must therefore start to calculate. However, if he/she comes of his/her own accord, because this is already in him/her, because the impulse already works from former lives, then it is a quite different case. Then he/she comes to you, but you must not go to them. I mean now with regard to the knowledge and the truth of the teaching, etc.

(Brigitt explains)

BILLY: It is not a paradox. Because if you now grasp Christianity: Christianity is despite it all - also if it is one of the worst religions - the religion that allows the most strange thinking and strange religious aspects, whereby the human being thinks and can progress. The whole thing is also based in that, because Christianity is built out of the truth. That means, it has a great deal of truthfully aspects in it, as well as in the Bible. Even if they have been partially very sadly twisted. Therefore it is also possible, that a great deal of our matter fits in there.

BERNADETTE: Yet it is also that which makes Christianity potentially so dangerous and makes least transparent, that it is not the truth.

BILLY: Yes, because simply a quantity of truth is in it and is hidden in it.

BERNADETTE: And that is why it also speaks so strongly to the emotions and feelings of the human beings.

BILLY: Yes.

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

EYE CONTACT

by Michael Uyttebroek / November 19, 2013

We have all heard of the expression "the eyes are the window to the soul"...Why is it that more often than not, we simply do not share eye contact with another? This has not always been the case. Young children who have not learned to isolate themselves are fearless with their deep gaze into another person's eyes, be it a complete strangers or their mother. In a city where there are so many faces, so many 'windows', why is it that we do not greet each other with direct and sustained eye contact? Could it be that in so doing we would acknowledge a commonality of experience as human beings and reveal a deeper part of ourselves...one that is not fear-based but is alive and creative. We could also recognise that we are not separate even though we each have our own unique perspective. We may also recognise that we have a common source and with that, a subsequent task of consciousness evolution. Although we appear separate, we are all connected by this single creative part within us which is totally surpassing the mundane and mediocre. We stand at the threshold of recognising that which is within all of us.

AN FLCA NEWSLETTER READER'S SUBMISSION

The following is an article by Joel Mara, who hails from Vancouver. He has become interested in FIGU over the past year and had hence contacted us. He wanted to write about how he came to know about Billy and FIGU.

A TESTIMONY

by Joel Mara / February 2014

Last year I was browsing YouTube and I came across a documentary called The Pleiadian Connection. It was about a man who lived in Switzerland and claimed to have been telepathically contacted by aliens (that turned out to be extraterrestrial humans) from another planet when he was five. The straightforward attitude of the speaker impressed me and he seemed sincere, but because of the subject matter (beings from another planet visiting Earth) it was not something I found credible. I wanted it to be real but where was the proof? Such a thing would require a lot of proof, a lot of evidence for me to consider that it might be possible. But I thought how wonderful it would be if it were true, that advanced humans living on another planet would come down to our less advanced civilization and try to give us a nudge in the right direction. Perhaps we could avoid some of the pitfalls that they fell into in their early development. This gave me a lot of hope and good feelings in general. But people can allow themselves to be fooled in exchange for good feelings. Some will give up critical thinking and rationality in exchange for a community of people who all agree what reality is before they have really explored it with their own eyes, ears, and thoughts. This condition describes the motivation behind many forms of religious experience going back millennia. With all of the mystery in the universe, we feel safer when we have a group of people surrounding us that all believe and think the same way. However, this may not lead to objective truth.

Eventually I forgot about the documentary and continued with my life. But it would not be the last time I would encounter information about Billy Meier and the Plejaren. Months later as I was perusing a bookstore in my neighbourhood I came across a book called Light Years. There were several copies on the shelf, and the store clerk told me this was because it was a popular book.

When I opened it, to my surprise, it was about Billy Meier and his encounters with the Plejaren! I was surprised by the amount of evidence he had amassed as proof of his contacts with these human beings from beyond the Pleiades. It was all laid out in detail in the book. There were hundreds of close up pictures that have never been debunked, and these pictures were taken to the experts. There were dozens of eyewitness corroborations around the town of Schmidrüti of UFOs.

There were sound samples that baffled sound engineers. There were even metal samples that were studied by Marcel Vogel, the eminent materials scientist who invented the magnetic coating for the computer hard drive and worked for IBM for 20 years. He was baffled by the composition of the metal



sample and said it could not have been made here on Earth by any means he knew. Most of these investigations were carried out by a private investigation firm enlisted by Wendell Stevens, a retired USAF pilot and UFO investigator. The investigators were professional and thorough in their investigations.

This is what helped convince me. I needed to see some evidence and I saw it. I still reserve some doubt because I have not seen the Plejaren in person. For me now it's about the message that the Plejaren are giving to us. I examine the content and use my mind to weigh out whether I think it's true or whether it needs further questioning. And this questioning is one of the things the Plejaren encourage.

I like this approach to belief. I like that I can base it on facts. This is actually unprecedented at least in modern civilization. To actually be at a point in history where rational, logical thought finally gets a foothold in the belief systems that we are now growing into. These new avenues of consciousness are more nurturing, less deprecating than the previous systems upheld by early civilizations.

The kicker is that the Plejaren don't want anything. That makes them altruistic. This is a rare quality indeed for humans of this planet. Although we want to believe that it exists in all of us. Meier could have profited a lot more from his fame and knowledge. That he did not says a lot about his morality and standards.

I suppose most people are not at this time seeking new knowledge. Some people stop at a certain point and do not want to go any further. This is a shame as there is a lot to know. It's just that ironically our education system tells us there is less knowledge than actually exists. Questioning too much is not encouraged. It's considered dangerous. I hope in the future this enclosed system of thinking will dissipate and we can all explore and observe with our own minds and senses. Not simply believing because it's what we are told. It certainly has done me a lot of good in my own life.

EXCERPT FROM THE 544TH CONTACT OF SEPTEMBER 1, 2012 / PTAAH ON THE USE OF FAT

Translation Summary: Christian Frehner

(Note by CF: While the entire contact report will be published sometime in the future, some excerpts shall be listed here:

Good: Unsaturated (ungesättigt) fat

Polysaturated fat acids like the following oils: olive , canola, thistle, sunflower, corngerm (Maiskeimöl), sesame, almond, walnut, hazelnut, evening primrose, borage, wheatgerm and peanut.

Omega-3-fat acids, like in fishoil of salmon, trout, herring, mackerel, krill, olives, canola, nuts, hemp, linseed etc. It is important that these oils are cold-pressed.

Milk fat, as in cow milk and butter, contains over 400 different kinds of fat acids and is ideal for human consumption, IF there is no lactose intolerance. Milk fat is good for the heart, and the short-chain butter acid has a great cancer-inhibiting effect, especially diminishing the risk for colon and breast cancer

Bad: Trans fats are extremely damaging to one's health, like dioxine.

Coconut and palm fats.

The longer a food product that contains fat can be used/stored, the more trans fats it contains.

A child of 5-6 years should not eat more than 1.5 grams of trans fats a day. As with anything else, the amount of intake must be controlled, which means that great amounts of healthy milk fat is unhealthy.

FOR THE COMPLETE TRANSLATION PLEASE CLICK THE LINK: http://www.futureofmankind.co.uk/Billy_Meier/Contact_Report_544**THE SPIRITUAL TEACHING APPLIED IN OUR DAILY LIFE****Question:** Hallo Billy,

Concerning prayer, who or what am I speaking to specifically when I address my words or thoughts, and why?

Answer: Just direct prayer to yourself. Don't imagine something special. Speak it to yourself.

Actually you are speaking/talking to your consciousness.

(Note by CF: This is also the case if the word „spirit“ is used in a prayer. Your subconsciousness is linked/connected to the spirit-form and, therefore, the „message“ is automatically „forwarded“ to the consciousness.)

Question: In the prayer Mein Geist it says: "Dein Name sei geheiligt" (Your name shall be honoured). What does that mean and what is the purpose of saying it?

Salome!

Answer: In the old language the expression "name" or "your name" was used as an equivalent of "creation" or "spirit" etc. Besides: In the old languages the term "consciousness" did not exist.

The actual/factual meaning is "the/your consciousness must be controlled".

Btw: While saying the prayer it is not necessary to think about the "modern" meaning because one's sub-consciousness still knows the real meaning because of genetic heredity.

Question: Dear Christian/Billy and figu,

What is in fact an agate that can be combined with the smaller travel pyramid

to enhance its power (harnessing capabilities) from 2 people to 7? In other words, what is it and how does it generally work?

Salome

Answer: An agate has the innate structure/characteristics to receive and amplify/send out vibrations.**Question:** hi billy,

for the past year now I've been trying to attempt to change my old problematic lifestyle to anew to be in line with your spirit teachings but I've been having trouble trying to get myself motivated to get my life in order so to speak as well as trying to take more responsibility for myself and my actions too. There is nothing I would like more then to leave that old problematic lifestyle behind. Is there anything you can suggest that I can do to help me overcome these two areas of problems (responsibility, motivation) that I feel are holding me back, like as in exercises that I can do or whatever else that might be?

many thanks

Answer: 1] The human being has to learn for himself the content/nature of the spiritual laws and recommendations, and has to ask himself: How do I behave as a human being towards other human beings, towards myself and towards the universe, in order to see and learn what I do in a false way, and then to learn from it. It means to learn constantly, all the time, and to ask oneself: What is correct, what is false? And if you detect something that is false, eliminate it. 2] The same answer as the one just above applies here as well. First you have to build up a strong motivation, and then build up the will to change what should be changed. It's important to realize that you are self-responsible for everything that you do, or don't do.Source: FIGU Discussion Board /
Your Questions to Billy Meier Answered