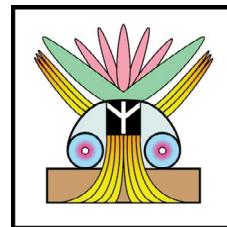




FIGU LANDESGRUPPE CANADA NEWSLETTER

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#41 / March 2025 ca.figu.org / figu.org



Love is the current which binds us all together.
Without love there would be absolutely nothing,
for love is the evolution, the endless evolving
and we, as human beings are a contributing factor to this ceaseless evolution
which is eternal.

The light of love meets us in death and the past dissolves into radiant love
to further manifest itself in due time into a new body,
for evolutive growth.

Living close to the thought of death, its beauty, freedom and love.

Michael Uyttebroek / Tiny, Ontario / March 11, 2025

SOME THOUGHTS ON ACTUALITY AND REALITY

by Michael Uyttebroek / Tiny, ON / March 10, 2025

Seeing what is real requires attention and neutral observation. That goes for the thoughts that we harbour as well as the observation of the events and happenings around us. It also goes much further than that because what we can consider as reality today will be viewed from a different perspective tomorrow and into the more distant future. The reason for this is that reality is an ever unfolding and deepening event which is directly connected with our insights, cognitions, gathered experiences, understanding and evolutionary level of consciousness development.

Reality is by no means handed to us on a silver platter, because to fathom the subtle nuances of each moment requires attention. Unlike beliefs which one can simply 'go along with' without much thought or consideration by just simply accepting the current views and ways of thinking as 'just the way it is' and 'it must be true', there isn't an iota of investigation into the validity of a belief or pattern of behaviour, and therefore no willingness to change or one feels powerless to do so. That in itself can be no further from the truth, for the human being can always change, and indeed for the better, to a harmonious life, but for that, the necessary initiative is required.



The challenge of life is to view life neutrally. We are prone to assumptions and opinions. Deep-rooted behavioural patterns such as prejudices, opinions, automatic 'go-to' responses that well up automatically. These need to be instantly recog-



TIME: DOES IT REALLY GO FASTER AS WE AGE?

by Catherine Mossman / Tiny, ON / March 12, 2025

Translation: Catherine Mossman

You know how, as we get older, we often have the perception that time seems to speed up?

If I'd been asked that question I'd probably have chalked it up to increased responsibilities, increased 'water under the bridge', more acquaintances and relationships to think about, remember, etc. All of these things occupy a person, and 'time always flies' when we're 'having fun', or are occupied.

There are various schools of thought on this subject, based on various studies. Here are three:

1) older individuals tend to perceive longer periods of time, such as decades, as moving faster compared to shorter durations like weeks or months; this perception partly due to the accumulation of fewer new experiences, which our brains encode more richly when we are younger. As a result, the more routine our lives become, the less distinct each day feels, leading to a perception that time is speeding up;

SOME THOUGHTS ON ACTUALITY......continues from page 1

nised as such. Objective observation allows for truth and reality to be. Ultimately freedom is neutral observation without being drawn into the polarity of judgement that something is negative or positive, but for what it is.



Strive for a balanced, friendly and healthy attitude towards oneself and a cognition of the interconnectedness with all those around us and the environment.



To see reality means to view the facts, what is actual, which means to not view through the lens of belief, which distorts what is real based on assumptions of what is real or believed to be real and is simply unprovable to be real. What is real is synonymous with seeing the facts, with a neutral view of the current event.

Thoughts on Consciousness

Consciousness is a product of Creation-life-energy. It can be divided as 2 separate factors which together form a hyper unity. The 2 factors are the Material Consciousness and the Creation-energy Consciousness. Both are independent and yet work together. The material consciousness is made up of our thinking and feeling, the personality, the ego, the material subconsciousness, the material central consciousness, the unconsciousness, etc. The slowest of these various consciousness forms is the outer self, the ego. According to the teaching, this can function up to the speed of light. The material subconsciousness however can function at 147 x the speed of light and is therefore fast enough to be able to connect with the slowest speed of the Creation-energy-consciousness which can function at 10^{7000} x the speed of light.

Because this link can occur there can be an exchange of neutral, logical impulses originating from the innermost self or the Creation-energy-consciousness through to the material 'conscious of itself' consciousness in the form of inspirations and impulses. Likewise, neutral positive impulses, thoughts and wisdom are able to connect with the Creation-energy-consciousness via the subconsciousness, in which case the two are mutually beneficial to each other from an evolutionary perspective.

The Ziel from an evolutionary perspective is to align our outer self with the creational natural laws and recommendations, through the recognising of the interconnectedness and interdependence of everything so that there is an equilibrium of harmony in coexistence based on mutual respect. The forming of one's outer self so that this truth is recognised is assisted through one's formation of the inner self which is nurtured through our correct use of thoughts and recognition that love is the ultimate might which can be of assistance and guidance at any time.

EXCERPT FROM 61 JAHRE GEDICHTE, SPRÜCHE, APHORISMEN p. 89

by "Billy" Eduard Albert Meier

Translation: José Pérez / Montreal, PQ

Die Liebe ist der Weg,
die Wahrheit
und das Leben.
Mensch,
gehe in ihr dahin in erfüllender Freude.
Folge ihr und beschreite so den Weg des Lebens.

Love is the way,
the truth
and the life.
People,
go through it, in fulfilling joy,
follow its steps, and thus, walk the path of life.

*Sonntag, 14. September 1969, 08.20 Uhr
Rüeggenthal/Bäretsteil/ZH/Schweiz — Billy*

*Sunday, September 14, 1969, 8:20 a.m.
Rüeggenthal/Bäretsteil/ZH/Switzerland — Billy*

Die Liebe ist der Weg,
die Wahrheit
und das Leben.
Du, Mensch der Erde,
wirst die Wahrheit erkennen,
sie wird dich frei machen.

Love is the way,
the truth
and the life.
You, human of the Earth,
shall recognise the truth
to set you free.

*Sonntag, 14. September 1969, 09.05 Uhr
Rüeggenthal/Bäretswil/ZH/Schweiz Billy*

*Sunday, September 14, 1969, 9:05 a.m.
Rüeggenthal/Bäretswil/ZH/Switzerland Billy*

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

NOKODEMION - A JOURNEY IN TIME

by Daniel Cooper / Yukon / September 21, 2024

Nokodemion – A Journey In Time

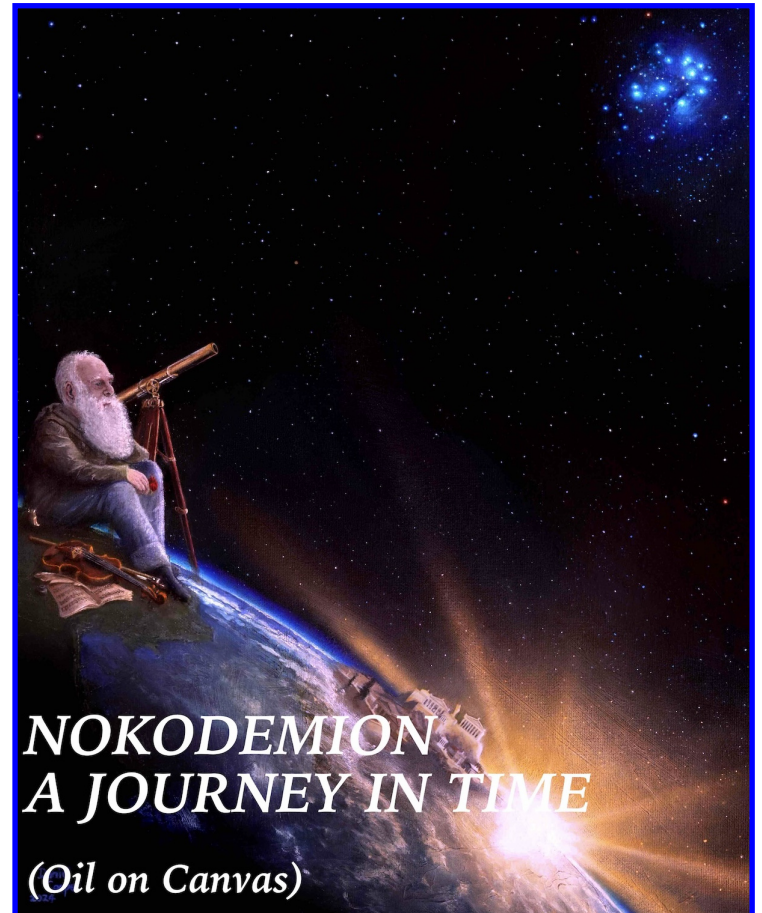
Descriptions of an oil painting



Art work by Daniel Cooper

This painting is a lifelong inspiration that has its beginnings in my early childhood. It became a reflection of the many personalities that stood out in my education growing up as beacons of truth throughout my studies of history. It was always the non-religiously bastardized personalities in the Nokodemion lineage that stood out the most for me starting with my sister relaying the story of Galileo when I was seven years old. That was the most fascinating story to me and truly inspired me to begin asking some serious questions about our world since I was also brought up in religious circles which made no sense to me. But Galileo made a lot of sense. His questions, the breakthroughs he pioneered and the way he was treated by those who's world views he challenged inspired me to look for a living Galileo-like personality possibly living today.

The painting is not even about Nokodemion per se, but is rather about creative thought as a way of life. Every personality in the Nokodemion lineage was highly creative in their approach to life and were never waiting around for others to give them the answers. They creatively searched for answers by constantly asking questions and observing the Creation for themselves. They also made mistakes along the way and learned from them and this should be the key take away from this painting. No matter whether a scientist, a musician, a philosopher, or just a thinker, personal creativity is always the way to personal and societal progress. Because knowledge can be learned only by the individual themselves with their own efforts.

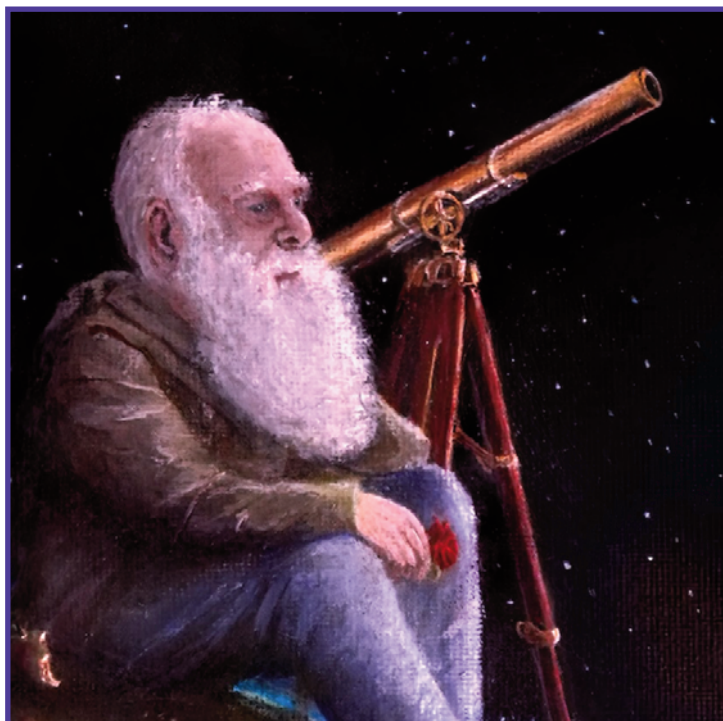


NOKODEMION...continues

This painting depicts the dawn of our civilisation starting from times when distant travellers came here and began building a civilisation here on Earth. The painting both begins and ends with the Pleiades making a full triangle from the constellation (which initially represents the past) then onwards and down to the Parthenon, then over to the man sitting on the planet who is looking through his telescope in the present and recording the harmony and music of the Creation by being totally open to the moment and connected to his surroundings. Then looking through the telescope back to the Pleiades as a way to the future and progress. The painting goes between the distant past, the present and the distant future of our world. Moving down from the Pleiades (the past), the dawn of civilisation begins with the sun rising over the Parthenon in Greece. The dawn of civilisation here is both literal and figurative - shedding light of truth on our world. This is where Socrates and Aristotle lived and set the ground work on how Governments and science would progress in millennia to come. Along with them, Plato who also played a major role in their lives was the student of Socrates and the teacher of Aristotle (both Nokodemion lineage personalities). Plato also relayed the first known accounts of the lost civilisation of Atlantis, a great advanced civilisation destroyed by a great war throwing the earth back into the stone age. Such events would lay the unfortunate confusions that our civilisation is still trying to come to terms with today.



Aristotle and Socrates set the foundation stones for how to question everything. Essentially creating the Socratic method which became the scientific method of observation and questioning uncomfortable truths that are inconvenient to the ruling class' maintenance of power. Rather than acting like one is all knowing, one learns to always ask questions and continue learning and that life is better approached as a student of the Creation than an authority of it. Realising that nothing is above questioning no matter who is wanting real truths to remain hidden. That the power of humans is nothing compared to the power of the Creation. The continent where the Parthenon sits in the painting is indistinct in its shape because such cornerstones of knowledge would be useful to establish on any planet for its true advancement. The laws brought forth by those personalities are truly universal. They're not Earth-bound by any means.



Then as you continue the triangle from the Parthenon moving to the left of the painting to the giant thinker sitting in a sun beam of morning light far above the clouds of confusion, you see him overlooking the development of civilisation. Your eye might immediately see Galileo looking to the stars with his telescope. But it could also be other personalities in the Nokodemion lineage. A nameless and timeless giant in intellect recording the laws of the Creation. It could be Galileo, but it could also be Aristotle, or Socrates or countless other personalities who touched our world. Again, the purpose of the painting is to outline the importance of creative thought, not to adorn any particular giant with praise. The violin depicting Mozart and Mendelssohn and the importance of lightness and love as Mozart's music most commonly depicted. To realise that we can become such giants ourselves just by thinking creatively and observing the Creation's laws for ourselves in total authenticity.

NOKODEMION...continues



The violin depicts what Einstein described regarding Mozart's music in particular and its truly creational qualities. Of Mozart's music, Einstein described it as such;

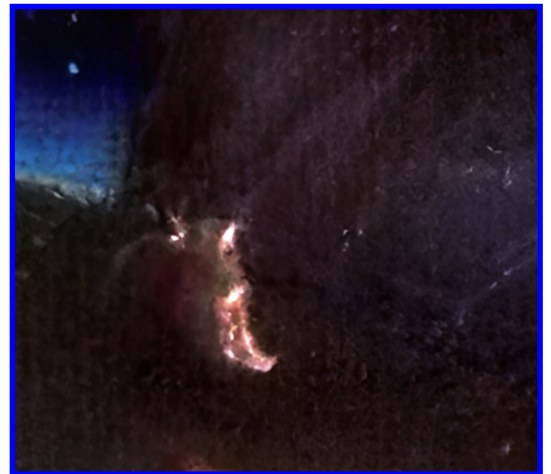
"The music of Mozart is of such purity and beauty that one feels he merely found it - that it has always existed as part of the inner beauty of the universe waiting to be discovered".

He gave no other musician such high praise and in fact, I think no music can gain higher praise than that. It is no surprise that Mozart (and Mendelssohn) are of Nokodemion lineage. Mozart published over 600 masterpieces in his short 35 years of life. Mendelssohn lived only 38 years and made truly great accomplishments as well. Ptaah describes Mozart's music particularly as having the ability to relieve migraines. It is often described as light, playful and joyful and truly gets to the root of being human. The musical aspect in the painting depicts Nokodemion's recording and writing down of the harmony of creation, literally and figuratively. The creation being his inspiration. The feather depicting the uplifting nature of their music. Like a bird flying effortlessly over all the rough terrain below. It has the power to uplift the feelings no matter how gloomy or difficult the day might seem.



The red rose in his hand alludes to the Creation-energy teaching because the first thing one does when learning how to meditate in total neutrality is to observe a red or golden rose. To become fully present in the moment. It is a neutral-positive viewing which helps people learn to balance the psyche and to concentrate so as to be able to progress in the attainment of neutral-positive thinking. In each personality, he is showing us the power of pure observation of creational laws. This requires neutrality in thought which brings about a positive outcome (hence the term "neutral-positive").

The half eaten apple on the ground next to him is symbolic of all these personalities having eaten from the tree of knowledge and that it is in fact not a bad thing at all unlike what it talks about in religious texts. Clearly all the accomplishments seen in this painting are proof of that. This should help anyone reflect on what beauty and progress has already been brought into our world as a result of introspection and learning of those who went against doctrines of churches and old powerful institutions who would rather we question nothing.



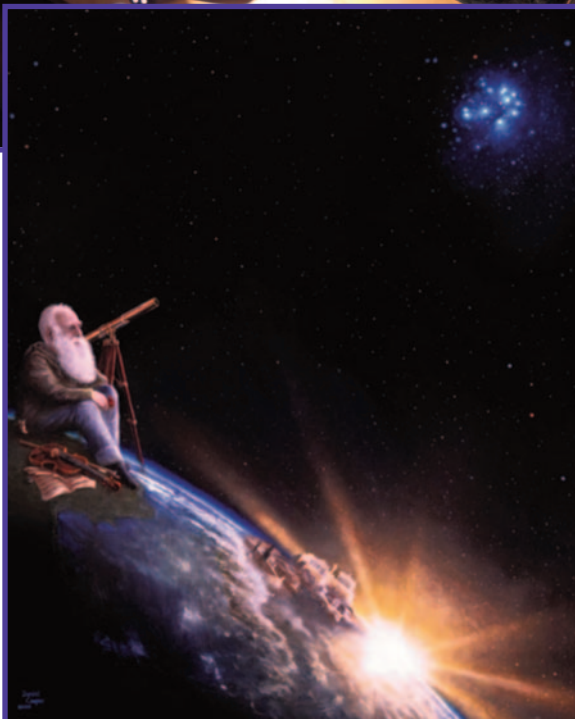
Moving on, we see that the telescope points to the Pleiades which closes the triangle. The Pleiades are not only a look into the past where we started but also a look into the future as we will one day use the wisdom we gain through our learned knowledge and harmony to join the Plejaren federation. It indicates a yearning to travel the stars and make friends with our distant neighbours which requires us to continue our consciousness-related advancement. Therefore the triangle ends back at the Pleiades, back to the beginning which now acts as a symbol for the future of our world rather than the past. In the past and the future, truth is always constant indicating that truly "All is one". One day when our world is mature enough in conscious and social development, civilisations like the Plejaren federation will gladly welcome us with open arms. But that is a long road ahead for now. The look of strong yearning is present in the eyes of the individual who gazes into the endless Creation and who questions all things great and small and who wishes for love, peace, understanding and harmony in his world.

NOKODEMION...continues

Apart from the Pleiades, there are no known star constellations within the painting because I wanted it to depict the truly universal quality of the truths within. Star constellations would have simply distracted from the meaning of the painting and people would have tried to read meaning into them when they had no meaning. However, if you look closely between the telescope and the Pleiades, there are three faint planets that Galileo saw through his telescope. Venus, Jupiter and Saturn. They are faint and distant which depicts the truly vast nature of our universe and the difficult nature of attaining knowledge which is hard and requires arduous work and attention to detail in order to attain. It's about learning something truly profound within seemingly unimpressive surface details. Nobody ever served knowledge on a silver platter for any of these observers. Galileo had to refine the use of the telescope and was the first to truly point it at the night sky and learn about our solar system in visual non mathematical terms.



Initially I had the idea to include the burning of Alexandria and other darker themes within the painting, but I quickly realised when painting those subjects that I would not want to put such a painting on my wall. And so the Parthenon knocked out two birds with one stone as it is a relatively peaceful vision and also depicts two Nokodemion lineage personalities at the same time who set up the cornerstones for the pursuit of knowledge and wisdom. It was a peaceful way to outline the same thing in the end and one that I would want to look at on a daily basis.



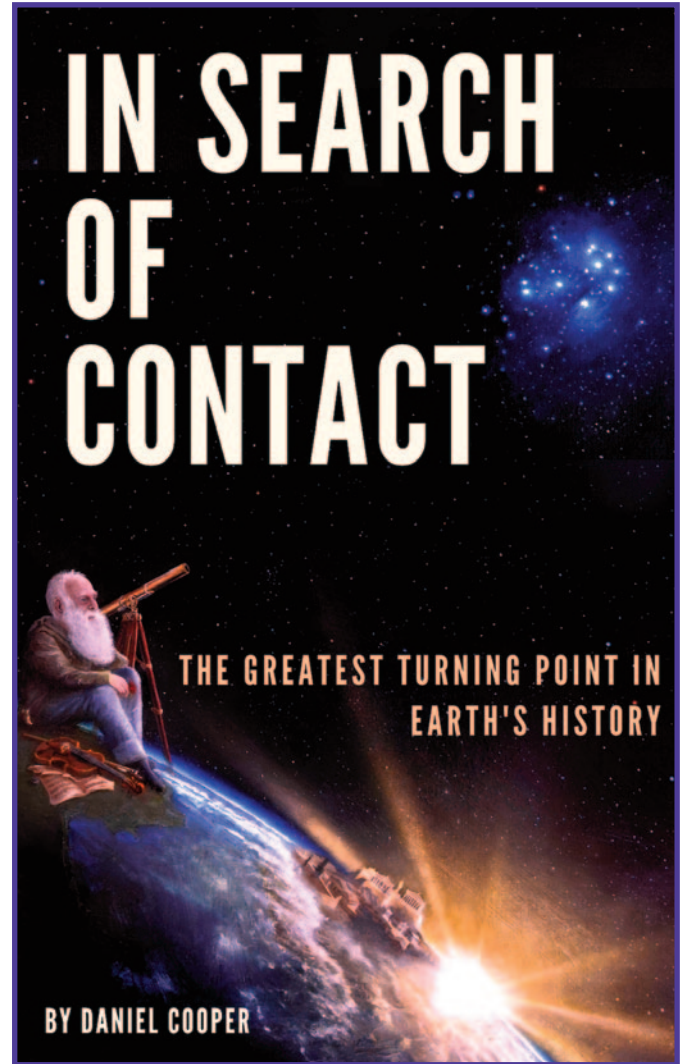
Each object contained several months long studies on their own to execute within the painting. To make it all flow together and pleasing to the eye required more than just the ability to make things look real. It required a long inescapable process of meticulous planning and thought. Sometimes 6 months would pass before applying any paint to the canvas. It is easy to make things look real, but it's another entirely to make the art work tell a story and be balanced and pleasing to the eye at the same time. It required some new painting techniques which I had not used before and some serious errors were made along the way which required months to fix.

NOKODEMION...continues

It was truly a challenging painting compared to my former art works because I did not have a picture to simply copy from. I really had to create something new with the use of many separate building blocks to form a coherent picture. Not an easy task. Just the posture of the man sitting there alone with the clothes and so forth required about 11 separate photographs to combine together having even purchased the correct wardrobe to make it work. I also had personal archival footage which I had made over the years at the centre which I could use for the face with correct expression and lighting.

It was a delight to finally bring the painting to the centre and to reveal it for the first time after two and a half years of hard work. Billy thanked me in person for this work of love in the same way he showed appreciation in the past for the music videos and so forth. Given that he once made paintings himself, he could truly appreciate what went into this work.

This painting will be used as the book cover for my upcoming book entitled "In Search of Contact" because in it, many of these personalities were the inspiration for the ideas that made that journey possible in figuring what country and year the contacts would have to come public before I found them. It was because of creative thought which I learned from those personalities that I was able to develop that framework in the first place. To ask questions is to be a creative thinker. The Creation is after all by nature itself creative.



EXCERPT FROM 61 JAHRE GEDICHTE, SPRÜCHE, APHORISMEN p. 41

by "Billy" Eduard Albert Meier

Translation: José Pérez / Montreal, PQ

Glück ist nur dort, wo Liebe ist.

Happiness is only there, where love is.

EXCERPT FROM MEDITATION AUS KLARER SICHT / MEDITATION FROM A CLEAR PERSPECTIVE p. 265

by "Billy" Edward Albert Meier

Translation: José Pérez / Montreal, PQ

Wie der Organismus des Sauerstoffs bedarf, bedarf das Bewusstsein der Meditation...

Just as the organism needs oxygen, consciousness needs meditation...

TIME: DOES IT REALLY GO FASTER...continues from page 1

2) time/life ratio: A given unit of time, e.g., five years represents a greater percentage of a 10-year-old's life than a 40-year-old's life. This can lend to the perception that, in retrospect, those five years have passed more slowly when we are younger;

3) time perception is relative and kids perceive it differently.

Billy addresses this phenomenon in a conversation with Ptaah in Contact 548, of December 01, 2012. Interestingly, the perception of sped up time is not based on the the physical processes of aging, per se, but is an increase in activity of the consciousness.

Billy:

How quickly time passes, and there is also a question about that: The earthly scientists have all kinds of explanations for why, as the human being gets older, time seems to run faster. They say that – among other explanations – the whole body's metabolism changes and so forth, which means that the body and consciousness are subject to a different perception of time. This explains that time runs faster for the body, which is also felt to be the case. But I have a different opinion, which I have already explained before. But, what do you think about it?

Wie schnell doch die Zeit vergeht, und dazu kommt auch gleich eine Frage auf: Die irdischen Wissenschaftler haben allerlei Erklärungen dafür, dass wenn der Mensch älter wird, warum die Zeit dann scheinbar schneller läuft. Sie sprechen davon, dass sich z.B. – nebst anderen Erklärungen – der ganze Haushalt des Körpers verändere usw., wodurch sich ergebe, dass dieser und das Bewusstsein einem anderen Zeitempfinden verfallen würden. Dadurch, so wird erklärt, verlaufe für den Körper die Zeit schneller, was auch so empfunden werde. Meinerseits habe ich dafür aber eine andere Meinung, die ich ja schon einmal darlegte. Aber, was sagst du dazu?

Ptaah:

13. The fact that cellular metabolism changes is of course in accordance with reality, but it has no influence on the perception of time, etc., as is wrongly explained.

13. Dass sich der Zellhaushalt verändert, entspricht natürlich der Wirklichkeit, doch hat dieser keinen Einfluss auf das Zeitempfinden usw., wie das fälschlicherweise erklärt wird.

14. In truth it actually is accurate what you already explained twice before, namely that the cause is consciousness-based increased activity occurring at an older age. In normal circumstances....

14. Wahrheitlich trifft tatsächlich das zu, was du bereits früher zweimal erklärt hast, nämlich, dass der Grund die im höheren Alter auftretende bewusstseinsmässige Mehrbeschäftigung ist. Im Normalfall....

Billy: May I?

Ptaah: If you like...

Consciousness activity increases.

Billy:

Then I will only finish the sentence you have begun:

... for it is the case that with increasing age the activity of consciousness, respectively of thoughts and feelings, increases, which means that the activity of consciousness is constantly more and more demanding, and this by the appearance of a more extensive activity of thoughts, from which naturally also corresponding feelings arise. This mental-emotional multi-activity, which arises with increasing age, is based on the fact that the human beings who are getting older are constantly thinking more and more about their existence, their life, about everyday things, world events, their family members or friends and acquaintances, as well as about special factors and a thousand other things that concern them.

... ist es nämlich so, dass bei steigendem Alter die Bewusstseins- resp. die Gedanken- und Gefühlstätigkeit zunimmt, was bedeutet, dass die Bewusstseinstätigkeit ständig mehr gefordert wird, und zwar dadurch, indem eine umfangreichere Gedankengeschäftigkeit in Erscheinung tritt, woraus natürlich auch dementsprechende Gefühle hervorgehen. Diese gedanklich-gefühlsmäßige Mehrtätigkeit, die sich mit dem steigenden Alter ergibt, beruht darin, dass der alternde Mensch sich ständig mehr und mehr Gedanken um sein Dasein, sein Leben, um die alltäglichen Dinge, die Weltgeschehen, seine Familienangehörigen oder Freunde und Bekannten sowie um spezielle Faktoren und tausenderlei Dinge macht, die ihn beschäftigen.

TIME: DOES IT REALLY GO FASTER...continues

Fast running thoughts and feelings.

Billy:

This is of course very time-consuming, whereby a lot of time passes with the fast running thoughts and feelings, the course of which is no longer perceived in terms of intensity and depth of thought and feeling, because the perception of time simply fades into the background. Therefore, the human beings wonder why time passes so quickly without realising and consciously becoming aware of its course. And only then, when he/she detaches themselves from their enormous mental-emotional activity and turns again to the presence of reality and its truth, do they perceive how much time has actually passed during their mental-emotional work. Thus the human beings with increasing age normally get the impression, when they are constantly and intensively engaged in thought-emotional work, that time seems to pass faster than in younger years.

Das ist natürlich sehr zeitintensiv, wobei bei den schnell laufenden Gedanken und Gefühlen viel Zeit vergeht, deren Verlauf ob der gedanklich-gefühlsmäßigen Intensität und Tiefgründigkeit nicht mehr wahrgenommen wird, weil die Zeitwahrnehmung einfach in den Hintergrund tritt. Daher wundert sich dann der Mensch, warum die Zeit so schnell vergeht, ohne dass er deren Ablauf realisiert und dessen bewusst gewahr wird. Und erst dann, wenn er sich von seiner enormen gedanklich-gefühlsmäßigen Tätigkeit löst und er sich wieder der Gegenwart der Wirklichkeit und deren Wahrheit zuwendet, nimmt er wahr, wie viel an Zeit während seiner Gedanken-Gefühlsarbeit tatsächlich vergangen ist. So entsteht für den Menschen mit steigendem Alter normalerweise der Eindruck, wenn er sich stetig intensiver gedanklich-gefühlsmäßig beschäftigt, dass die Zeit scheinbar schneller vergeht als in jüngeren Jahren.

Positive and good thoughts vs, negative and unhealthy have their effect too.

Billy:

This, however, only applies to the human beings who, as they grow older, really occupy their consciousness and the world of thoughts and feelings intensively with good and positive values and do not find time to let the consciousness-thought-feeling factors pass by unused. So the human beings of this kind are constantly busy with their consciousness, thoughts and feelings in a good, healthy and positive wise and therefore have no time to be negative, negating, idle and pessimistic.

Das aber trifft nur auf jene Menschen zu, die im Älterwerden wirklich ihr Bewusstsein und die Gedanken- und Gefühlswelt intensiv mit guten und positiven Werten beschäftigen und keine Zeit finden, die Bewusstseins-Gedanken-Gefühlsfaktoren ungenutzt verstreichen zu lassen. Diese Art Menschen sind also mit ihrem Bewusstsein, ihren Gedanken und Gefühlen dauernd vollauf gut, gesund und positiv beschäftigt und haben deshalb keine Zeit, um negativ, negierend, müßig und pessimistisch zu sein.

Staying busy vs boredom, lethargy and depression.

Billy:

They are also busy all the time, so they always have something to do, and they may also continue their education in terms of consciousness and knowledge. This has the enormous advantage that no boredom and no depression arises, which is the opposite, however, with the human beings who, as they grow older, let their consciousness, thoughts and feelings drift further and further away in a marginalised fashion, as they have already done throughout their whole life.

Sie sind auch dauernd beschäftigt, haben also immer etwas zu tun und bilden sich unter Umständen auch bewusstseins- und wissensmässig weiter. Dies hat den gewaltigen Vorteil, dass keine Langeweile und keine Depressionen entstehen, was gegenteilig jedoch bei jenen Menschen der Fall ist, die im Älterwerden ihr Bewusstsein sowie ihre Gedanken und Gefühle in minimaler Weise weiter dahintreiben lassen, wie sie das durch ihre ganze durchgestandene Lebenszeit hindurch bereits getan haben.

Burdened with inner unresolved problems can drag time out though.

Billy:

It is characteristic of these human beings [those who's thoughts drift, etc.] that time does not want to pass for them and that it seems to stand still. For them, time simply does not want to go on fast enough, because they are constantly occupied with inner problems that do not want to end and therefore become an ever heavier mental-emotional-psychological burden. The result is that they are constantly vegging out in depressive behaviour and falling into ever new depressive forms, which they also maintain as they get older. As a result, they slowly but surely become mentally, emotionally and psychologically stale, have no zest for life, appear useless, become lonely, spiteful towards their fellow humans and the whole environment, only to end up in suicide. And it is also the human beings for whom every moment becomes too long, because in their wrong view it

TIME: DOES IT REALLY GO FASTER...continues

does not want to pass away and becomes a life-threatening nuisance for them.

Diesen Menschen ist es eigen, dass bei ihnen die Zeit nicht vergehen will und diese scheinbar stillsteht. Für sie will die Zeit einfach nicht schnell genug weitergehen, denn sie sind ständig mit inneren Problemen beschäftigt, die kein Ende nehmen wollen und folglich zur immer schwereren gedanklich-gefühls-psychischen Last werden. So ergibt sich, dass sie im Leben ständig in depressiven Verhaltensweisen dahinvegetieren und immer neuen depressiven Formen verfallen, was sie dann auch im Alterwerden beibehalten. Folglich ergibt sich, dass sie langsam aber sicher gedanklich-gefühls-psychemässig versauern, keine Lebensfreude haben, sich nutzlos erscheinen, vereinsamen, gehässig gegen die Mitmenschen und die ganze Umwelt werden, um letztendlich im Selbstmord zu enden. Und diese Menschen sind es auch, denen jede Zeit zu lang wird, weil diese ihrer falschen Ansicht nach nicht vergehen will und ihnen zur lebensbedrohenden Lästigkeit wird.

Thus, there are a few things that contribute to how we perceive the passing of time. The vantage point one bases one's estimation of time's passing differs. One person sees it in retrospect, i.e., when we look back on a life, be it long-lived or fully-lived, we have this overview of how much and how fast life/time has seemed to pass. In other words, the more distance since birth, the greater the vantage point and the greater the expanse of time and volume of experience, so perhaps there is some truth also to the theory of the time: life ratio.

Another mode of seeing things is from the present vantage of day to day life; does it fly by or do the hours drag, be we young or old. After all, the seconds tick by at the same rate, yet, how we experience and perceive it is solely determined by each individual through their thoughts, feelings and actions.

In the end, perhaps it's not so important whether we can definitively say that time goes by faster when we age, or not. It is going to be different for each individual. Ultimately, our lives are short, and the key is to maintain a healthy and positive mind-set and psyche, as well as a healthy body in order to take full advantage of the time we have. If we can use that time constructively, then we will be fully engrossed and time will disappear in that engagement. On the other hand, time may seem to go by stunningly slow if one is depressed, lethargic and largely at a loss as to what to do to fulfil one's life.

At all ages we absorb and learn new information through studying, meditating, experiencing, and interacting with our fellow travellers. What we gather and learn results in precious, and everlasting wisdom and this is what nurtures our Creation-life-energy-form, no matter how we delineate the time spent in doing so.

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

LIVING ON THE EDGE

by Jimmy Chen / July 8, 2022

Born into a world where things are largely upside down, where religions, materialism, other irrational teachings and inequality prevail, the human beings of the Earth grow up thinking that what they perceive and experience in much suffering, hardship, destruction, pain, misery, physical and psychical illness, confusion, enslavement and consciousness impenetrable darkness is normal and just part of life. While some are more fortunate to have more favourable life circumstances, most less fortunate ones have come to accept that the unfavourable life on Earth would be everything that life has to offer. Every now and then, they hear their inner voice and outer inspirations that tell them otherwise and that there are better things in life, but due to the ingrained materialistic and irrational mode of thinking, fear and anxiety, they ignore or attribute this to a figment of their imagination or an imaginary deity. Nevertheless, there are still times of joy and happiness, however, these are largely overshadowed by the times of calamity, privation and wars.

But life has so much more to offer, and it is more humane and more full of joyful experiences, happiness and contentment than they think. While peace, love, harmony and freedom do not reign at all times and in all places in the material realm of the universe, because unpeace, unlove, disharmony and unfreedom also have their place in the evolution in the material realm, the human beings of the Earth have allowed themselves to be misled and have chosen to continue on a uniquely extremely difficult and agonising path on the course of the evolution. While it is a necessary part of the human development to come to understand the difference between the truth and untruth, the extraordinarily bitter life in the untruth is something unique that the human beings of the Earth have chosen and maintained for themselves. The next phase that does not entail stepping off the edge is the true life in evolution that is much more favourable than their current life, when they finally had enough of living on the edge and finally listen to their inner voice of their Creation-energy and the joyful messages of the truth of the Creation-energy teaching, and happily turn towards the truth, the true life in evolution, the Creation, peace, love, harmony and freedom.

THE CROSS-SECTION OF THE WORLD OF THOUGHT MOST SURELY EMBODIES THE CROSS-SECTION OF THE LIFE

by Catherine Mossman / Tiny, ON / March 10, 2025

Translation: Catherine Mossman



[re-worked from the painting by Caspar David Friedrich: Wanderer Above A Sea of Fog / 1818]

This one of my favourite maxims of the Creation-energy teaching. It sits on my wall in my study. It can be found in at least two lessons in the Geisteslehre study course (#14 & #32), as well in Billy's book *Arahat Athersata* (on page 12).

In 1949, at the age of 12, Billy wrote an entire book on the subject of the cross-section of thought & life path entitled :

Wie der Mensch denkt, so gestaltet er sein Leben¹

How the Human Being Thinks, So Does He/She Shape His/Her Life

The cross-section of the world of thought most surely embodies the cross-section of the life. This prompts me to ponder upon the moments in time when we look back on our lives: How much do we think about the different trajectories we may have taken had we made, or not made, certain decisions at certain points in time. Those decisions were shaped entirely by our thoughts, and the feelings they engendered. In fact, they still are; in every moment our thoughts roll along, and to hazard a guess, they probably roll in a mostly unchecked and unnoticed fashion. Whether, and how much we monitor, control, steer those thoughts is something only we can individually answer.

On page 37 of this book is a pertinent quote which provides food for thought for us all:

There are truly key moments in life when everyone is offered the opportunity to achieve great success, but this opportunity must be seized and must not be missed under any circumstances. In this regard, everyone should take a good look back at their lives so far and see if they could have realised all their dreams if only they had directed their very own thoughts in the right direction at the right time, seized the opportunity and not failed.

Wahrlich, es gibt Schlüsselmomente im Leben, in denen jedem Menschen eine Chance geboten wird, die Gelegenheit eines grossen Erfolgs zu erfassen, doch, diese soll am Schopf ergriffen und darf auf keinen Fall verpasst werden. Jeder mensch schaue diesbezüglich einmal genau auf sein bisheriges Leben zurück, dass er alle seine Träume hätte verwirklichen können, wenn er nur zur richtigen Zeit seine ureigenen Gedanken richtig ausgerichtet und sein Banner ergriffen und nicht versagt hätte.

Speaking of seizing an opportunity, on page 39 Billy talks about the 5-second moment of time in which we have to either turn a thought to action or not;

¹Wie der Mensch denkt, so gestaltet er sein Leben... 2024 <Billy> Eduard Albert Meier, FIGU-Wassermannzeit-Verlag: FIGU <Freie Interessengemeinschaft Universell>; Druck: Offset Druckerei Pohland, 86164 Augsburg, Deutschland

THE CROSS-SECTION OF THE WORLD OF THOUGHT...continues

And the effective fact is that when a person postpones an idea for more than 5 seconds (the international 5-second rule), their consciousness stifles it, whereas if those 5 seconds are used to connect the idea with a concrete action, it gets realised.

Und effective Tatsache ist, dass wenn der Mensch eine Idee länger als 5 Sekunden aufschiebt (internationals 5-Sekunden-Regel), sein Bewusstsein diese abwürgt, wobei jedoch, wenn diese 5 Sekunden dazu benutzt werden, die Idee mit einer konkreten Sache zu verbinden, diese verwirklicht wird.

As I was reading this sentence, the thought came to me, gee, this information could be good to share in a newsletter and then decided I'd indeed seize that moment before my 5 seconds were off to something else and into the land of forgottenness, and started typing out the German right then and there.

Billy continues further with the 5-second info here:

This 5-second countdown alone changes the form of thinking and thus the thoughts themselves, because during this time they become freer and do not stir in a faith-influenced direction, but consciously strive towards the Ziel [culmination point] of the idea that has been formed. This provides the opportunity to 'get a grip on' the thoughts, to control them and thus to counteract the illusory thinking. If a person really seizes this opportunity, they can learn to make the right decisions and to follow them up with meaningful actions. If this is not done, however, then the illusory thinking in terms of belief will occur again, and immediately, and the opportunity will inevitably be 'thought away'.

Allein dieser 5-Sekunden-Countdown verändert schon die Denkweise und damit die Gedanken selbst, weil diese während dieser Zeit freier werden und sich nicht glaubensmässig beeinflusst regen, sondern bewusst das Ziel der gefassten Idee anstreben. Dadurch ergibt sich die Chance, die Gedanken <in die Finger zu bekommen>, sie zu kontrollieren und so gegen das Scheindenken anzugehen. Dadurch kann gelernt werden, wenn der Mensch diese Chance wirklich erfasst, seine Entscheidungen richtig zu formen und die Handlungen wertig folgen zu lassen. Wird das aber nicht getan, dann erfolgt wieder, und zwar sofort, das glaubensmässige Scheindenken, wodurch zwangsläufig die Chance <weggedacht> wird.

Of course, this also applies to every idea regarding a change in the form of thought during the entire five-second period. This is with regard to whether a false thought is aligned with any religious, sectarian or secular belief, which is in any case wrong, indoctrinated and consequently absolutely compulsive and unfree. On the other hand, however, the 5-second duration also applies with regard to every form of free, right and positive thinking, and consequently belief-free, right, healthy and positive thoughts also have a 5-second duration in order to put an idea, a flash of inspiration, an impulse, realisation, enlightenment or intuition, etc. into practise or to realise it in some other fashion.

Beim Ganzen der 5-Sekundendauer gilt dies natürlich und selbstverständlich auch für jede Idee bezüglich eines Wandels der Form der Gedanken. Dies nämlich bezüglich darauf, ob ein Scheindenken auf irgendeine religiöse, sektiererische oder weltliche Gläubigkeit ausgerichtet ist, was in jedem Fall falsch, indoktriniert und folglich absolut zwangsmässig und unfrei ist. Anderweise gilt jedoch die 5-Sekundendauer auch hinsichtlich jeder Form des freien, richtigen und positiven Denkens, folglich glaubensfreie, richtige, gesund und positive Gedanken ebenfalls eine 5-Sekundendauer haben, um eine Idee, einen gedankenblitz, eine Anwendung, Erkenntnis, Erleuchtung oder Intuition usw. in die Tat umzusetzen oder diese sonstwie zu verwirklichen.

Whether one thinks back on one's life, upon the choices we've made at given points in time or not, the fact remains that what really ever exists is what we are thinking now, and that short duration of 5 seconds, in which we decide to take up and materialise ideas that come or not. If we do seize upon them they have the potential to move us on paths we'd not previously considered.

Also of note is that the health of our consciousness-directed thoughts, in other words, the status of our consciousness-based and psychical hygiene is something we can observe and assess in the now, in the current cross-section of the present moment. Are we basing our thinking in reality or in wishful thinking? Are we thinking negatively or positively? If we find ourselves in negative thought-based ruts, then the importance of catching those thoughts and actively engaging in re-routing one's thoughts onto more healthy, life-enhancing tracks cannot be ignored. This includes the differentiation between wishful/belief-based thinking and the knowledge- and meditative-based directing of one's thoughts. Billy expands on thought-based health and psychical hygiene in the following excerpt from his book *Meditation aus klarer Sicht*², pg 238:

Thought discipline and actual psychical hygiene represent two important factors concerning overall human development in relation to the mentality block and thus also to consciousness-based and psychical health. The health of these factors is a

²*Meditation aus klarer Sicht. 2007 <Billy> Eduard Albert Meier, FIGU-Wassermannzeit-Verlag: FIGU <Freie Interessengemeinschaft Universell>; Druck: Offset Druckerei Pohland, 86164 Augsburg, Deutschland*

THE CROSS-SECTION OF THE WORLD OF THOUGHT...continues

great inner treasure of humanity, but it is only developed and maintained by creating it on a meditative basis and consciously bringing it into awareness, without falling into a belief-based thinking. The essential difference between wishful thinking and a positive mindset is that belief-based thinking relies on 'wanting something' and thus on a belief—that it might possibly come true—while a positive mindset is built on knowledge and its conscious realisation.

Die Gedankendisziplin und die eigentliche Psychehygiene stellen zwei wichtige Faktoren dar in bezug auf die gesamte menschliche Entwicklung hinsichtlich des Mentalblocks und damit auch der bewusstseinsmässigen und psychischen Gesundheit. Die Gesundheit dieser Faktoren ist ein grosser innerer Schatz des Menschen, doch wird dieser nur dadurch entwickelt und erhalten, indem er auf meditativer Basis erschaffen und bewusst ins Bewusstsein eingebracht wird, ohne dabei einem Glaubensdenken zu verfallen. Der wesentliche Unterschied zwischen einem Wunschdenken und einer positiven Gedankenwelt besteht darin, dass das Glaubensdenken auf 'etwas wollen' beruht und damit auch auf einem Glauben – dass es sich vielleicht verwirklichen könnte -, während die positive Gedankenwelt auf Wissen und auf dessen bewusster Verwirklichung aufgebaut ist.

To sum up this little reflection on this important maxim, on page 73 of *Wie der Mensch denkt* by Billy says:

The thoughts that shape a person's destiny are the basis of all that he/she thinks and thereby forms and makes real, and also determines who his/her self is. Thus, through one's thoughts, one becomes free in themselves, or trapped in their innermost self, consequently they are a prisoner in their own self. This inevitably results when he/she does not give free rein to their own open, realistic, good and correct thoughts, but allows himself/herself to be influenced by some belief or other - this without the person noticing this if he/she is a through and through believer, religious or worldly -, whereby freedom of thought is null and void.

Die Gedanken die das Schicksal des Menschen formen, sind die Grundlage von all dem, was er denkt und dadurch formt und Wirklichkeit werden lässt und zudem sein Selbst bestimmt. So wird er durch seine Gedanken frei in sich selbst, oder gefangen in seinem innersten Selbst, folglich er ein Gefangener in seinem Selbst ist. Dies ergibt sich unweigerlich dann, wenn er nicht offenen, realistischen, guten, richtigen und ureigensten Gedanken freie Bahn gibt, sondern sich durch irgendeinen Glauben beeinflussen lässt - dies, ohne dass der Mensch dies bemerkt, wenn er durch und durch gläubig ist, religiös oder weltlich -, wodurch die Gedankenfreiheit null und nichtig ist.

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



CHILDREN CAN LEARN MEDITATION AT THE AGE OF TWO

by Catherine Mossman / Tiny, ON / March 13, 2025

Translation: Catherine Mossman



It was quite interesting to find out that already at the age of two or three, children are able to turn their attention inwards. Imagine if we all had learned to do this as toddlers, and if we did this with our children now!

The following is an excerpt from 'Billy' Eduard Albert Meier's book, *Meditation Aus Klarer Sicht*¹ [*Meditation from A Clear Perspective*] page 303 & 304 which discusses this topic in more detail.

Even a child is a full-fledged human being with rationality and intellect and if it is explained to him/her that meditation is as essential to life as daily bread and the teaching of life, they will understand it if everything is explained to them clearly and rationally. And indeed, it would be good for all those who raise children or otherwise interact with them to have the patience, knowledge, and rationality to teach their small wards the meditation and the teaching of life to the best of their knowledge and conscience. Truly, it is even the duty and obligation of parents, educators, as well as society and the authorities - if only they could understand this.

Auch ein Kind ist ein vollwertiger Mensch mit Vernunft und Verstand, und wird ihm erklärt das Meditation zum Leben gehört wie das tägliche Brot und die Lehre des Lebens, dann wird es das verstehen, wenn ihm alles klar und vernünftig erklärt wird. Und tatsächlich stünde es allen gut an, die Kinder erziehen oder die sonstwie mit ihnen zu tun haben, dass sie die Geduld, das Wissen und die Vernunft aufbringen, ihren schutzbefohlenen Kleinen nach bestem Wissen und Gewissen die Meditation und die Lehre des Lebens zu lehren. Wahrheitlich ist das sogar die Pflicht und Schuldigkeit der Eltern, Erziehenden sowie der Gesellschaft und der Behörden - wenn sie das nur verstehen könnten.

During the time of Nokodemion, there was an unavoidable duty in the lives of the human beings, which consisted of children being taught meditation from the age of two and gradually being instructed in the teaching of life from the age of three. Likewise, in his peoples, there was also the unavoidable duty to perform at least one meditation daily in such a wise as to direct a devotion to one's own person and one's own Creation-energy form as well as to one's own consciousness, in order to shape it in the right and true light of self-recognition, self-awareness, and self-realisation, and to be a true human being, in order to evolve according to the laws of Creation. This daily meditation was as important in all life situations as eating and drinking, which was summarised in words that state that the human being is born and comes into existence in order to consciously direct their thoughts and feelings, as well as their will and striving, towards the fulfilment of the meaning of life, because that is the most important duty. To fulfil the meaning of life means to fulfil the consciousness-based and spiritual evo-

¹Meditation aus klarer Sicht von <Billy> Eduard Albert Meier, 2007, Wassermanzeit Verlag. German only.

CHILDREN CAN LEARN MEDITATION...continues

lution, which among other things also entails the significance of working on and living all values in every aspect of true humanity. To be evolutive in a consciousness-based manner means to be in the world to align thoughts and feelings with the Creation and everything creational, as well as with love, knowledge, wisdom, inner peace, inner freedom, equalisedness and harmony, and to bear full self-responsibility in every relationship.

Zur Zeit Nokodemions gab es im Leben der Menschen eine unausweichliche Pflicht, die darin bestand, dass die Kinder ab dem zweiten Lebensjahr in der Meditation und dann ab dem dritten Lebensjahr nach und nach in der Lehre des Lebens unterrichtet wurden. Ebenso war in seinen Völkern auch die unausweichliche Pflicht gegeben, täglich zumindest eine Meditation in der Weise durchzuführen eine Andacht an die eigene Person und an den eigenen Schöpfungsenergie Form zu richten sowie an das eigene Bewusstsein, um dieses im richtigen und wahren Lichte der Selbsterkennung, Selbstbewusstheit und Selbstverwirklichung zu formen und wahrer Mensch zu sein, um gemäß den Schöpfungsgesetzen zu evolutionieren. Diese tägliche Meditation war in allen Lebenslagen so wichtig wie Nahrung und Tranksame, was im Wort zusammengefasst werde, dass der Mensch geboren wird und im Dasein steht, um seine Gedanken und Gefühle sowie seinen Willen und sein Streben bewusst auf die Erfüllung des Lebenssinns auszurichten, weil das die wichtigste Pflicht ist. Den Sinn des Lebens zu erfüllen bedeutet, die beswusstseinsmässige und geistige Evolution zu erfüllen, worin unter anderem auch die Bedeutung gegeben ist, alle Werte in jeder Beziehung des wahren Menschseins zu erarbeiten und zu leben. Bewusstseinsmässig evolutiv zu sein bedeutet, auf der Welt zu sein, um die Gedanken und Gefühle auf die Schöpfung und alles Schöpferische sowie auf Liebe, Wissen, Weisheit, inneren Frieden, innere Freiheit, Ausgeglichenheit und Harmonie auszurichten und in jeder Beziehung die volle Selbstverantwortung zu tragen.

When children are taught meditation, their attention, perception ability, concentration ability and power of imagination are increasingly strengthened and pronounced. This in turn leads to them taking their lives more seriously and beginning to take responsibility, in addition to performing their daily tasks more confidently, quickly, consciously and joyfully. Their academic and other learning achievements as well as their self-knowledge, self-esteem and ability to realise their full potential and their courage to face life increase. And it is precisely these values that help children to find the right path in life and to protect themselves from drifting into asocial behaviour, addictions and vices, into work shyness and crime, and ultimately into suicide.

Werden Kinder in der Meditation unterrichtet, dann werden deren Aufmerksamkeit, Wahrnehmungsfähigkeit, Konzentrationsfähigkeit und Vorstellungskraft immer mehr gestärkt und ausgeprägter. Das wiederum führt dazu, dass sie ihr Leben ernst zu nehmen und Verantwortung zu tragen beginnen, nebst dem, dass sie ihre täglichen Aufgaben sicherer, schneller, bewusster und mit Freude ausüben und erledigen. Auch ihre schulischen und sonstigen lernmässigen Leistungen sowie die Selbsterkenntnis, das Selbstwertgefühl und die Fähigkeit der Selbstverwirklichung sowie der Lebensmut steigern sich. Und gerade diese Werte sind es, durch die Kinder den richtigen Lebensweg finden und sich selbst davor bewahren, später ins Asoziale, in Süchte und Laster, in Arbeits scheu sowie in Kriminalität, Verbrechen und letztendlich in einen Selbstmord abzudriften.

The importance of meditation and the positive outcomes it helps one achieve are priceless. To meditate every day is so very helpful to every human being regardless of age. Regarding toddlers and young children, the quick uptake, if not an innate propensity to absorb new things, is why it is so important that they are given such helpful tools as meditation and life instruction, according to the tenets of the Creation-energy Teaching, from as early an age as possible.

Our western culture is not at the point yet where this early uptake and widely spread practise would be willingly instated and nurtured by the authorities, unfortunately. But this does not stop those from doing so who recognise the positive significance that an early introduction to meditation can have on the life-trajectory of a child, indeed, on any human, young or old. If humanity, in general, turned more to gathering their strength and sense of self from within, which is one of the things that is fostered through meditation, rather than via the current cultural indoctrination that forms identity based on superficial and materialist outside influences, great advances towards peace and equality could be made, both interpersonally and globally. “In this respect it is a fact – according to the Plejaren – that more than 88 per cent of all human beings let themselves be guided by external influences in their actions and deeds as well as in their behaviour.” [Billy, Contact Report 587]

To end we would like to repeat what Billy states:

“The most important duty is to consciously direct our thoughts and feelings, as well as our will and striving, towards the fulfilment of the meaning of life, which is to fulfil the consciousness-based and spiritual evolution.”

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

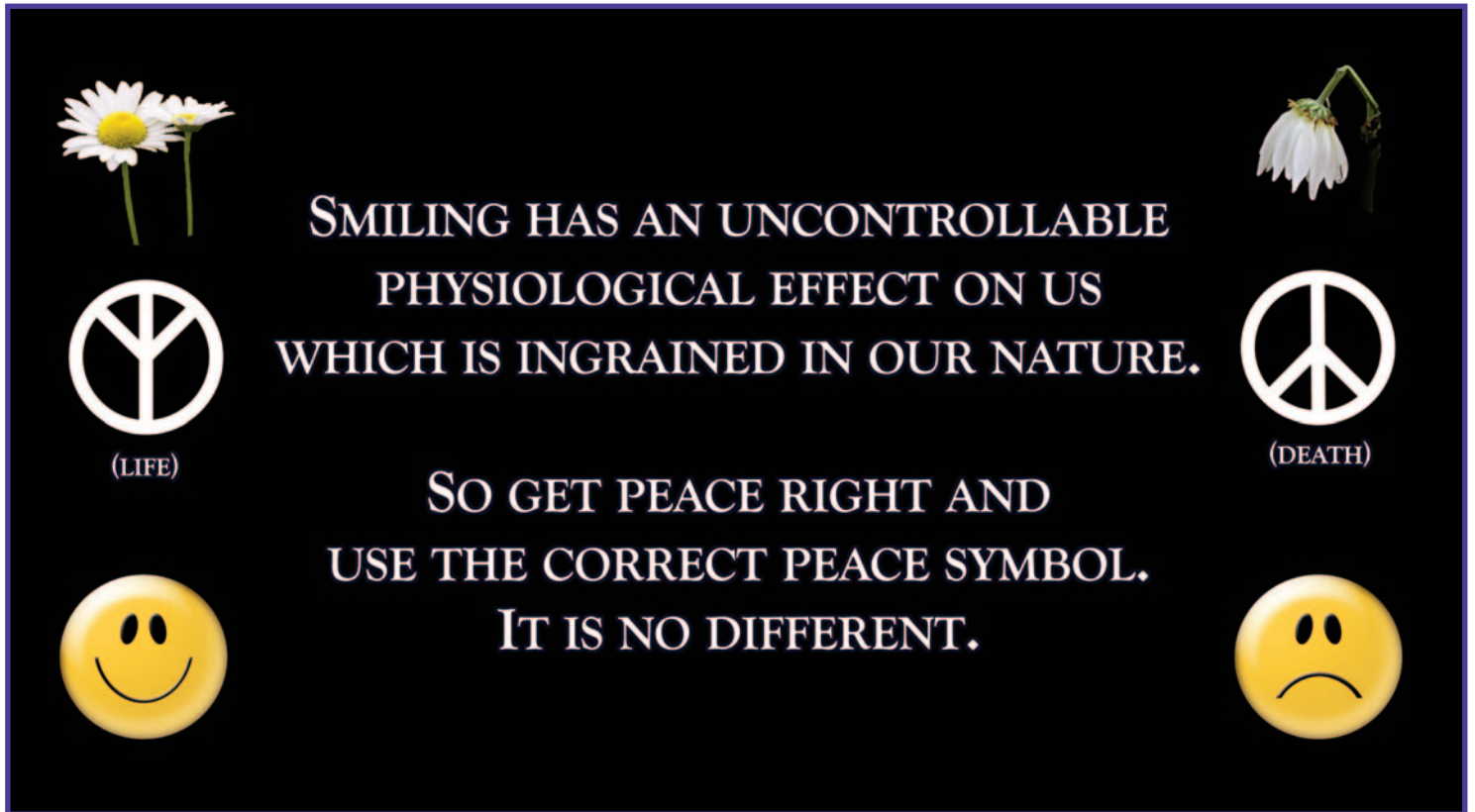
WHEN YOU KNOW

by Jimmy Chen / May 21, 2022

When you know you are doing the right thing for the well-being of the world, but the world is still against you because they do not realise your true honest deeds, then it brings sadness and discouragement. But if you nevertheless keep at it because you know in the very end, it will yet bear fruit and bring about goodness in the distant future, then that is all the motivation you need. Even though you will not be able to live to see it in person in this life time and will not receive any recognition while alive, everything is still worth it because the future will itself be the reward.

SMILING

by Daniel Cooper / Yukon / March 14, 2025



**SMILING HAS AN UNCONTROLLABLE
PHYSIOLOGICAL EFFECT ON US
WHICH IS INGRAINED IN OUR NATURE.**

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USE THE CORRECT PEACE SYMBOL.
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