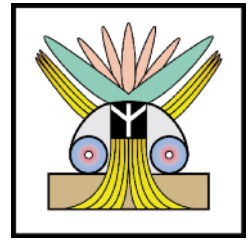




# FIGU-LANDESGRUPPE CANADA NEWSLETTER

OFFICIAL NEWSLETTER OF THE FIGU CANADA NATIONAL GROUP / FLCA

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FIGU SEMJASE SILVER STAR CENTER / SCHMIDRÜTI, SWITZERLAND

## FIGU'S ANNUAL GENERAL ASSEMBLY PASSIVE GROUP MEETING IN SWITZERLAND

by Irene Hickman / February 16, 2012

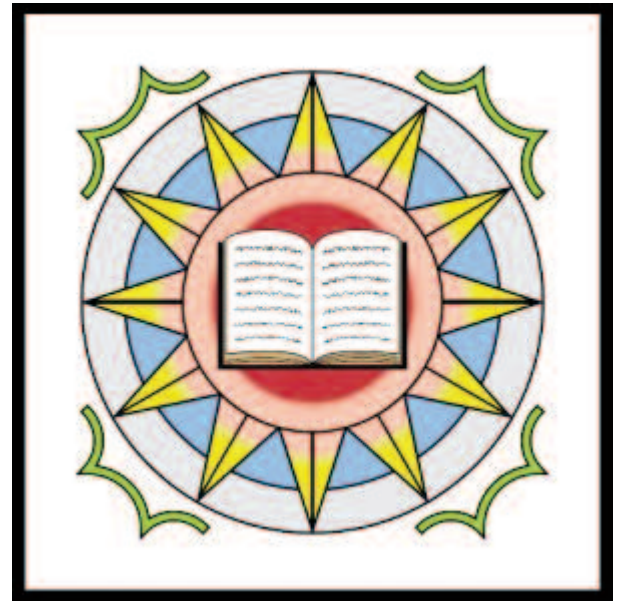
On May 26, 2012, several members of FIGU-Landesgruppe Canada will be attending the annual General Assembly passive group meeting. The Semjase-Silver-Star-Center is the world headquarters of FIGU. Nestled on the hillside of Schmidruti in Switzerland; the center's lush forest setting exhibits natural beauty with various gardens and birds. Over the decades, many hours of members' volunteered hard work are evident throughout the center. Journeying to FIGU is usually an individual personal quest: in search for the truth, a deep spiritual longing within each of us. From all over the world, diverse in age, background and culture, passive members of FIGU trek their way to meet Billy Eduard Albert Meier (the founder of FIGU), the Core Group of 49 and international fellow seekers. As of May 2011, there were 291 FIGU passive members and numerous unofficial and official study groups worldwide, learning Billy's spiritual teaching as well as translating his work into their country's language.

## LAYING THE FOUNDATION FOR A FIGU COMMUNITY

by Michael Uyttebroek / Dec. 14, 2011

As we formalize our commitment to creating a not-for-profit organization I can't help but think of the future implications of our efforts. This is a small, yet very significant attempt to lay the foundation of FIGU throughout the world for all future generations to benefit from. These are the first steps to what will grow and be known as "the silent revolution of truth", an endless source of inspiration, cooperation, guidance and community. Although our time here on the Earth is limited, the endless, continuous evolution of the consciousness will require nurturing. There will always be a need and thirst for knowledge that will be embraced in self-responsibility, freedom, harmony, truth, love and wisdom. What we build today will reach far into the future and will provide fertile soil for great fruits to be reaped. It all starts with a vision. The rest follows...

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



**N.B.** The symbol "Peace" seen on the right hand of our letterhead and the symbol "Spiritual Teaching" are the only two symbols that were retrieved in their full colour by Billy out of the 601 symbols in the book "Symbols of the Spiritual Teaching". In total there are 52,476,812 symbols.

## JEALOUSY:

**By-product of unhinged materialist thinking.**

by Catherine Mossman

The other night I was re-reading Guido Moosbrugger's book *And Still They Fly!* and came across a passage about jealousy that surprised me and really got me thinking on the topic. The passage in question can be found on page 35 where Semjase is quoted:  
"A person who is completely anti-materialistic in his or her thinking is no longer susceptible to jealousy because his or her thinking has evolved into universal thinking in which all possessions are respectfully viewed, but not revered, and are raised in love and joy as the common property of all. But this only applies if honest affection on both sides exists through the heeding of the laws and recommendations".  
And indeed, just previous to this quote, Guido stated that the Plejarens are no longer 'plagued'

continued on page 4

**A CONVERSATION ABOUT LOVE, LIFE, DEATH AND REINCARNATION**

by Hodari Reuben Clarke and JH

I have a dear friend who is one of the noblest men I know. He cares about family and works hard to create a lasting legacy for his line that will endure for generations. Recently we had a conversation about death, the spirit, and successor personalities that really made me think about the importance of doing your best in this present life.

Here are the highlights

JH

So..... When I die I'm gone? What are you saying to me? I thought we all live on through reincarnation.

HRC

Your spirit will. Your personality won't.

JH

Exactly.. so, What if my partner/girlfriend and I decide to make an oath that says we promise to be together in every subsequent life forever.

HRC

Forever ever? Like ever ever?

JH

From this life onwards, and in every life after that until the end of and rebirth of Creation. Imagine, we meet in this life, love each other, and then get together in the next life and meet again, and again. Imagine how beautiful that would be?

HRC

Wow. That's intense.

JH

Yeah, So how can that be achieved?

HRC

I'm not sure that's possible.

JH

What do you mean?

HRC

The person who bears what is now your spirit in the next life wont be you. So I don't think you can force your future selves to be with anyone. Your future selves may have access to what you have learned and some of the feelings you have created, but they are autonomous, separate, individual and can make their own choices.



THE GENERAL ASSEMBLY PASSIVE GROUP MEETING IN PROGRESS

**FIGU-LANDESGRUPPE CANADA MEMBER PROFILE  
DONALD COLLINS**



**How long have you known about Billy Meier?**

About 23 years.

**How did you get to know about the Billy Meier Contact case?**

In 1989 my cousin and uncle had a video about Billy Meier and in this video I saw the film of Semjase's ship jumping in the valley...floating...disappearing and re-appearing...we started talking about it and I asked if they thought this was real. This was my very first introduction to the case.

**How did you get involved with FIGU?**

About 15 years later I was at the flea market and saw the cover of the UFO Contact from the Pleiades, Vol 1 picture book and it made me recall the video. So I purchased the book for \$10 and went home and read the whole book in my shop. One day a gentleman came to my shop to look at paintings and I was busy at my desk working and researching a piece of art and UFO Contact from the Pleiades, Vol 1 was laying beside me on my desk. As the gentleman walked by he noticed the picture book and asked me if I was interested in this subject. I did not respond right away since I thought that he was going to say something derogatory about it since he sounded sarcastic and I did not even look at him. He continued to say that if I was interested there was an upcoming 3 hour lecture at the Ontario Science Center [Michael Horn's Toronto Lecture, Oct 21, 2006] ...so, I slowly turned to look at him. He said it was next week and I asked him how do I find out more information and he said that there was a place at Yonge and Bloor...Ticketmaster. When he gave me that information he left and I immediately got up, locked the door and ran to Ticketmaster to see if this was true and it was, so I purchased the last 3 tickets at Ticketmaster. When I went to the Science Center I took 2 friends with me. After seeing the event I could not stay for the question and answer session since my friend had to leave and I was catching a ride. On the way out the door I noticed the peace symbol sticker on top of a book and I was going to touch it and Hugo, one of the group members, slapped my hand



**FLGC MEMBER PROFILE** from page 2

and smiled at me and gestured “no..no” as he wagged his finger...I asked him what it was and his response was “you will find out” and asked me to sign the guest book with my contact information, since I was leaving. A week later I received a letter from FIGU Canadian Study Group inviting me to attend a Study Group Meeting at the Lillian Smith Library on College Street, which later on, would lead to my becoming a regular attendee.

However, before I attended my first meeting, I was walking along Queen Street West and happened to notice, in a store window, the new edition of Through Space and Time (FIGU’s English edition of the German photo book) and purchased it. When I went to my first Canadian Study Group Meeting I recognized Ferdinand from the shop where I had purchased the book. This happened in a very short amount of time...within a month...and after that I started to attend the library meetings regularly for a number of months.

Around November 2009 during a Library meeting one of the study group members, Catherine, mentioned that several of them were going to Switzerland for the Annual Passive Members Meeting and that prompted me to become a passive member so I could also attend the May 2010 Passive Members meeting. The rest is for the future.

**MY INNER DIALOGUE:**

**“THE TRUTH” LED ME TO FIGU**

By Irene Hickman February 16, 2012

*Truth, is there a risk in raising it ? Perhaps there is no greater risk in this transitory, seductive, illusory world full of delusion and cupidity. For example, the certainty of one’s own mind is worth more than the uncertain. To recognize untruth as a condition of life, that is certainly a dangerous venture, like trying to push up an avalanche of thought going the wrong way. Most people will not recognize the wrong doings; they just hope to survive through it. But, my inner dialogue continuously orders my will through impulses to seek knowledge and the truth.*

**FREDDY - BREAD**

By Freddy Kropf, Switzerland

Translated by Michael Uyttebroek

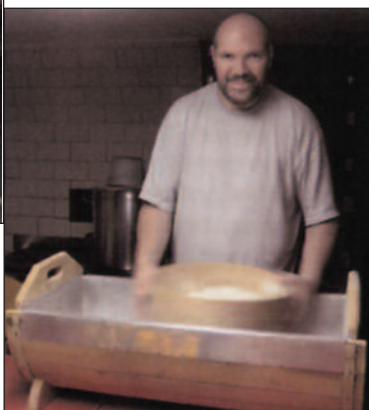


Since the eighties, two or three other inhabitants of the Center already tried to bake bread themselves. It tasted moist but not particularly good because either too much yeast had been added into the dough or because the taste left something otherwise to be desired. Since at the Freihof Restaurant they would bake a quite good bread that our people liked to eat, Billy decided to ask the former owner of the Freihof in Schmidrüti, Edi Furrer, about his recipe.

Because I had once learned to be a cook earlier and my occupation is related to that of a baker, Billy asked me whether I want to bake the bread in the future to meet the needs in the FIGU-Center. I gladly consented. Such first attempts, to bake bread according to data from the the Freihof’s host, were not bad, however not optimal. So I changed the recipe over time until it was right for my taste, and our people.

Because the bread is baked exclusively by me, it is named 'Freddy bread', or “UFO Brötli” if I give it a certain form. For years I have received requests, again and again, for my bread recipe from the core and passive group members or acquaintances.

Via e-mail I have already sent it to Tasmania, New Zealand, Spain, Germany and of course also to our area. That’s why I finally had the idea to publish the bread



**FREDDY BAKING BREAD IN THE SSSC KITCHEN**

A CONVERSATION...from page 3

JH.

But taking reincarnation into account, how can I affect that, and where will I be after I die?

HRC  
Dead.

JH.

That's some real bull %\$?%#..... ok, ok, I understand and I accept that, when I die, this personality, is gone. Fine, I get that. But what you're implying is that some new personality will assume control over my spirit. That just doesn't sit well with me. What about my legacy. All this work, can't be for nothing.

HRC

To me, it's fair when you think about it. When you were born you had your own personality, your own will and your own ability to make choices. Imagine if in a past life your spirit was connected to an axe murderer who pledged an oath to be an axe murderer for all times. How would that be evolutive, or constructive? Also, we can see from our own experience that each of us is born with their own will.

JH

I understand what you are trying to say, but that example doesn't apply to me I'm trying to do something good; I want to form an everlasting bond of love. So what's not evolutive about love?

HRC

Conscious evolution is all about making choices and decisions. That's what makes learning and growing special. If we were able to bind the free volition of our future personalities we would essentially be limiting their ability to choose the right, which is like teachers giving students answers to the test so that they don't have to study. While you may be insuring a nice relationship, you are also blocking the most beautiful part of life and love, choice.

JH

Ok let's get back to something. What part of me lives on? I really don't like the idea that when I die I'm just gone. I thought reincarnation was supposed to fix that. I always thought that it meant that I would live on through my spirit.

HRC

It's more like your spirit will live on through you. And then a different you, and a different you. ... I like to think that what I do with this life contributes to making my spirit and Creation great. Like adding a thread to a great quilt. For me



GARDEN SCENERY AT FIGU SEMJASE SILVER STAR CENTER

JEALOUSY from page 1

by this problem [jealousy] and that it is part of our evolutionary learning, hence, they endured it in the past themselves.

In order to examine this statement I was first lead into reflections on the concept of how we tie in emotion with materialism. I've always largely thought of materialism as being primarily of the physical world or, as being based on a real or perceived sense of ownership and the accumulation of possessions. Largely we derive our physical delight and perceived well-being from external, material world comforts, e.g. enjoyment of possessions, physical pleasures etc.

The way in which emotion comes into play lies in our propensity to couch our sense, or understanding, of self in materialist terms. In other words, our ego is externally dependent for its sense of well-being; for example, on the esteem of others, on the opinion of others, on being rewarded by others, on identifying with others. In other words that ego is basing its psychological well-being on factors extrinsic to itself as opposed to factors that come from within, or, intrinsic factors. Conversely, the same material based ego will be negatively motivated, and indeed shaped, by fears of punishment, rejection, isolation, 'going to hell', being a 'sinner' etc.

My understanding of emotion is that it is an uncontrolled eruption that manifests out of the subconsciousness as the result of pent-up feelings stemming from wrong thinking. This erroneous thinking includes wrong assumptions that are taken for granted followed by jumping to erroneous foregone conclusions about all matter of things and situations.

The emotion of jealousy springs from fear-based feelings that, in themselves, are formed from erroneous thinking. Combined with an ego that is wholly based in the conditioned reflexes of materialistic existence then it is easy to see how jealousy is one of the toxic by-products. For example, the fear of losing someone is based on an erroneous materially based false assumption that this 'someone' is a perhaps a possession of sorts. And given that one's identity is dependent on extrinsic factors then that potential loss enfolds many other potential threats to ones materially oriented psychological and physical wellbeing such as: the fear of what others will think, or, judgments by others that one is unworthy followed by a lack of self-esteem; fear of isolation; fear of being alone;





AT FIGU SEMJASE SILVER STAR CENTER

### JEALOUSY from page 4

fear of loneliness; fear of losing ones source of livelihood, e.g. the breadwinner being taken away/leaving; fear of loss of possessions due to partnership break-up; fear of the unknown; fear of change; fear of the future.

Unfortunately, at this point in our evolution, our culture is very much imbedded in the whole Judeo/Christian ethos that proscribes just such a blind reactive existence, rather than one that is pro-active. Surely it is not easy, at first, to see how much we are imprisoned by our ignorance in the matter. We are both the products of, and the ongoing producers of, a material-seeking culture whereby we obsessively and fanatically seek to maintain all things extrinsically oriented to our own societal evolutionary short-fall. For example, we seek to identify with the famous, the rich, the successful. We want to emulate them; we want to live like they do, with all the trappings of wealth and success. We seek to brand ourselves and fanatically follow sports teams etc. We desperately need to belong. As long as we continue to turn away from our inner selves we are doomed to continue acting and reacting to extrinsic rewards and punishments and be slaves to the opinion of others. We will continue to idolize and cast about for exterior raisons d'être. Jealousy, rage, and all form of unbridled emotion will continue to send us bobbing and thrashing as we go rushing down the stream in a rudderless boat.

If we are to evolve, which we surely must and will, it is essential that we begin to turn, sooner rather than later, to our inner selves and start to become familiar with the fact that we have control over our own destiny. Out of our controlled thinking we affect our feelings and eventually will cease with emotional outbursts. We can learn to be independent of the opinions of others, as we grow in confidence from our own intrinsically based insights and knowledge, as we tap into the universal consciousness through our own part-piece of Creation that our spirit is. We will stand on a solid foundation of truly knowing our inner and outer selves. With logic and love we can begin to deconstruct the flimsy house of cards built on fear and recrimination and begin to live a fearless life, and escape the chains that bind us. We will begin to recognize and follow the universal natural laws that govern all. We will know true freedom for the first time!! In the bigger picture we can rest assured that as evolution plods inexorably forward we will eventually self-master and learn to have not only a self-knowing, self-controlled, self-created and self-steered life but even greater so, we will recognize that we are all part of a greater oneness and that we all share common destiny and we will then all share in the delights of beautiful things without needing to own, nor possess them. This is the universal thinking to which Semjase refers. Someday we too will be able to look back on this time in our evolution and claim that we no longer suffer from this plague either! I can't wait !

### A CONVERSATION...from page 4

adding my piece is enough. I'm just honoured to be a been a part of the process. Our personalities are like torch bearing relay runners that carry the life and light of our spirit through time. Let's say each day is like a life time and each life is a leg of the race. You run your leg today and pass the torch on to the next runner. Who then takes up where you left off and continues running forward.

JH

So all I can do is live my life to the fullest.

HRC

Yeah! Doesn't that seem fair?

JH

Fair? It's my only option.

HRC

Your work is never lost. Today would not be today if it wasn't for yesterday, every future is made possible because of the past. Your successor personalities will benefit from all you have learned and loved. Love her now because your now is your forever. Yesterday is gone and won't ever return. Tomorrow isn't here. Now is all we have. After death, our material consciousness, our personality, is gone and won't be able to realize that it is gone. So our life, our now is all we will ever know.

Our forever.

**For more about reincarnation check out:**

<http://ca.figu.org/-q-a-reincarnation.html>

**from Goblet of Truth Chapter 6:**

33) And be certain (knowing) that there is no other life than the corporeal (earthly) one and therefore the mortal life in which you can fulfil (master) your conscientiousness (duty) in ample obligation (responsibility) for your unfolding (evolution) for your inner world (consciousness); and when you die then you cannot be re-awakened, because your inner world (consciousness) and your all-of-yourself (personality) is dissolved into unsubstantial activity (energy) from which a new all-of-yourself (personality) and a new inner world (consciousness) is formed and born, together with the reawakening (rebirth/reincarnation) of the spirit-body (spirit-form).



**INDEPENDENCE**

By Eva Bieri, Switzerland  
 From Stimme der Wassermannzeit Nr. 160  
 Translated by Renate Stiller

Every person needs the other species that 'live around' on this planet. Be it in order to get satiated, reproduce or to get from A to B, etc. That is an irrefutable fact, that is and will remain so. Being 'independent'- there is no such thing, for any living being, especially not for mankind. Many only become painfully aware of it when sickness, accident, loneliness or advancing age appear. Then they realize that they never were independent and never will be.

The stronger help the weaker, the intelligent ones those that are a little more simple. Sometimes it is the other way around. The only independence one can attain is with thought: one's very own original thinking, thinking things through, internalized thinking. One has to swim through and emerge from all the external influences that inundate us day and night, such as the media, people, worries, the fight for survival, work.

Thinking alone is best: Whoever goes on a thought-trip with self-reliance, knows no boundaries and can thus snatch a little corner of independence.

**FREDDY - BREAD...from page 3**

recipe in the Wassermannzeit, because food is finally also an important part of life.

**Now to the recipe:**

Half-white flour of wheat and rye, ie. use a "farmer's flour". It is important that all ingredients are at approximately room temperature. A dough, with a 12.5 kg flour mixture is enough for approximately 22 breads. That is the quantity that I always use.

**Ingredients for the sourdough, also named (lever):**

Farmer's flour special	4.5 kg
Yeast cube at 42g	3 pieces
Water approximately	5 liters

**Preparation:**

Sift the flour into a bowl, Dissolve the yeast in tepid water, after which, add it to the flour and mix well - the consistency of the sourdough should immediately be like that of dumpling dough -, cover approximately 7 hours at room-temperature to allow it to ferment. Let it rise. (Always make the sourdough without salt, otherwise the yeast will be destroyed).

**Ingredients for the main dough, also named (stock):**

Farmer's flour special	8 kg
Salt	300 grams
Water approximately	4 liters

**Preparation:**

Sift flour into a tub, dissolve salt in luke-warm water and mix together with the sourdough and the flour. Knead well for at least half an hour until small bubbles appear. If they start to whistle while kneading, the dough is good. Now, one must let it rise again, covered, for 2 hrs. In the meantime preheat the oven to 200 C. On a table dusted with flour, form the dough into loaves of bread and put down, again leave for half an hour. Quickly slit the formed loaves before baking with a sharp knife or a pair of scissors, whereupon one pushes the loaves into the oven and bakes at 200C for approximately an hour (before-hand, one can even put water in a fireproof dish into the oven, which gives a finer bread crust). Take the bread from the oven (it is baked if it sounds hollow when one taps on the bottom of the bread) and let cool on steel grates.

I wish all, that want to try out this recipe, much pleasure and good appetite.

**THE SPIRITUAL TEACHING APPLIED IN OUR DAILY LIFE**

**THE 4 MAJOR REASONS FOR PEOPLE'S PROBLEMS:**

**LACK OF SELF CONTROL**

**RUSHING INTO THINGS**

**LACK OF ATTENTION TO DETAIL**

**THOUGHTLESSNESS**

**THINK BEFORE YOU DO ANYTHING AND DURING THE PROCESS.**





ORGANIC VEGETABLE GARDENS AT FIGU SSSC



**A JEWEL OF KNOWLEDGE**

by Michael Uyttebroek / Dec.14, 2011

When reading the various materials of Billy, invariably there is a phrase, concept or thought that beckons further investigation. One such concept, from Die Psyche page 61, is might-oriented thinking. Had I been reading quickly and superficially I most probably would have skimmed over this important, life-changing topic. Fortunately I did not. In fact, it had and continues to have great meaning for me. When I first discovered this treasure I took it to heart to not only fully understand what I was reading but also to apply it.

Might-oriented thinking goes on the premise that we can change our way of thinking, that we are not victims of our habitual behaviour patterns. With a simple observation of undesirable thoughts, fears for example, one can simply attach the values that these are small, unimportant and easy to let go of and voila, you are on your way to weakening the grip these demons have on you. They simply become weak, unimportant and easy to let go of. With diligent application of this empowering process, gradually, the undesired patterns are quickly defused before they have a chance to take hold. Each time an unwanted thought pattern sets in, just simply attach these values to it and soon the whole process happens quite automatically. A re-wiring of the synapses and a reprogramming of our subconsciousness is taking place. We all have the power to change our lives, to be masters of our destiny. We have a valuable tool and must just apply it.

**FIGU FACTS**



The SSSC logo was designed by "Billy" [BEAM].

**NEWSLETTER / WEBSITE READERS COMMENTS**

**Dec 14, 2011. Sheila C. from Alberta writes:**

Hi Catherine, you all have done a beautiful job on your very first newsletter. Congratulations! Looking forward to more. Thanks again.

Salome,  
Sheila

**Jan 6, 2012. Meg H. from BC writes:**

Hi Catherine,  
Just dropping a note to let you know how much I appreciate the newsletter and also your wonderful website. Just one of the many articles I appreciate:- I had been looking for the health information that I knew I'd read in the contact notes at different times but, I was having trouble finding them again. You have compiled them together under their own heading! Thank you for your commitment to disseminate the Billy Meier material.

Salome,  
Meggie

**Jan 12, 2012 Alejandro G. from Venezuela writes:**

Muchas Gracias y los felicito por su primer Boletin [Thank you and congratulations for your first Bulletin]

Salome

Salome,  
FIGU-LANDESGRUPPE CANADA