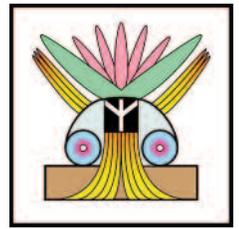




FIGU-LANDESGRUPPE CANADA NEWSLETTER

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FLCA NEWSLETTER SPECIAL FEATURE:

A PERSONAL ACCOUNT AT THE SSSC / May 25-June 3, 2012

by Catherine Mossman

For those of you who have not been to Switzerland a little bit of an overview of the area serves to give a picture of the environment in which one finds the Semjase Silver Star Center (SSSC) situated. I have not been to other parts of Switzerland, however, the area north of Zurich where the SSSC is located is beautiful. Rolling hills stretch off



JIMMY CHEN IN THE VICINITY OF FIGU SSSC

into the distance like a vast quilt stitched in squares of all hues of green; wooded copses giving away to rolling fields. On a clear day the majestic Alps can be seen bordering the horizon. Below is Jimmy Chen. [left]

When one comes off the highway leading from the Zurich airport you find yourself on little two lane winding roads that pass through little villages where the building fronts are literally four feet from the street. The farmland is ordered, neat and well kept. Crops are planted in precise, straight rows. Even the newer 'suburbs' are not an affront to the eye,

unlike Canada where cookie cutter monster homes consume the land. Here the new homes are built in an efficient manner with an eye to small ecological footprints. The older village homes are quaint and decorative in a typical Swiss style. Gas prices, I noticed, were around 1.85 a litre. Compared to Canadian prices these days of 1.21 a litre there is a significant difference. Concomitantly the majority of cars are small and efficient as well. Absent are hummers, vans, SUVs. The train and bus network is also incredibly efficient, punctual and well planned serving villages and towns near and far.

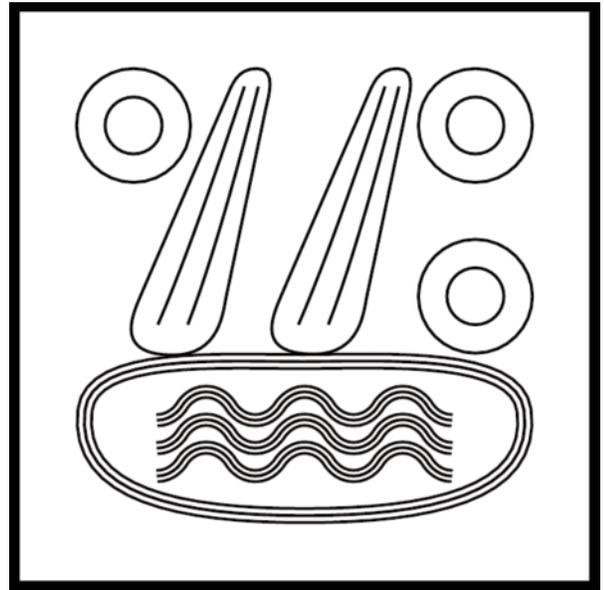
The last part of the 45 min journey from the Zurich airport finds us on a road that slowly winds itself up a vast incline, with the road switching back again and again. This takes about 10 minutes. Finally we've arrived. Normally we'd park in the visitors parking lot from where one takes a short stroll down a little dirt road set into the side of a steep hill going sharply up on your right and down into a valley on the left. This road is like walking along a path through a forest glen where one comes shortly to the two main buildings that are the heart of the SSSC.

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Symbol: WATER

from "Symbols of the Spiritual Teaching"

from the storage banks of Nokodemion and Henok retrieved and recorded by "Billy" Eduard Albert Meier



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

DIFFERENCES BETWEEN MAN AND WOMAN

by Billy Eduard Albert Meier

Translated by Michael Uyttebroek / April 2004

Corrections by Christian Frehner / May 12, 2012

Between man and woman, there are very serious differences that already begin in the brain and lead up to the love life in a feeling-based and sexual form. The brain is especially the most mysterious organ of the human body, but also in respect to all other worldwide and universal life forms of all kinds and of non-human nature. With all of man's fictional terms like 'consciousness-central' or 'headquarters of the human consciousness' and 'central control of the human spirit', etc., the human being can never do justice to all of the possibilities and capabilities of the brain because these are so widely listed that they lose themselves in the endlessness. With reference to the Earth human beings and their sciences it must be said that, until today, they still gained no knowledge and understanding as to how thinking actually occurs through the brain. Nevertheless, however, the Earth human being's brain attempts to explain itself.

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PERSONAL ACCOUNT...from page 1



PATHWAY TO SSSC

To back up a bit, at the visitors parking lot one finds a small information board that keeps some pictures of Billy and some of the free booklets on various topics available to anyone who is inquisitive. This is protected from the weather with a plexiglass sheet covering it. As



SSSC GARDEN SCULPTURES

you get closer to the center the landscaping and artwork in the gardens at the center become ever more present. From great garden sculptures, to careful plantings, a little water grotto feature, and various paths and sitting areas along the way, the care and work that goes into maintaining the SSSC is amazing. Even the concrete work that's been done to shore up the gardens on the rising hill, and the gutters that have been formed to keep the water off the roads are well planned. This is my fourth trip to the center. Every other time I've come has been at least 9 days before the meeting. It is a great way to get accustomed to the new time and environment and to watch the slow build of people arriving to work for a few days before the meeting. Additionally, by being there the weekend before the meeting one can take part in the peace meditation on Saturday and Sunday. And also, the Thursday, two days before the meeting, the Core Group of 49 like to arrange

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ATTENTION TO THE MOMENT OF DEPARTURE FROM CONCENTRATION

Michael Uyttebroek / December 25, 2011

Whenever I sit down to meditate on my breath, or partake in any other meditation goal, inevitably a distraction slips in, and before you know it, a symphony of thoughts, images, connecting events, past events, daydreams, feelings etc., carry me on a meandering journey, far removed from my original goal. How sly is this process of thinking that lures me, seduces me with every trick in the book and how quick I am to give in to these temptations. Finally, once I have had enough of this and realise my predicament, I resolve to get back on track. The question is, how long did it take to recognise this divergence and could I have avoided this wide detour back to my original goal which is, essentially, to quiet and calm the thought process in order to fully be concentrated on the object of meditation. So the challenge is to remain fully aware in the moment where the future flows into the past, and the instant the distraction appears, is the moment that might-oriented thinking is applicable. Without suppression, the thought process and all its connections are simply put aside for the time being for this is not appropriate in order to achieve the concentration of attention. The key is the immediate recognition of the moment of deviation and the immediate recovery to the concentration.

Recognise the moment thought is stepping in, apply might-oriented thinking, return to the concentration. Inevitably the frequency of distraction diminishes and the quality of concentration improves. This means building up the will to concentrate.

FIGU-LANDESGRUPPE CANADA MEMBER PROFILE

JIMMY CHEN



How did you come across the Billy Meier material?

One day, I think in the spring of 2008, I came across a website (ufoevidence.org) with a large archive of UFO photos while I was doing research on UFOs because at that time, the mysteries surrounding their presence made me quite curious. I browsed through them chronologically from newest to oldest. The photos at the beginning were blurry, not clear, showing a speck in the sky or did not lead anywhere, etc. I didn't have

too much expectation since I thought the older photos were not going to get any better, until I came across some of the most clear photos of UFOs from the 1970's. These at first seemed too good to be true and as if the photographer must have made previous arrangements because the UFOs were actually posing for these photos. The possibility of them being small models were also in my mind but at the same time, there were other photos that would show otherwise; for example, UFOs next to large objects like trees. Then, I found out that these photos were taken by "Billy" Meier.

What lead you to become a part of FIGU?

After finding the photos, I searched for "Billy" Meier's name through the Internet and this lead to more information pertaining to the case, such as photos, sound recordings, film footages, metal sample analyses, interviews, contact information and spiritual teachings. There was always more to find out because the evidence was so abundant and was also based on very solid foundations such as credible witnesses, researchers and scientists. After slowly absorbing this information and comparing it

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PERSONAL ACCOUNT...continued

a dinner get-together at a local restaurant with the passive members. It is a nice occasion to get to know each other more. This time however myself and my two fellow Canadian Landesgruppe travellers, Irene Hickman and Jimmy Chen, arrived the day before the meeting. The place was abuzz with activity. People were seen working everywhere. Many core group members were there already, as some travel from a few hours away, to be ready for the early start the next morning at the annual meeting.

After securing our accommodation and finding camping spots we were in time for the Friday night dinner which is always a quiche-like dish of various flavours, including a fruit variety for dessert which some of us called 'fruit pizza'.

We were up bright and early the next day to meet Christian Frehner to catch a ride in his motor-home to the meeting. If you're not quite awake yet, you will be after that trip down the winding road with him!! Once there we set about getting set up. The Landesgruppe had been allocated a table from where we



IRENE HICKMAN WITH FLCA ENGLISH BOOKLETS

could sell our three English language booklets that we'd compiled over the last year. We did well with our sales and have come back with some Swiss francs to add to our modest Landesgruppe bank account.

The meeting is held in the gymnasium of a school. It is clean and bright, with a little serving area where coffee, tea, sandwiches and various bottles of soda, pop, juice were for sale.

The meeting started at 10:00 a.m. and goes till about 5:00. The entire meeting is held in German. The meeting and its contents will be made available to all passive members shortly, whereby those who can understand German can become thoroughly updated with the news. (In the interest of misunderstanding etc., any news that I have gleaned from talking with members has been asked not to be shared especially as this newsletter is available to the general public.) Thereby, I cannot give any kind of translations of the content (which I would not be capable of anyway), however, following is the outline of events at the meeting. However, I can report that, worldwide, there are now 305 passive members up from 273 odd last year.

Firstly we were greeted by Andreas Schubiger. Followed by a report by Eva Bieri on the financials. Christian Frehner gave us a synopsis of activities and plans of the core-group's overpopulation committee. Stephan Rickauer gave a report on the website and related activities therein. Hans-Georg Lanzendorfer reported

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AN UNUSUAL SIGHTING

by Michael Uyttebroek / May 25, 2012

I was lying in bed looking through the window at about 11:30 pm (May 24, 2012) when a bright star moved past 2 other bright stars that I happened to be looking at. This immediately caught my attention so I went to the window and to the right, a few moments later, I could see two smaller, less bright lights moving closely together, one behind the other (the distance between them was about the thickness of a fingertip at arms length). Excited about this unusual sighting I decided to slip on some shorts and go outside for a better view. This was just as Alicja was just stepping out the front door after her shower and was heading home. I told her that I had seen something unusual and was coming out to have another look. We were both looking up to the absolutely clear westerly heavens when a few moments later, coming from the south, was a tremendously bright light, quite a bit larger, brighter and lower than any of the other stars, which immediately caught my eye and subsequently Alicja's attention. This lasted for approximately 2 or 3 seconds during which time I extended a Salome greeting. Then the light diminished and continued across the horizon in a northerly direction. Very unusual.

FLCA MEMBER PROFILE from page 2

with our present world, despite its unworldly nature, it gradually clarified many mysteries in diverse areas. Somehow the evidence, the behaviour of the pilots that wanted to reveal themselves but at the same time did not want to overstep their boundaries and Billy's honest character all resonated well and led me to a very convincing conclusion that this was most likely the truth. If this was the truth I thought, then what these ET presence (Plejarens) were trying to show us, e.g., the state of our world, the dangers and possible ways to remediate them, are likely to be based on the truth. In early 2009, I became a part of FIGU and in the Fall of 2010, met the FIGU Canadian Landesgruppe for the first time in a public meeting at Don's house.

What do you hope to achieve with being a part of FIGU?

I hope to contribute to making the information from this case available for anyone who would be interested in it. For me, FIGU has always represented the truth, so I would like to stand by the truth and support it whenever possible.

What does the spiritual-based information mean to you?

The spiritual-based information seemed strange to me at first and I remember that I had met it with some resistance. On the one hand, it was probably because of the bad impressions created by religions which I thought were always trying to gather believers. On the other hand, I approached it almost entirely with the

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PERSONAL ACCOUNT...continued

DIFFERENCES BETWEEN...from page 1

**CHRISTIAN FREHNER AT THE PODIUM**

on the media presence of FIGU. Bernadette Brand reported on new writings and publications. Thereafter, reports were presented by, or on behalf of, the various Landesgruppen, followed by study groups, from around the world. A lunch break was taken and then a musical interlude was made by Rosa Klotz as she played and sang along with her accordion. Christian Frehner presented a report from Michael Horn of his activities in Brazil and his return to L.A. Christian Krukowski read from Billy's recently published article: Meditation über den Tod ist wichtig (Meditation on Death is Important). Simone Rickauer answered questions submitted by passive members. Christian showed a video of life at SSSC circa late 1980's. It was fun to see everyone so much younger and the center in its earlier state. Stephan Rickauer moderated a general question and answer session. Andreas then wrapped up the meeting and bid us farewell until next year.

**FIGU MEMBERS AFTER THE PASSIVE GROUP MEETING**

This however necessitates, primarily, that one distinguishes between the male and female brains, because in truth, actually, enormous differences exist because the two brains deviate considerably from one another in their working- and effectiveness-structures. If one examines the anatomy of the brain of small children, then it becomes recognizable, that with boys, these are decidedly larger than with girls. This also remains so until into adulthood, whereby men show approximately 100 grams more brain matter than women. However, in contrast to the male's brain, the female's is denser and therefore more compact. Contrary to the brain of the man, that of the woman contains, consequently, up to 14% more nerve cells in different areas. Contrastingly, the brain of the man shows more nerve cells than the woman in only just one area, and indeed, in the Hypothalamus. This cherry-stone-sized structure, however, is the place of drives and not the center of thoughts or the consciousness-based abilities and possibilities. The two autonomous brain parts of the human being are connected by a cord that is also known as the corpus callosum in the terrestrial science of anatomy. With the female gender, this connecting cord is up to 34 percent larger than that of the man, which is why the woman can better simultaneously use both her brain hemispheres. Observing and considering the feelings of man and woman, then it is to be noted that these clearly yield the most diverse values. With the woman, the so-called upper limbic system is of great significance because in this she processes most trains of thought. The feelings of the woman are situated in this system and for example, also motherly love. This part of the brain is most highly developed in this form and such is only found in the human being as well as in the ape. With the man, in contrast to the woman, the lower limbic system is almost alone responsible for thinking. This is also responsible for vital functions such as, for example, the perception of cold-warm. Likewise, it is also responsible for the control of aggression and sexuality. This part of the brain of the male is already very old and a remnant from primeval times, millions of years ago. Alone, already through the anatomical differences of the brains of man and woman, the forms of perceptions as well as thoughts, feelings and deeds differ with respect to the male and female. So it is given, for example, that the woman can hear, see, smell and taste very much better than the man. The world of the man is that of aggression and drives, whereas the woman is very much more oriented on quiet balance, peace, profound feelings and feelings for others, as well as on connecting relationships and their content. What appears as particular with the brain of the woman is the circumstance that this shrinks during pregnancy. However, the perception capability and thinking, as well as her social capabilities and attitudes, policies and endeavours, suffer no harm because of it. This fact of the shrinking of the female brain during pregnancies means no intellectual time advantage for the male gender however, because the man also falls prey to a similar process. Namely, actually beginning at 45 years of age, his brain also shrinks whereby also the capabilities becomes adversely affected. This quite visibly dwindles, and indeed in irrevocable form. The different temperaments are determined by hormones.

Through the precisely measured outflow/injection of male and female hormones it is already determined in the womb, in which

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PERSONAL ACCOUNT...continued

After the meeting we all went back to the SSSC to enjoy a BBQ there.



FREDDY KROPF MANNING THE BBQ

That evening at 8:00 a meditation is held. In the past it has been the PENTRA meditation however, this time we did the Peace Meditation.

Sunday was a quiet day... we, the three Canadians, were taken on a little excursion with Willem Mondria (also of Canadian origin), to Winterthur and enjoyed a little afternoon repast on one of the cobble-stoned, pedestrian only, streets in the old part of town.

That evening, as Jimmy nor Irene had been before, we took



WINTERTHUR

the nice 20 minute walk over to Sädelegg where Billy photographed Semjase's beamship back in 1975.

Monday (the last Monday of May) we found out, is a national Swiss religious holiday (called Whit Monday) and so everything is closed and further more we found we could not work at the center that day either. This gave us a chance to further explore our surroundings. This time we headed over

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2012 FIGU ANNUAL PASSIVE MEMBERS MEETING IN SWITZERLAND

by Irene Hickman / June 16, 2012

We are always pulled by the polarities in life between having versus not having; what tempts us, wanting to be a starving artist versus fame or fortune; taking care of others' needs versus seeking your own inner fulfillment or leading a life of leisure versus a life of hard work and studying. I commend and respect all the FIGU core group and passive group members that visit and work with Billy Meier in Switzerland. Of their own volition, they choose to be an example for others to follow in helping the development of the consciousness evolution, thus in turn labouring towards elevating the whole consciousness on this planet through hard work and studies versus taking their vacation time on a leisurely holiday.

Billy Meier is a man with one arm, medium in height, with a long, silvery, grey beard. At 75 years old, his smiling eyes, through his large glasses, are most captivating and intense, as if he is looking right into your consciousness. He is fulfilling his mission on our planet Earth, with regards to spiritual evolution, life and creational laws and working alongside with the core group members at the Semjase Silver Star Center (SSSC). Visiting members do not have any involvement with Billy, except on casual occasions where, for example, I was having difficulty cutting the bottom of Freddy's famous home made bread and Billy came over and showed me an easier way, and stated "Whole life is just a trick".

Any questions or interactions regarding Billy's teaching is directed to one of the core group members (CGM). If the CGM does not know the answers to your questions then they will go directly to Billy and get back to you. Billy is just too busy writing the teaching of truth for us on Earth as well as for the Plejarens on planet Erra. Whenever I saw Billy, he always appeared to be in deep thought, but I also noticed he made an asserted effort to greet each visiting

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SÄDELEGG / MAY 2012

PERSONAL ACCOUNT...continued

towards Sitzberg, a nice 15 minute walk and went up the large hill there to have a look at the scenery. The next day, Tuesday, began our work week.

The work schedule for passive members at the SSSC is as follows: 10-12:00. Lunch break until 1:30. And then 1:30 till 3:00 for a coffee break. And then work until 5:30.

Tuesday and Wednesday we went with Pius Keller to work on the steep hill, we call 'Garlic Hill', as it's full of wild garlic plants (called Bälauch in German). It's located below the bird pens. We were cutting the grasses there and clearing it of small trees giving the baby-pines



IRENE HICKMAN AND CATHERINE MOSSMAN ON "GARLIC HILL"

clearance to grow. That was hard work on what seemed to be, a 60 degree incline (but was probably closer to 45)!

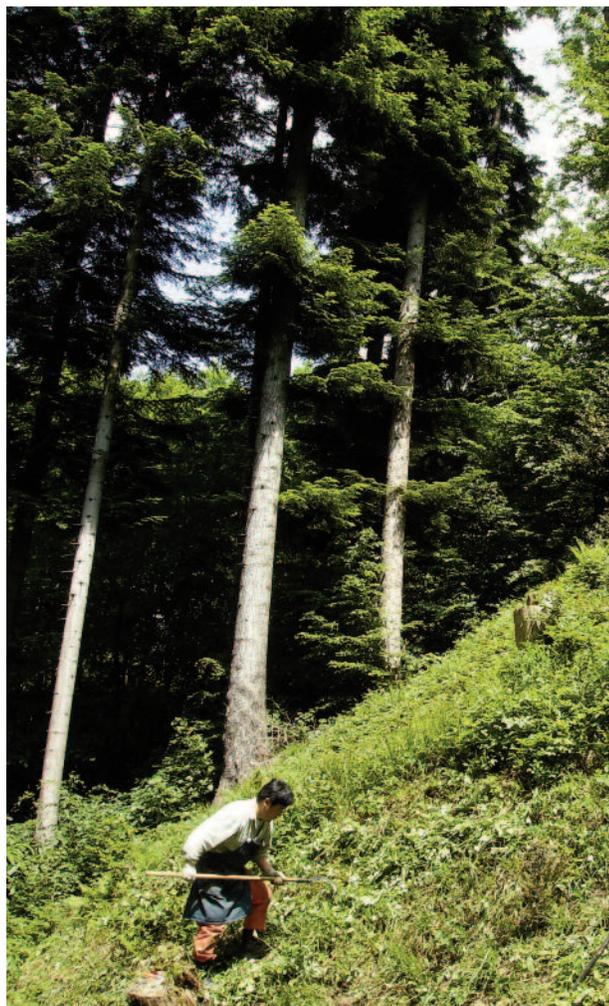
That evening we, the English speakers amongst us, were treated to a lecture by Philia Stauber about the Mentality Block and Incarnation/Reincarnation. It was very good and we had a chance to ask a lot of questions.

Thursday and Friday we worked in the valley below the parking lot. Doing more of the same: clearing small trees, cutting grass, weeding etc. Hard work, but satisfying to see the results of our efforts at the end of the day. Here's a picture of Hiromasa Kobayashi, from Japan, beginning to work his way up the steep hill.

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FLCA MEMBER PROFILE from page 3

purely material knowledge taught in our schools. But upon looking into it further, the presented information felt right and it did not have a religious tone. It was neutral, unbiased and uncoercive, like it was just trying to provide facts. To be honest, these are often hard to grasp and hard to prove or disprove. But somehow, it reliably brings about a beneficial effect through a more balanced, comprehensive and truthful outlook in life. I would gladly let others know about this information because it really only has good things to offer but I also know that it can't be forced upon anyone. It leads to the most astonishing truths that are full of inner joys; a permanent inner freedom. To the existence of the largely undiscovered highest inner-self, the Spirit, which works in cooperation with the human being towards higher evolution and capabilities. The truth is to be found in all of this and if a witness is needed, I would gladly volunteer, but the final proof is simply within oneself. Fortunately, our honest efforts through time will uncover the truth because the truth outlasts all times. I just hope that others will give a fair chance to this information and to honestly test it with an open mind.



HIROMASA KOBAYASHI HARD AT WORK

PERSONAL ACCOUNT...continued

DIFFERENCES BETWEEN...from page 4



IRENE FILMING FREDDY BAKING BREAD IN THE SSSC KITCHEN



FREDDY SHOWING IRENE HIS BREAD MAKING TECHNIQUE

Thursday night was Freddy's bread making night. Irene got permission from Billy to stay in the kitchen after hours in order to film Freddy making his famous delicious bread. She even got to try her hand at it.



FREDDY GETS CREATIVE WITH HIS MASTERPIECE FINISHINGS

continues next page

quantity the emergent human being, after his birth, owns male and/or female characteristics and behaviours, etc.[1] The female hormone estrogen leads to it that the person becomes more peaceful and more social, whereas the male testosterone makes one ready to take risks, more aggressive and dominant. Together with the hormonal influences, three further factors become evident which cause determining differences between man and woman, and indeed, in the form of equal rights and equality. As a rule, the woman is lacking great physical powers as well as Gewalt[2] and such things, because from time immemorial she has been the guardian of social and human cohesion, whereas the man, from time immemorial, used his power in order to hunt, to fight, to rule and to survive adventures, whereby aggressions and drives along with Gewalt were his constant companions. Still today, so many men indulge in power and Gewalt, through which much disaster is caused, families are destroyed, wars led, human beings murdered and nature and wildlife destroyed. Often also alcohol, medications and drugs play an important role just as well as also a sudden change of drinking and eating habits, through which a negative change of body evaporation results, whereby for example, unexpectedly, until now good functioning partnerships of matrimonial, business or any other form become destroyed, because the new and 'strange' body odors appear unsympathetic, disconcerting and destructive. The man as well as the woman should finally learn to correctly use and balance their powers, capabilities and possibilities. However, above all else, both must learn that they are, in practically every respect, of a different nature and can only live, think, feel, work and act in accordance with this. If man and woman would finally learn to accept their reciprocal differentness, then the first step would probably be done in order to strive for and, in the end, to bring about a real equality and equal rights of the sexes in reciprocal agreement.

Billy

1] Regarding the natural output/production of the hormones (from the glands into the blood circulation)
 2] Gewalt= There is no English word that conveys the true meaning of the German word 'Gewalt'. 'Gewalt' is the brutal execution of elemental might and force, but it is far above all might and all force. 'Gewalt' exists in different and relative forms, one example being a 'gewalttätige Gesinnung' – expression from the character, personality, thoughts, feelings and emotions that shows the inclination to act with Gewalt. When human beings possess or carry out acts of Gewalt and it is not based in logic, then this usually involves violence, brutality, degradation and is terribly destructive.

PERSONAL ACCOUNT...continued

Saturday was the day of the core group's monthly meeting. On that day they all come to work at the center at 8:00 a.m. Here's Patrick Chenaux loading firewood into the storage area.



PATRICK CHENAUX LOADING FIREWOOD AT SSSC

I was working with Christian Frehner in the forest, helping to clear out branches and small trees and bring them to a huge bonfire. That was one huge source of heat in addition to the bright sunny day that it was! It was nice to retreat into the cool of the forest.



BONFIRE MADE FROM FOREST CUTTINGS

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KNOWING THE UNKNOWN....

by Michael Uyttebroek

As the future unfolds to become the past, the moment of creativity is registered and slips into the unlimited newness of being. We stand as active participants and contributors to the interconnected and dynamic rhythm of life.

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member by saying "Salome" with his enchanting smile. Beginning our ten days visit, Jimmy, Catherine and I represented the FIGU-Landesgruppe Canada. Willem Mondria graciously picked us up from the Zurich airport, and later, took us on a day trip to Winterthur. As new arrivals at SSSC, the introductions started immediately, first with Christian Frehner as he drove up towards us on a blue tractor transporting metal rods, then international passive group members (PGM), from Holland, Italy, and Bosnia, in this order.

As we were unloading our camping gear from Willem's car, at approximately 3:00 pm, everyone stopped working for a beverage break, most converging in the kitchen for refreshments. The greetings continued with the members from Bulgaria, Austria, Sweden, Japan, Germany and USA as well as the CGM; there were just too many members to list them all.

At the center, I witnessed FIGU members who were always busy, preparing for upcoming events such as the Annual General Passive Group Meeting on Saturday, painting, maintaining the firewood or making dinner which is served promptly at 5:30 pm. The organization and the grounds of the center are impeccably clean.

Andreas, the president of the core group stated that, to date, there are 306 international PGMs. Over one hundred of the members united on Saturday May 26, in a small town called Bichelsee, a 20 minute drive from the SSSC. The Annual General Passive Group Meeting started at 10:00 am and finished at 5:30 pm. International passive group members and core-group members reported the development of global FIGU activities for the past year and their future plans, ideas and projects for Earth's humanity. All the presentations are spoken in German. With my limited understanding of German, what I gathered from the meeting is that the Internet plays an important part in bringing FIGU members together.

Monday May 28, being a Christian holiday, our work at the center did not start until Tuesday. For the next five days from 10:00 am to 5:30 pm we were on the steep forest slope weeding around the newly planted trees and cutting the grass, with the occasional belly slides down the hill with much laughter when one of us lost our footing on the steep slope. By the end of the week we definitely got a workout climbing up and down the slope. Instead of paying money at a fitness club, just go to SSSC and volunteer, it is much more rewarding physically and mentally with all the interesting FIGU discussions while you are working. The upkeep of the SSSC is similar to a large farm operation. The outdoor grounds need much attention; in the gardens, the peacock pen, bird sanctuaries and the

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PERSONAL ACCOUNT...continued



THE BONFIRE IS IN CONTROL

Jacobus Bertschinger came by to check on us (and to make sure we hadn't set the place on fire, ha, ha) at the end of the day. Here's a good pic of him and Christian.



CHRISTIAN FREHNER AND JACOBUS BERTSCHINGER



JACOBUS, CATHERINE AND CHRISTIAN KRUKOWSKI

"Learn to be serious searchers for the truth that you can find only in the creational laws and recommendations as well as in yourselves on the way of the truth, which is itself the truth and the culmination-point; this way of the truth as truth itself, lies in each of you, you humankind of Earth."

Goblet of the Truth / Chapter 25 / Line 27

2012 FIGU ANNUAL...from page 5

steep hill-side forests. By Tuesday most of the PGM had left the SSSC leaving only the members from Sweden, Holland, Japan, two each from USA and Germany and us three Canadians. It would have been better to have been there the week before the all-important Saturday meeting, as well as the week after, since we would have had more time with all the members but unfortunately we missed that opportunity and some of the activities, like the PGM dinner the Thursday before we arrived.

Hours of work by all the FIGU members gives me hope for the future of our planet. Knowing that the English-speaking PGMs have difficulty understanding all the material in German, Philia Stauber took the time and effort to give us a presentation in English on the subject of the storage-banks and reincarnation, after dinner on Tuesday at 7:00 pm.

Just a few years ago, before finding Billy's material on the Internet, I remember feeling so lost and confused about where my life was going. I am so grateful to have found Billy, the core group in Switzerland and my fellow international PGMs. A special thank you to Philia Stauber, Christian Frehner, Willem Mondria and Mariann Uehlinger-Mondria and all the FIGU members who choose the road of hard work and study to translate the German material into English. Without them I would still be lost in the polarities of life.

SEEING WITH CLEAR EYES...

Michael Uyttebroek / October 2011

It is as if the barriers and filters, which habitually surface, dissolve as one awakens to the "what is". The awakening is the allowing of new input and information along with an awareness of the connection we share with one another. The input is both internal and external. Internally we realize that we need only awaken to the "what is" in order to be in the connection with the external. In the awakening, all possibilities exist as resistance slips away. New ideas appear and dissolve into the ever-changing moment of the awakening.

And finally, at the end of my last day of work for 2012... very sweaty and red faced with Jacobus and Christian Krukowski.

It was a great time. Billy was in and out, busy, always working. He doesn't stop for long, when he does. When he greets us it is always with a firm hand-shake. He's lost weight since I last saw him. He's looking good and healthy and we all wish him well and thank him for his unending hard work and making this all possible. Onwards and upwards for humanity's slow emergence out of ignorance!

Salome, Catherine

THE SPIRITUAL TEACHING APPLIED IN OUR DAILY LIFE

MASSAGING THE SOLES OF THE FEET / EXCERPT FROM "THE PSYCHE"

by Billy Eduard Albert Meier
Translated by Anneliese Dee, Renate Stiller,
FIGU-Landesgruppe Canada [work in progress]

The presented teaching is not only meant for sick people, but also for all those who wish to acquire a correct way of life, which lies in the basic laws of nature. To this also belongs the massage of the reflex-zones of the soles of the feet, as indicated in the following illustration. The nerve-reflex-zones of the entire body are concentrated in the feet, i.e. especially in the soles of the feet. Very many afflictions can, in effect, be healed, eliminated or at least quite substantially alleviated by an appropriate massage of the soles of the feet. A fact which was already well-known by the old Chinese and other ancient peoples. Therefore it is also only comprehensible that very many people, who do not have sufficient foot exercise/natural massage (walking barefoot in natural surroundings), are befallen by all possible afflictions and must accept even severe psychic damage.

FIGU FACTS

At the entrance of FIGU SSSC there is a garden wall made with natural stones with this message carved onto a cut boulder:

BEDENKE ALLES IST EINS.

[CONSIDER EVERYTHING IS ONE.]

Translation by Renate Stiller

THOUGHTS ON "MEDITATION WITH A CLEAR VIEW, HIGH AND HIGHEST MEDITATION"

by Michael Uyttebroek

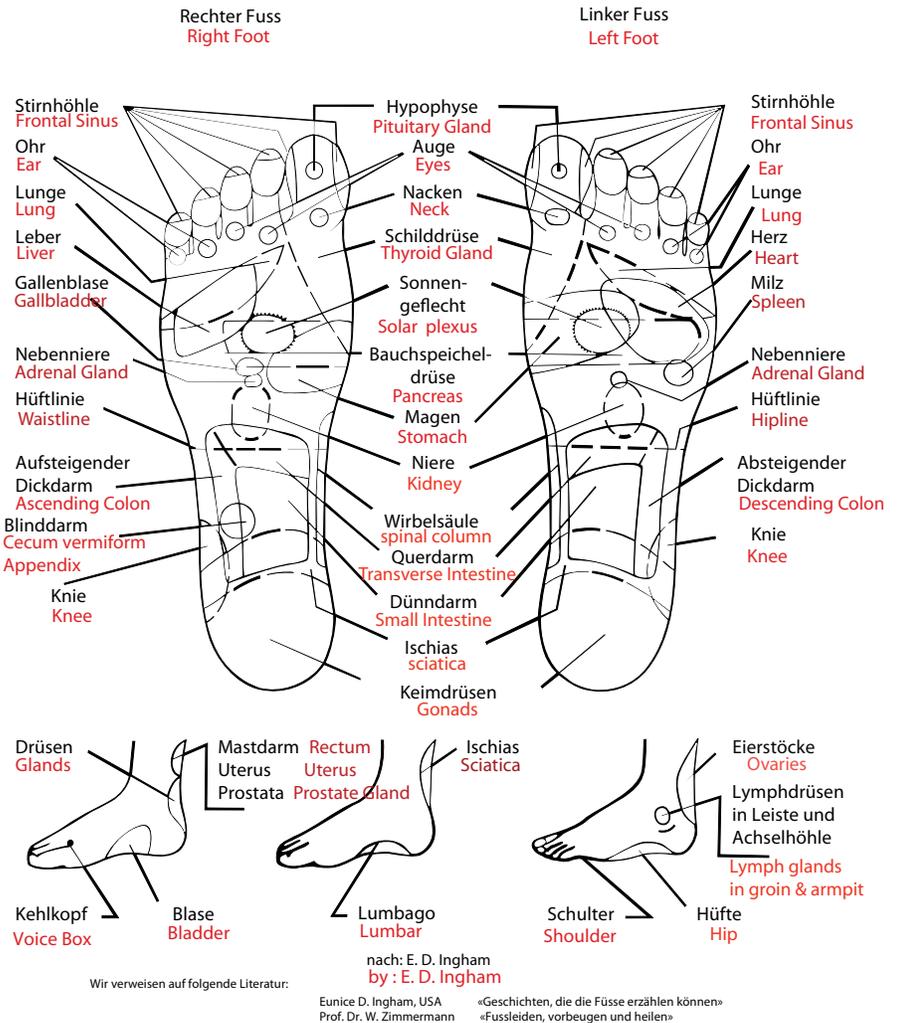
Below are some thoughts on a phrase taken from Billy's Book "Meditation with a Clear View, High and Highest Meditation" (Meditative basis for a positive consciousness p. 239-240):

In mir fühle ich eine grosse Lebendigkeit und ein stetig neues Erwachen und Geborenwerden.

I feel within me a great liveliness and a steady new awakening and becoming born.

When applying these words as a reminder of a state of consciousness that one experiences, the noise and chatter of doubt, fear and uncertainty, slip instantly away allowing for creative expression to spring forth, unhindered. The clear comprehension of the phrase "a steady new awakening" frees

**FUSSSOHLEN-REFLEXZONEN-MASSAGE
FOOT-REFLEXOLGY-MASSAGE**



the mind of all limited interpretations of what should be, allowing what is, to be. The process of expression is unhindered by ego, open to the unexpected, continually available as an unending source.

For example, as a percussionist with a love for the creative rapport between other fellow percussionist and dancers in the context of the drum circle, this phrase is definitely empowering. With an ever-inspiring flow of new ideas appearing as if out of everywhere and a connection to the ever changing ebb and flow of the moment, one is constantly re-adjusting one's awareness to the immediate. An analogy could be with that of a radio receiver tuning in to a station and if the signal wanders slightly, then the opportunity arises to make the adjustment for a clear signal once again and fully enjoy the moment as it dynamically blends into an ever-changing unfoldment of the new, a steady new awakening.

Salome,
FIGU-LANDESGRUPPE CANADA