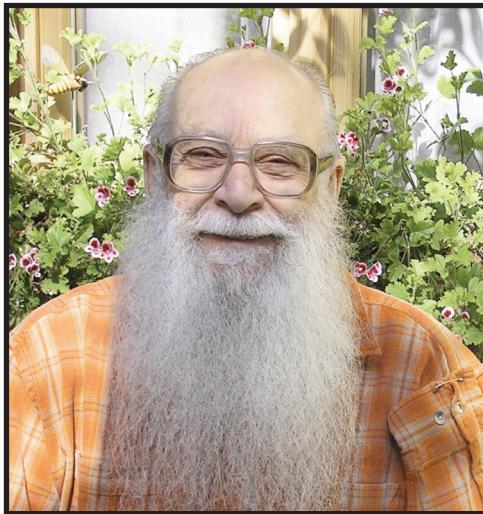


FIGU-LANDESGRUPPE CANADA



PHYSICAL WELL-BEING

This booklet compiles information on physical well-being based on “Billy” Eduard Albert Meier’s contacts.

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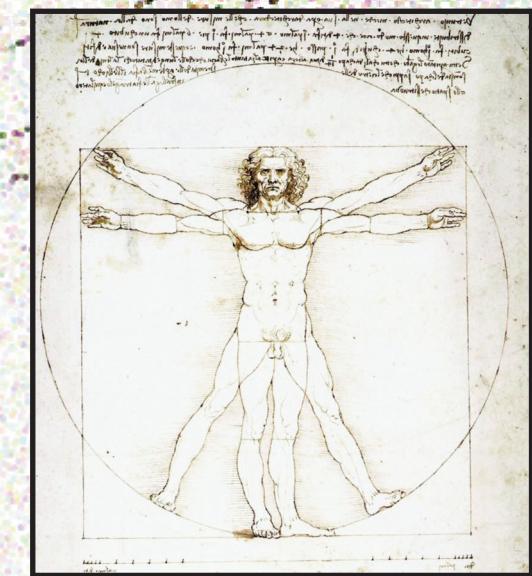
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INFORMATION FROM THE BILLY MEIER CONTACTS
FIGU SWITZERLAND

PHYSICAL WELL-BEING



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INFORMATION FROM THE BILLY MEIER CONTACTS
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FIGU-LANDESGRUPPE CANADA

Importance of Personal Hygiene
Excerpt from Contact Report 251
251st Contact - Friday, February 3, 1995, 12:01 a.m.
Translator: Heidi Peters

Billy

....It is very important to realize, too, that many negative events will occur in the near future regarding diseases and epidemics on Earth. For this reason all humans must become very meticulous about their personal hygiene and must avoid physical contact with people of questionable health status. There should be paid great attention for harmless diseases and infections, because in future times these can turn into much graver and even incurable illness. The same will hold true also for physical contact with animals, including touching of any type. An additional concern will be the intake of animal-origin food products, absorption of viruses, bacteria, etc., of animal substances such as feces, saliva, blood, hair and so forth, which can cause also fatal diseases and epidemics. For this reason alone, creatures of every type should not be kept within the confines of human residences, indeed, they must not be tolerated therein even briefly.

Aging...
June 2, 2005, 4:45 PM / Semjase-Silver-Star-Center,
Hinterschmidrüti
by Billy Eduard Albert Meier

Aging causes certain humans worries and problems, and they stubbornly refuse to become old. Many wrongly believe to be able to make themselves more beautiful and younger through ointments or through cosmetic surgeries because they are not able to come to terms with aging. These are all the humans who deceive themselves, are not really viable and live in the delusion that only staying young and looking young fulfill the true meaning of life. But what is true about this delusion? Really absolutely nothing because proportional beauty and wrinkles in the face due to progressive decline of the body and to aging in years are not of importance, but rather the fulfillment of life's meaning, which rests in the evolution of the consciousness and the fulfillment of the Creational-natural laws, from which true knowledge, true wisdom, freedom, harmony and real peace as well as joy and happiness result.

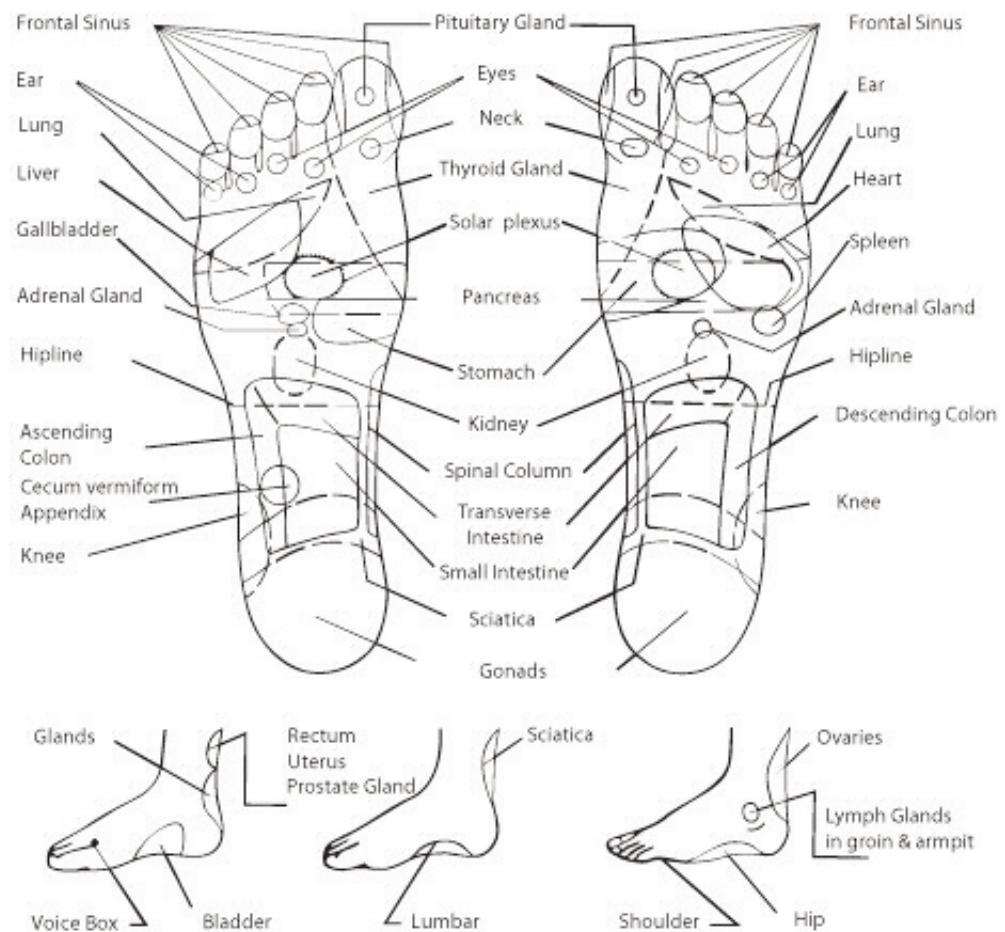
What is so bad about becoming old then? Aging is not important, but rather how and what the human lives, what he makes out of his life, what good and positive as well as humane things he does and what he does in regard to being a human, how high he develops his consciousness, how positive and good he is, how he associates with the fauna and flora and how he treats, values, reveres and loves his fellow human. Therefore, what matters to the human is in fact not so much how long he walks the earth because what counts is all that which he achieves and accomplishes during his existence.

Even on my part, I am already at an old age and wear gray and white hair on my head, but I adhere to no delusion of needing to be perfectly beautiful as well as to no old philosophies and no old thoughts because my life is orientated to striving for the top and for what is higher - to evolution in the Creation-given sense. Despite my aging, I have remained young in the consciousness as well as in my thoughts and feelings, and I also keep my psyche as well as my personality and my character youthful; consequently, I am always open to each and every thing and always willing to learn something new and to also live into the future in this sense. Through my parents' stroke of fate, I came into this world and lead a life that is adequate for me in all matters because I use my self-learned abilities and always endeavor

to get everything to emerge in an even better way. And also, if the health is not always the best and the body gets injuries, then I nevertheless do not let myself be depressed and discouraged. I always do my best and try not to be fallible all too often. However, I do not feel all-knowing and like a superhuman being because of this, whereby I also admit to mistakes and can adapt if another human stands above my knowledge and abilities. If a young human who can teach me turns up, then I gladly accept his teaching, and if he is at least as skillful as me, then I will even withdraw and leave the job to him.

Even if I have become an older gentleman, I can overcome my aging without illusions in regard to the need to be young and beautiful like an adonis, as this nowadays stands in the foreground in the case of man and woman and is of significant importance for them. Such affectations have been foreign to me throughout my life because I have always accepted both my appearance and my body as they were given. Consequently, problems of needing to be young and beautiful never have arisen for me because I have always been aware of my consciousness-related youthfulness and the beauty of my attitude to life and lifestyle as well as the coping with life. Indeed, a characteristic of mine has always been the clear and distinct attitude that the values of life cannot be found in the body being beautiful and in youthful appearance but that these values arise in the consciousness, which, in my case, is absolutely in order. In this sense, I do not feel old and therefore also have never yielded to aging, whereby I also do not have the intention of ever becoming old in mental respects. My mind is oriented to always remaining as young in my thoughts and feelings as well as in my psyche and in my consciousness as in my personality, in my character, to openness regarding new things and the future and also in regard to learning, the spreading of love, knowledge and wisdom, as life has extensively taught me this. Naturally, I know that the hour of passing away will strike one day, but I calmly await this time because I know that I have carried out my life, in steady youthfulness and to the best possible extent, to the fulfillment of the Creational laws and recommendations and, with that, also the evolution of the consciousness. Thus, death will overtake me despite the aging of the body in consciousness-related youthful strength, with the certainty that I have regretted not a second of my life.

FOOT-REFLEXOLOGY-MASSAGE CHART



by : E. D. Ingham

We refer to the following literature:

Eunice D. Ingham, USA
Prof. Dr. W. Zimmermann

«Stories, the Feet Can Tell the Reflexology»
«Fussleiden, vorbeugen und heilen»

Billy:

Bye, and again, many thanks. See you again soon

Massaging the Soles of the Feet
Excerpt from The Psyche
by Billy Eduard Albert Meier

The presented teachings are 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. Included is also the massage of the reflex-zones of the soles of the feet, as indicated in the following illustration on the next page.

The nerve-reflex-zones of the entire body are concentrated in the feet, that is to say, especially in the soles of the feet. Very many ailments can, in effect, be healed, eliminated or at least substantially eased by an appropriate massage of the foot soles. A fact which was already well-known by the old Chinese and other ancient peoples. Therefore it is also easily understandable that many people, who do not have sufficient foot exercise/natural massage (from walking barefoot outdoors), are suffering from diverse ills and must accept even severe psychic damage. It can be observed at any-time that primitive races, which habitually walk barefoot and walk a great deal, practically never succumb to ailments apparent in so-called 'civilized' peoples. Among the peoples close to nature, practically only diseases which are caused by infections and the like are prevalent.

A great deal of barefoot walking, (in the open, preferably in grass wet with dew or rain), is of great and enormous importance for every human being, since this normal and natural process provides a massage of the foot soles. But since this is not being done, a skillful massage has to help out.

Everyone should walk barefoot outside at least 1/2 hour everyday, preferably on uneven natural terrain. One should avoid, as far as possible, synthetic, concrete and asphalt surfaces.

Appropriate foot sole massages should, (when necessary), be conducted thoroughly for fifteen minutes daily.

Importance of Manual Labour
Excerpt from Contact Report 156

156th Contact - Sunday, December 13, 1981, 11:14 PM

Translator: Benjamin Stevens

Quetzal:

22. His mind is less focused on manual and profitable labor than on a leisurely life with light work and light effort.

Billy:

You mean that he doesn't like to work? But – nevertheless, he has his own farm and manages this.

Quetzal:

23. Have you ever observed him there?

Billy:

How could I? I was never with him at his home.

Quetzal:

24. Then you don't know it, of course, but I have thoroughly occupied myself with him:

25. His mind isn't geared toward a daily and exhausting work.

26. With my daily 16 working hours, I'm doing several times his daily activities, and in comparison with your daily performances, he disappears from the point of comparison.

27. But this has been the case throughout his present life.

28. It is, therefore, our condition that he corrects this deficiency as soon as possible and learns exhaustive manual activity.

29. This is of urgent necessity for the later and following time.

30. This will even be of vital importance if everything is regulated in such a way as what we expect from him and if he can be utilized for everything, for which we want to see him be utilized.

31. But presently, he still stands at the null point, with the mistaken idea that he only has to shape his life spiritually and in a knowledge-related manner.

32. In truth, however, this is an erroneous and dangerous view, for he can shape his life only spiritually and in a knowledge-related manner just as little as anyone else, so even you and we cannot do that.

33. If you or we or the Earth human beings want to develop spiritually and in a knowledge-related manner, then we can only do this if we also exercise our manual activity in the best way.

34. This is, in fact, not only necessary for livelihood but also for the right shaping of the teaching and its processing and effects.
35. If a human being and also we want to live and learn in accordance with the teaching, then we also have to perform sufficient manual activity; otherwise, things will get confused and the teaching will become a failure.

Billy:

That is known to me, and I myself know well enough that I can never learn properly if I'm not manually active enough. I need hard work quite often, and that in a not-too-scanty form.

Quetzal:

36. That is of correctness because the greater the quantity and the difficulty levels of the learning material are, the greater is the need for physical activity.

37. This is also the reason why you can often work for days and without sleep, without getting tired.

Billy:

That's interesting, and I actually didn't know that.

Quetzal:

38. It is, however, actually so, as your body demands this activity in this measure; although, your concentration also contributes a lot to your achievements.

39. But this also means that you learn much more intensely than I do, which I must admit with shame.

40. You also prove this over and over again.

Billy:

But now, make a point.

Quetzal:

41. My words correspond to the truth.

Billy:

You make me wonder, since before, I know that I worked a lot more than I learned.

Quetzal:

42. That is of correctness, and that also has its reasons:

43. Learning activity is enhanced by a prior learning of manual activity.

44. In order to bring your learning capacity and your learning activity to the necessary state, it was only necessary for you to promote and train this through persistent and prolonged manual activity, which you have done, nevertheless, to an unusually large extent.

tance; therefore, not just the conventional medical thinking and the related aspects, diagnoses, and resulting medication may be considered.

311. Moreover, if one wants to describe the momentary state of life energy of a human being, then one can refer to the five natural elements: wood, water, fire, earth, and metal.

312. Processes are symbolized by these elements, as these appear in nature and as these also operate in humans.

313. The functions of the organs as well as the worlds of thoughts, feelings, psyches, emotions, and consciousnesses are also allotted to these elements.

314. And as is determined by nature, all elements mutually influence each other.

315. In addition to true acupuncture, what must also be mentioned is that there is an additional way to stimulate an acupuncture center more strongly, namely the so-called moxibustion, through which an increase in energy can be produced.

316. For this, a small ball of dried moxa is attached to the free end of the acupuncture needle and is ignited.

317. Through this, the needle that is stuck in the body warms up, which then leads the heat into the depth of the tissue.

318. This results in increased blood circulation, which, in turn, accelerates the healing process.

319. Of course, one acupuncture treatment is never solely necessary but rather several of these are; however, as a rule, a noticeable improvement of the suffering, illness, or other discomfort already appears after the first treatment or after two or three of these.

320. At the same time, it's important to know that with any form of acupuncture, if such is correctly brought to application, side effects never appear, as they very often do with chemical or herbal medicines.

Billy:

Dear thanks for your detailed explanation, which has brought me insightful knowledge. This will surely also help many people who are interested in acupuncture, but who don't have the faintest idea of it and, therefore, might worry that this remedial method is painful and could have some bad side effects.

Quetzal:

321. But now, it is time for me to go, my friend.

322. Farewell and see you again soon.

psyche is disturbed and weakened and suffers damage, by what means physical, consciousness-related, or psychological troubles, sufferings, or illnesses appear.

300. And along with this, what is not yet known to the earthly scientists and physicians is the fact that not only the body and its organs but also the consciousness and the psyche have a particular immune system assigned to them.

301. Now, if an energy obstruction of the life energy arises somewhere in the Sananta system, then the obstruction can be dissolved by a purpose-driven acupuncture, but it is to be noted that different forms of acupuncture are necessary for different troubles, sufferings, and illnesses.

302. Now, in order to come to speak on acupuncture needles as well as on their application, it is to be said that the fine needles used for the needling are only about half a millimeter thick and are inserted into the body using different depths; therefore, the insertion depth can vary from a few millimeters up to five centimeters, whereby the depth is determined by the acupuncture point.

303. The needle is stuck directly into the acupuncture center of the Sananta.

304. This triggers a provocation, by what means the body produces nerve growth hormones that quickly spread into the surrounding tissue, thereby calming down inflammations at the nerve ends and healing these completely.

305. Furthermore, these growth hormones move over the nerve up to the nerve's root, where they trigger and carry out a regeneration of the nervous fibers.

306. The effect of acupuncture can still be enhanced, namely by the acupuncture center being stimulated by the manual movements of the needles that are stuck in the body, in which the needles remain up to 30 minutes.

307. Even with the manual movements of the needles, no pain arises for the person being treated.

308. And what is still to be said:

309. Still today, unfortunately, the earthly medical school views the human being in parts or sections, and exactly this is wrong, because the human being must be viewed medically as a whole.

310. Social, consciousness-related, psychological, intellectual-sentimental, and emotional constitutions of the human being are also of utmost impor-

45. And since you still continue to increase your learning capacity and your learning activity steadily, it is also necessary for you to exercise your manual activity in the necessary measure, which, together with your strength and concentration, makes you capable of achievements that must appear to the Earth human beings as animal-like or at least as unique.

Billy:

You make me out to be a hero.

Quetzal:

46. I'm only telling you the truth.

Billy:

Okay, okay, that's enough; otherwise, you will start another hymn of praise. But tell me, whether it is possible to calculate how many hours a human being has to work?

Quetzal:

47. It really can be calculated, but for this, the evolutionary state of the human beings concerned must be known, which you are, indeed, able to calculate.

48. But now, with the Earth human beings, the rule is still given that they don't have to engage in any compensatory manual activity in order to maintain a uniformity with their consciousnesses; rather, it is given that they must work manually in order to promote their material consciousness-related learning capacity and learning activity.

Billy:

Thus, the same is also given when we, by and from ourselves, trouble ourselves around these things.

Quetzal:

49. That is of correctness, except that in addition, the factor is to be taken into account that normal development has a maximum performance but also a minimum performance.

50. After the consideration of all factors, it arises that the Earth human being, at the minimum, must one day exercise two hours of intensive manual activity, in order to produce the norm of the consciousness-related stability.

51. Nevertheless, this minimum case still doesn't appear on the Earth with anyone because the lowest rate is five hours.

52. This rate, however, can only be found with people who have already attained a high norm in consciousness.

53. The maximum performance, on the other hand, is 12 hours of daily

manual activity.

54. But the large average is six to nine hours a day.

Billy:

Aha, and how, then, is the time calculated in each case, which is regarded as effective study time?

Quetzal:

55. This is determined in each case from the manual activity time, from which it is always calculated as 1/8th, which must be performed as additional learning time, and indeed, each day.

Billy:

And how is it, then, with those who work more than 12 hours in the maximum case or in general, when just the necessary time is exceeded and such?

Quetzal:

56. In general, this only occurs among the Earth human beings for the sake of material values or to indulge in a passion, both of which are wrong.

Billy:

Aha – but we very often work much longer than necessary.

Quetzal:

57. For your person, you have received exhaustive information.

58. With the group members, however, this is in a much smaller measure, partly because they sacrifice their required hours of manual activity in order to increase their learning capacity and learning activity to a greater extent than what is normal for Earth.

59. On the other hand, however, these additional hours are also performed because the mission requires it, which, in turn, has a promoting effect on the group members, on their learning activity and learning capacity, whereby it must always be assumed, of course, that the study time is actually kept and used.

Billy:

But now, if I, for example, work for 70 hours, then in turn, I can't just study for 70 hours.

Quetzal:

60. That is of correctness:

61. On the one hand, you, like every other human being, pursue an ongoing study during the exercise of manual activity, but on the other hand, you know very well that learning activity doesn't rest during sleep, if the human being prepares for it.

289. And as already mentioned, and it must be said again, both forms of energy always only exist together and are inseparably linked with one another, so the feminine and the masculine and, thus, the positives and negatives are always simultaneously present, and indeed, in every movable as well as immovable life form.

290. So also must the human himself be; by this, I mean that he must move from the left to the right, that is, from a strength or even from one energy form to another, without becoming sick, stricken, or burdened with troubles thereby.

291. But if he falls prey to a weakness of a physical, psychological, or consciousness-related form, then an imbalance between the positive and negative energies is produced.

292. If this is the case, then it doesn't require an enormous expenditure of energy to succumb to any discomforts, sorrows, illnesses, aggressions, emotions, depressions, moral depths, as well as mental, psychological, or consciousness-related misreactions.

293. Such occurs when an energy defect exists.

294. The cosmic electromagnetic life energy flows in a person in certain channels that are given for this, which we, as already explained, refer to as Sananta.

295. On the Sanantas are the acupuncture centers or acupuncture points, through which the cosmic electromagnetic life energy arrives at the body's surface, but the acupuncture nodes have nothing to do with the so-called chakras, which only correspond to an illusory form.

296. And precisely where the acupuncture centers are – of which, overall, 786 exist, but in the Chinese acupuncture teachings, as far as I know, only 672 of these are known – the life energy penetrates at the body's surface, where it can be influenced by the acupuncture needling.

297. The life-energetic and, thus, vitally necessary Sananta system shows a certain resemblance to the circulatory system because just as the blood pulses through the veins, so does the cosmic electromagnetic life energy pulse through the energy system.

298. Each Sananta is also associated with a particular organ of the body, whereby all of the cycles are closely interconnected and mutually influence one another.

299. With the entire Sananta system, however, it can lead to an energy obstruction, namely when the energy is blocked, and precisely this means, then, that the immune system of the body, the consciousness, and/or the

means that actually every life form possesses them.

278. This energy flow, the all-animating cosmic electromagnetic life energy, creates the difference between the effective living and the non-living, so between what is moving and what is non-moving.

279. But in the case of the non-moving, there can be no talk of dying out or of Totem, as the Earth person erroneously designates this, for even the non-living, i.e. what is non-moving, is existent, as for example rock, stone, sand, and metal, etc.

280. These things that are also life forms and that we designate as passive life forms, in contrast to active life forms, do not exist through the same form of cosmic electromagnetic life energy, through which all moving life is begotten, born, and animated and also passes again, in order to change itself into other forms.

281. These passive life forms actually exist through a passive energy, which must logically be designated as passive cosmic electromagnetic energy.

282. The cosmic electromagnetic life energy is constructed in the same forces of positive and negative, as this is uniformly the case in all creative creations of every kind.

283. And exactly this means that neither on Earth nor on any other worlds or stars or anywhere else in the Universe could or can something arise or exist that doesn't hold both forces of positive and negative in itself or which isn't animated by the active energy or passive energy.

284. Without the opposite forces of positive and negative, which complement each other, always being given simultaneously, nothing can become existent and nothing can exist.

285. But this means that even with the passive energy, both forces are present, so both positive as well as negative.

286. At the same time, the negative represents the passive, the feminine, receptive, dormant and old, while the positive represents the active, light and warmth as well as the masculine, generative, and the new, as this has been defined since ages ago.

287. That's how the cosmic electromagnetic life energy is to be seen, therefore, divided into two factors, into two forces, respectively positive and negative energies, which form a unit in themselves as well as in their union.

288. Now, if these energies get out of balance, then there results either an energy shortage, an energy surplus, or an energy obstruction, i.e. an energy blockade.

62. But furthermore, and you also know this, the speed of learning capacity and learning activity multiplies according to the evolutionary state of a human being.

63. This, however, is well-known to you, which is why I'm surprised that you ask me about this?

Billy:

I just wanted you to give an answer for our group members.

Quetzal:

64. I understand; then I must also mention in regards to this that even with the group members, the necessary study isn't pursued in many cases – for trivial reasons of fatigue, which can truly be combated if only the normal manual activity is exercised.

Billy:

I think, however, that also with greater achievements, a lot can still be learned.

Quetzal:

65. That is of correctness, but we can only impose this obligation on ourselves, but not on the group members.

66. They haven't matured enough for this yet.

Billy:

You take the wind away from my sails rather damn nicely. I already thought that I could make some wind with this.

Quetzal:

67. You aren't being serious with this.

Billy:

It's just that you also notice everything.

Dangers of Amalgam Fillings

Excerpt from Contact Report 248

248th Contact - Thursday, February 3, 1994, 5:04 PM

Translator: Benjamin Stevens

Billy:

Thanks, that suffices. Then another question: do you know something about amalgam?

Ptaah:

107. Certainly.

108. It is a mercury filling, which finds use in the terrestrial dental technolo-

gy as a dental filling.

109. By the way, this is a very dangerous product that should not be used in this way because it may cause severe injury to health, such as blurred vision, headaches, memory impairment, hearing impairment, cancer, instability of the psyche, from which also severe mood swings arise, and so on.

110. Just the vapors arising during the introduction of the filling are dangerous, as well as the subsequent discharge of mercury from the fillings.

111. Especially vulnerable are pregnant women, who receive amalgam treatment during their pregnancy, because the mercury and its vapors, etc. are transferred to the fruit of the womb and burden this, whereby various diseases as well as injury to the body, the organs, or the consciousness can also appear.

112. The effects of the mercury discharges in the human organism and body can vary according to the constitution of the person, both in the strength of the effect as well as in the time of the initial appearance of the effects that, in many cases, first manifest themselves maliciously with the aging of the person, without a doctor still being able, then, to investigate the origin of the suffering.

113. So often, many people don't notice for a long time that they have been poisoned by mercury discharges into the organism, just to become suddenly sick, then, with a multitude of ailments, for which the doctor can find no explanation.

Billy:

You've given me the answer to an unasked question because that's exactly what I wanted to ask you, for that was a subject, for which I was asked for my opinion some time ago. Unfortunately, I must confess that I gave a wrong answer in this regard. I said that amalgam would probably only take effect according to the physical constitution, but I can't exactly say whether that is actually so. But according to your explanation, amalgam is harmful in every case, very often even with a long-term effect, respectively with a long-term outbreak of an effect.

Ptaah:

114. That's right.

Billy:

Thanks for your instruction.

Ptaah:

115. You can, indeed, correct the mistake.

Chinese medicine – as is, unfortunately, erroneously maintained; rather, it was received by the latter only from old traditions and was integrated into the old Chinese medicine and brought to application.

268. The actual origin was already established millions of years ago and, thus, traces very far back into the past, and to be sure, into Henok's time.

269. Henok himself was the investigator and inventor of acupuncture, which was taken over and exercised by his peoples and which has endured to the present day among the distant descendants of the peoples from "beyond the Sun," which is how it has been received by today's Chinese.

270. But despite its great remedial effectiveness, acupuncture is just one of many other methods and options of treatment for the entire field of medicine.

271. But in principle, acupuncture is very much more than just medicine because its ultimate goal isn't just the healing of illnesses and sufferings or of any trivial discomforts of any kind, etc. but primarily to make the entire body as well as the consciousness and the psyche healthy and, basically, to allow no sufferings, discomforts, or illnesses to arise at all.

272. But this means that one's life energy can flow and work properly in the body.

273. The cosmic electromagnetic life energy is the Creation-given energy and is, in fact, also the actual, existing energy of Creation, which is also called Ur-energy and which is also given in all life forms as well as in every spirit form of a conscious or instinct-conscious form.

274. This life energy, which we refer to in our language by the specific designation of Ching, is a constant flux from the Universe that – through the energy lines, i.e. energy channels, which we designate as Sananta and, thus, conductive channels – flows through the body of each life form, so also in humans.

275. The Chinese designations for these forms represent their own formulations from the Chinese language and, therefore, have nothing in common with our ancient traditional terms that still trace back to Henok's language.

276. The life energy of an electromagnetic and cosmic nature, which we also call "active energy," flows similar to flowing waters, but through a form of certain energy channels, through the entire body of every single life form, and indeed, no matter what genus and species.

277. These energy channels, i.e. Sananta or conductive channels, pervade the entire body of every life form, so humans as well as animals, fish, insects, birds and plants, and even microbes, bacilli, and viruses, which

large quantities: namely, the human habitation. Many warm-blooded animals have their own types of flea. In addition to the human flea, there are the cat, dog, chicken, bat, rat, rabbit, bird, fox, and horse flea, etc. (with which the list would still not be fulfilled or be complete for a very long time). Now, these aforementioned flea designations should not lead to wrong optimism, however, because a hungry flea of every kind – whether dog or cat flea, bird or rat flea – jumps on every host that it can reach, thus also on humans – on you and me.

Benefits of Acupuncture

Excerpt from Contact Report 216

216th Contact - Monday, March 16, 1987, 11:11 PM

Translator: Benjamin Stevens

Billy:

Of course, so it should be. So then: for a few years, there has been more and more talk of acupuncture, a healing method, with which fine needles are stuck in the body in certain places. This method of acupuncture, which is being discussed more and more, should really bring good healing results and should come from China and, of course, should have also been invented by the Chinese. The piercing of the needles into the body should be absolutely painless. But scientifically, this healing method of acupuncture is not yet investigated and proven to be right and good, at least not in the Western world, where the whole thing bumps into at least some skepticism, particularly in the medical school. Do you know something about this, and if so, what do you, as a doctor, have to say and explain to this?

Quetzal:

264. Acupuncture causes the healing of physical and psychological as well as consciousness-related sufferings and illnesses through the setting of special, fine needles at specific concentration points of one's life energy, which pulse through the body on certain paths.

265. The set needles influence the entire energetic system of the person, but this is also true for animals, fish, insects, and birds, as well as for plants, when these are treated with acupuncture.

266. The healing effect, as I already mentioned, occurs in the body, as well as in the consciousness and the psyche, depending on how and where the acupuncture needles are set.

267. But the true origin of acupuncture doesn't trace back to traditional

Dyeing of Hair is Harmful / Absorption of Personal Care Products

Excerpt from Contact Report 224

224th Contact - Thursday, July 7th, 1988, 5:19 AM

Translators: Dyson Devine, Vivienne Legg and Benjamin Stevens

Billy:

Then a question about hair: you as well as Semjase and Ptaah once talked about the fact that the dyeing of hair is harmful to health because through this, all kinds of sufferings are triggered. What sufferings are particularly significant?

Quetzal:

58. Not only does the dyeing of hair with natural and chemical agents promote a variety of illnesses and sufferings but also certain waste with its excretion of all kinds, water pollution, contamination of drinking water, and the filling of food with chemicals, hormones, and antibiotics.

59. In addition, the most diverse types of cancer and various forms of allergies appear, just as much as dizziness, headaches, eczema, and depressions, as well as many other sufferings that can assume very severe forms.

60. However, the function of the consciousness can also be impaired and lead to severe consciousness disorders and, thus, personality disorders.

61. Also the ability to concentrate and memory can be affected harmfully, and also male and female infertility as well as health damages to descendants can appear.

62. The dyeing of hair is, thus, just as dangerous as the other health hazardous factors that I mentioned.

63. Also a variety of personal care products are harmful to health, and in particular, odor-inhibiting agents are to be mentioned, as they find use among the Earth people, for example, against the smell of sweat.

64. During their application, such products penetrate into the pores and find entrance into the blood – through which, in turn, the nerves, muscles, and organs are contaminated – and often cause incurable damages that impair the health of those affected to such an extent that they suffer throughout their entire lives.

Additional Effects of Smoking / Music and Evolutionary Insight

Excerpt from Contact Report 248

248th Contact - Thursday, February 3, 1994, 5:04 PM

Translator: Benjamin Stevens

Billy:

Then the next question: what insights and experiences do you have, as a doctor, in reference to the fact that the vice of smoking among females should produce a vaginal discharge?

Ptaah:

17. That also corresponds to our insights and experiences.

18. Females who indulge in the vice of smoking aren't just endangered in the genital area – as this is how men are affected by it, yet in a more cancerous form, whereby the prostate and vas deferens and testes can be affected.

19. With females, the dangers of inflammations of the fallopian tubes and ovaries and of fallopian tube and ovarian cancer are promoted by smoking.

20. Also, itchiness and eczema in the genital area frequently trace back to smoking, as well as infertility, which can particularly occur in girls and in young women, but from which the men also aren't excluded, who can likewise succumb to infertility by smoking.

Billy:

When I observe people and hear the music that they listen to, I constantly determine that people so much resemble the music that they take in.

Ptaah:

21. This has been a well-known fact to us for tens of thousands of years:

22. People always arrange music according to their evolutionary insight and cognition, as well as according to the corresponding feelings and thoughts, ethics and consciousness, and so therefore, according to the character of the personality.

23. In addition, it is to be frighteningly noted with the people of the Earth that they make so-called music that truly has nothing at all to do with music and that influences the psyche and the consciousness so destructively that the worst disharmony arises.

24. But this so-called music is the reflected likeness of those who produce or listen to it, whose psyche is agitated and destroyed and whose evolution is frighteningly stagnated, in that these people are hostile to life and inca-

that's ever crushed a flea between its teeth and every person who has ever tried to "crack" one between the fingernails knows what pressure this little animal endures. But it's rather difficult to take the life of a flea; if someone has one, it's almost impossible to catch it. It is simply the best jumper in the world. The human flea, for example, jumps 35 cm far and 20 cm high. A person with this leaping power could jump 150 meters far and 85 meters high. A comparatively large group of fleas goes about it completely differently. Chicken fleas and sand fleas, for example, don't jump but rather bore themselves into the particularly inviting and sheltered spots of the skin of the victim and remain stuck there. They are particularly troublesome for beach-goers, who walk along barefoot or who sunbathe in the nude, lying face down in the sand, whereby the fleas press themselves, particularly with great pleasure, into the pubic area. In addition, they are also very troublesome for birds and especially for those people, of whom they penetrate under the toenails." You see, Quetzal, even here, a smart aleck writes about the flea in the pubic area.

Quetzal:

356. A certain degree of wisdom cannot be denied to the writer.

Billy:

Exactly, but listen further: usually, the fleas mate on the body of a warm-blooded host. In some species, like the human flea (*Pulex irritans*) for example, the male only mates after an abundant, satisfying blood meal. Only then does he go on the search for a female. When one considers how small such a flea is and how large a Danish mastiff is, it can become rather adventurous. Yet after a long stalking through fur or feathers, the male flea usually meets the object of his affection. But for insect relations, fleas are just not very fertile because a female, throughout the whole time of her reproductive period, only lays about a dozen eggs each time, so only a total of about 500. These white, oval eggs roll away from the body of the host animal and generally remain under carpets, in the cracks of wood, or in clothes, etc. – just everywhere where dust collects. Then, they hatch into small, maggot-shaped larva, which live on plant and animal waste. The larva then spins a cocoon, out of which the adult flea finally emerges. Fleas live relatively long, namely up to two and a half years, and they survive under all possible environmental conditions, except in extreme heat, cold, wetness, or dryness. They thrive best between temperatures of 18 and 37 degrees and with an air humidity of 65-70 percent. One can readily see what place has ideal conditions and, at the same time, offers warm blood in

You speak to me from the heart, and moreover, may I once read to you something that I found in a small booklet?

Quetzal:

351. You make me curious.

Billy:

Good, then listen: here it is written: "the flea is not only incalculably far superior in number to all existing pets, together with all their owners and co-owners, but it also controls an arsenal of the most extremely refined tools and works only imaginable tricks with all of these. Thus, for at least 40 million years (fossilized fleas have been found in amber deposits from the Oligocene epoch), the flea has spread over the Earth in very numerous species." Ah, how many species actually are there on our Earth; do you know this?

Quetzal:

352. 17,684 are known to us.

353. The earthly scientists, etc. only know of about half.

Billy:

Well, no matter, whatever number might always be true, for here it is written that all fleas of the insect order SIPHONAPTERA belong to the so-called "sucking-wingless." The name, as it is written here, describes the common flea quite accurately. The adults exclusively live off of warm blood, which they suck out of their victims, after they have drilled their sharp, flexible proboscis into the skin. Fleas are nearly rectangular in shape, have no neck, and thanks to their smooth sides, they are in a perfect position to slip through a thicket of fur hair, feathers, or warm underwear. At their feet, they have double claws, with which they can cling to the skin if they are in the mood for a meal.

Quetzal:

354. That is correct, and because that is so, the Earth person has another reason to pay extremely close attention to his hygiene and not allow there to be growth of hair in any places where the fleas feel most comfortable, particularly in the pubic area.

355. And because the Earth person's pubic area is still covered with hair for a lot of evolution-obstructive reasons, it should be artificially depilated, for only in this way can it truly be kept hygienically clean.

Billy:

That's what you just said. But good, here it is written further: "fleas are usually up to 5 millimeters long and strongly flattened on the sides. Every dog

pable of sustaining their own lives, and they stroll along the path of massive destruction.

25. This music, which is nothing more than a screaming disharmony, emits the worst destruction, contempt for mankind, contempt for Creation, the will for destruction, and the disregard for human rights and the rights of life.

26. This, in contrast to truly harmonious music, which develops the psyche and evolution, which is affirmed in a life of respect for human beings and respect for other life forms, in compliance with the life-promoting laws and commandments.

Tanning Solariums

Excerpt from Contact Report 260

260th Contact - Tuesday, February 3, 1998, 10:27 PM

Translator: Benjamin Stevens

Billy:

...Here, however, I have to ask something else: solariums: a lot of advertising is constantly made about the solarium business, and it is maintained that the use of solariums is healthy and harmless. You and Quetzal, however, once said something else. What must one now actually think of solariums or of letting oneself be irradiated?

Ptaah:

255. The assertion that the use of solariums and letting oneself be irradiated are healthy and safe is not only wrong but also life-threatening, even if this seems implausible to the Earth people on the first impression.

256. Solariums produce increased UV-A rays that, on the one hand, make one addicted and, therefore, dependent and, on the other hand, penetrate deep into the skin and into the body, making this and the organs damaged from within with a lasting effect and causing internal tumors, etc., such as, above all, cancer.

257. However, the likewise active UV-B rays, as these are also released by the Sun's rays, work in another way and are limited in their effect to the outer layers of skin, on and in which they cause sunburn and skin cancer.

Billy:

But unfortunately, all this is not yet understood by the earthlings.

Ptaah:

258. At least a very large part of the Earth people is actually inconvinicible in this respect, which is why very many must experience and get to know

the effective evils of the solar radiation and solarium radiation on their own bodies and often pay for it with their own lives.

Necessity of Wisdom Teeth

Excerpt from Contact Report 216

216th Contact - Monday, March 16, 1987, 11:11 PM

Translator: Benjamin Stevens

Billy:

Then I have a question in reference to wisdom teeth, if you can give me an answer to it. Our scientists say that wisdom teeth of modern man are an unnecessary leftover from prehistoric man's time and are absolutely unnecessary today. Is that right?

Quetzal:

10. Wisdom teeth are a necessity for humans because if these are missing, then the food is no longer chewed properly and is only crushed poorly.

11. However, especially the chewing and crushing of the food are necessary and of great significance and importance for the stomach and the intestines and for their digestive processes and, thus, for the breaking down and burning of the food.

12. Well-chewed and crushed foods facilitate these processes quite tremendously.

13. The front teeth, i.e. the biting teeth or the tearing teeth, are not sufficient for the chewing process and crushing process, which is why these functions are assigned to the molars, and these include the so-called wisdom teeth.

14. If the food isn't chewed properly and is crushed poorly, then health problems will arise from this in the course of time, which can spread to and affect the stomach as well as the intestines and even the immune system, which appears with many people on the Earth, without them knowing what causes their suffering.

15. Stomach ulcers as well as intestinal ulcers are fairly often a result of a lack of quality with regard to the chewing and crushing of food.

16. Even the earthly physicians, etc. have, so far, gained no insights in this respect.

17. Indeed, by them and the scientists, it is even accepted – erroneously – that wisdom teeth are a useless leftover from the early days of the Earth people, but this corresponds to a misconception beyond compare.

as cats, dogs, and birds, etc.

337. This was an incomprehensible, irresponsible, and criminal act against human life because animals of each kind living in the direct living areas results in disease and downfall.

338. People who keep animals in their direct living areas deserve to be expelled from the human community and banished for so long, until they have deliberated themselves upon the truth and the right course of action because as a result of the animals living in the direct residential areas, not only do the owners become sick and susceptible to disease but also all other occupants in the same building.

339. In addition, it goes so far that these emerging diseases are displaced outwardly and, thus, other people are infected with them.

340. For this reason, no animals ever belong in the living spaces of people.

341. Yet now to the plague:

342. The main carrier of the disease was the rat, which was present everywhere in huge herds at the time of the plague.

343. At the same principle position, the housecat and the housedog, as well as the wild animals of these species, served as disease carriers in an indirect manner.

344. The parasites living on these animals, namely the fleas, were and still are responsible for the transmission of and the epidemic-like spread of diseases and epidemics.

345. In truth, it is only purely theoretically possible to keep pets without fleas.

346. But theory is of no use because both science, as well as the healthy common sense and practical knowledge of millenniums, prove that having pets without fleas is just a dream, without the possibility of realization.

347. Nevertheless, very many people who own pets deny that their animals are infested with fleas.

348. People even believe that fleas in pets could be kept within certain limits and that only morally depraved or unclean people or pets would have fleas.

349. But in truth, a successful freedom from fleas in animals is not at all possible, not even in the case of an almost superhuman cleanliness of a person.

350. The Earth person, who still believes that only wanderers could get fleas, underestimates the flea as he also overestimates the person.

Billy:

Thus, every extreme sport is completely wrong and is to be rejected.

Ptaah:

With regard to all kinds of extreme sports, the stupid and mistaken opinion prevails with the Earth person that the person has to confirm himself through these, by going to the limits of his abilities and strengths. This fallacy also corresponds to a paranoid form, as this also appears with the beauty craze, and inferiority complexes coupled with stupidity and foolishness are also here.

Billy:

And the most diverse sports fanatics, people fanatics, and sports idolizers, what is to be said of them? Do you also have these among yourselves?

Ptaah:

Those are foreign to our peoples. According to our studies, which we have conducted here on Earth in this regard, sports fanatics, people fanatics, and special fanatics, etc. are people who, in the absence of their own initiative, see themselves as incapable of creating a higher significance in relation to personality and character. Thus, these people remain dependent on the achievements of others, for through their fanaticism, they prevent the development of their own possibilities for owning their own abilities and talents and, therewith, of developing their own character and their own personality....

Cleanliness, Pets and Fleas

Excerpt from Contact Report 182

182nd Contact - Thursday, February 3, 1983, 10:31 PM

Translator: Benjamin Stevens

Billy:

Again, that is well-known to me. But now, explain to me the concerns surrounding the plague.

Quetzal:

334. It doesn't just concern the plague, over which I have to explain a few things to you, for many other pests, diseases, and epidemics are likewise to be mentioned.

335. The plague, for example, could have never claimed so many human lives on the Earth if the Earth people would have thought and acted rationally and also would have given sufficient attentiveness to their cleanliness.

336. Just like today, the Earth people already kept pets at early times, such

18. Thus, even we, who are not only superior to the people of the Earth in consciousness but also in physical evolution, have wisdom teeth, of course, because these are, in fact, vitally necessary.

19. If humans are missing these teeth, then health problems, as I said, can appear.

Causes of Migraines

Excerpt from Contact Report 216

216th Contact - Monday, March 16, 1987, 11:11 PM

Translator: Benjamin Stevens

Billy:

Then I now have a question about the migraine, which afflicts so many Earth people. Can you tell me what triggering factors stand behind this?

Quetzal:

124. A migraine is triggered by stressful situations, that is, by stress that is caused physically, in consciousness, or psychologically.

125. Such stressful situations can occur periodically, chronically, or sporadically, namely depending on how the person behaves in reference to the forms mentioned, so in consciousness, physically, or psychologically.

126. Especially in psychological and consciousness-related terms, the resulting thoughts and feelings are of the utmost importance, since these determine the state of the psyche as well as the state of the consciousness.

127. Another important factor is food that is also responsible for triggering a migraine, and to be sure, in the form when certain foods aren't tolerated by a person, as this is often the case, for example, with milk or milk products.

128. Intolerable foods release physical stressful situations that can be controlled and processed by people susceptible to migraines just as little as also the psychological and consciousness-related stress factors that are produced.

129. There may also be a predisposition to a migraine due to any health problems or a gene-contingent inheritance, whereby the aforementioned stressful situations are caused.

130. It is also possible that organic or physical injuries, including all kinds of scarring, etc., can cause the release of a migraine, as well as allergies and certain diseases, by what means stressful situations can likewise be triggered.

131. And as stated, those suffering from migraines aren't able to control, process, or overcome the stress appearing in various forms, which then even leads to sufferings and barely tolerable pains.

132. Thus, all factors that lead to any stress should already be turned off in advance – of course, as far as possible.

133. This has reference to work, to dealing with others and everyday life situations, as well as to food, with which all that is incompatible should be avoided.

134. Influences for the occurrence of a migraine are also electromagnetic radiations that emanate from machines and electric cables, as well as from electric motors and from electrical appliances.

135. In addition, a strong Earth radiation can also be decisive for a migraine in certain cases, as well as static electricity that accumulates in certain materials of human achievements and that comes into direct contact with those who are susceptible to migraines.

136. It is also to be said that people who are prone to migraines can also trigger these through medicines that are incompatible for them, herbs, aromas, and odors, and also through drinks that are harmful to them, as well as through personal care products like soap, balm, lotion, shampoo, and cream, etc.

137. Also a variety of oils, greases, and liquids, as well as chemicals can be triggers for migraines, if they come in contact with the skin or with the mucous membranes or the internal organs.

Billy:

That's tremendous, everything that plays a role there. Our medical science still knows nothing or only very little about that. And it will surely still take some time before it gets behind all these facts. May this be soon, because for those who are befallen to migraines, their condition is a hell.

Quetzal:

138. That is correct, but unfortunately, it will still take many years before the earthly scientists recognize the decisive important things through their research efforts and then find the necessary means and ways to be able, then, to remove the migraine evil at last.

Billy:

And of course, those who are befallen to migraines, then, must also contribute their part to this, through their mental work and through the feelings arising from this, I mean in terms of healing, because if I understood correctly, then this cooperation is, indeed, necessary.

logical disorders when things don't correspond exactly to what they fancy and imagine. Thus, with women, somewhat small breasts can already lead to psychological disorders and to suicide, as with women and men, also many other mundane and absolutely insignificant things are commonly flimsy reasons for suicide....

Billy:

Since we're already talking about unnatural things: how does it stand with jogging and "Nordic Walking" or as such is called, with which two sticks become used by the hands? You once said that this is extremely harmful to the body and its organs.

Ptaah:

Jogging and "Nordic Walking" are likewise harmful to health because through these unreasonable sports, the skeleton and its joints are strongly impaired and damaged, as when great exertions are made, the body's organs and particularly all functions of the heart can be damaged, but also the lungs, the spleen, and the kidneys. But this likewise happens in other kinds of sports, such as in soccer, in various forms of snow and ice sports, as well as in cycling and all sorts of extreme sports. Overall, all types of sports are wrong for the physical training of the body if these go beyond the scope of what is normal. Described as normal is everything that doesn't belong to extremism, fanaticism, or exaggeration, and it is to be respected that even in normal sports, no excesses take place through larger exertions.

Billy:

Thus, the slogan also applies to sports, that "too much is unhealthy." But what is to be understood by "normal sport?" And what daily exercise does a person need? What about walking?

Ptaah:

Normal-paced walks of 20 to 30 minutes a day are fully sufficient for the necessary physical exercise. If no walks are possible, then extensive gymnastic exercises for the same length of time are sufficient. Of course, walks or gymnastic exercises can be freely extended even longer, but they should always remain within the framework of what is reasonable and what is consistent with the condition of the skeleton and the constitution of the body. Special exertions are not necessary, but to the contrary, these can cause injury to the body, to its organs, its skeleton, and its joints, and this can be insidiously and quickly irreparable.

Billy:

few cases, namely with 211,531 of these, justifiable medical reasons existed, but the rest of the entire great mass, without exception, allowed medically senseless operations to be made on their bodies. The reasons for this were based solely on inferiority complexes, as well as on paranoid conceptions, respectively on delusions, but also on pathological imaginations, stupidity, and foolishness.

Billy:

So does this mean that all are abnormal, so to speak, who allow such operations to be made on their bodies, without there being any compelling medical reasons for such?

Ptaah:

Abnormal is, perhaps, not the right word, for such people are sick in their thoughts and feelings. Only in this form can something be said to be abnormal, and this is because sickness is not normal but rather a defective condition, as this is also true of stupidity and foolishness.

Billy:

I imagined something like that because people can't be quite right in their heads if they, through abnormal thoughts and feelings, can allow such snipping around on their bodies because they desire to fight and cheat nature with regard to their physical beauty.

Ptaah:

People who do such things are just as impaired in their thoughts and feelings through paranoid influences as those who, through the adorning of pieces of jewelry, respectively through piercings in all sorts of body parts and in the teeth, are of the opinion that they would attain a beautification of body through this.

Billy:

For my part, I find such things to be disgusting, especially padded buttocks and breasts that are enhanced with implants. This, along with the fact that such pump-works and cushion-works look unaesthetic and disfigure the body.

Ptaah:

That is also what I feel. But the more that earthly humanity grows, the more and more humans will appear, who succumb to such senseless things, for humans become more and more soft and no longer content with what is natural. More and more, what is natural is regarded as unnatural and is no longer considered to be satisfactory and good because paranoid whims displace reality, which also leads to the fact that people succumb to psycho-

Quetzal:

139. This cooperation is, in fact, necessary because a lot depends on the thoughts and feelings and, thus, on the psychological state, at least still for now, since still no medicines are found or still no genetic engineering is created, by which all factors of migraine production could be eliminated permanently.

140. Unfortunately, the way and the necessary remedies still haven't been found in the earthly medicine, and it will still take some time before this happens.

Bach Flower Remedies

Excerpt from Contact Report 216

216th Contact - Monday, March 16, 1987, 11:11 PM

Translator: Benjamin Stevens

Billy:

Then I have a question about aromas and smells. Where, actually, do humans perceive aromas and smells in truth? It can't just be the olfactory organ, right? And what exactly is to be thought of the Bach Flower Theory?

Quetzal:

56. Aromas and smells aren't just perceived through the olfactory organ, i.e. the nose, but also through the skin.

57. In addition, the palate and the tongue play a certain role, as this is also the case in terms of taste.

58. The actual center of the perception of aromas, perception of smells, and perception of taste, however, is the limbic system, in which all relevant perceptions concentrate and are processed.

59. Through this processing of aromas and smells, as well as the associations of taste, thoughts and feelings arising from this are likewise triggered, as well as emotions, certain behaviors, body reactions, actions, organ reactions, skin reactions, and memories.

60. Aromas, smells, and tastes also affect the immune system, from which it follows that they may also be health-promoting or injurious to health, namely depending on their type and intensity.

61. Of course, this is also valid for the psyche and for the consciousness.

62. Concerning Bach Flower Therapy, the same is valid, like with the application of other similar or parallel therapies or other utilizations of aromas and smells.

63. This also applies to flavorings.
 64. All these substances should not and may not be handled thoughtlessly and carelessly.
 65. But unfortunately, this often isn't considered by the Earth person because he always chooses to exaggerate these things, which often causes more harm than good; only minor or no successes at all are achieved.
 66. This is also so in reference to Bach Flower Therapy, which truly doesn't reach the form of application that would basically correspond to what is right.
 67. For example, when psychological interests are concerned, Bach Flower Therapy, as a rule, doesn't work at all or only partially, and indeed, even with months of application.
 68. So the rule is that solely through the mental and emotional adjustment of the person during these months are psychological troubles removed, which is then erroneously attributed to the Bach Flower Therapy, which is brought to application in far too low concentration.
 69. In and of itself, Bach Flower Therapy is just as good in its value as any other aromatherapy, smell therapy, and taste therapy, but all these therapies become useless or injurious to health if misused, which can be the case both through an underdosage but also through an excessive dosage.
 70. Unfortunately, through the profiteering and greed as well as through the ignorance of the Earth people, a lot of nonsense, untruthfulness, deception, and charlatanism are pursued in this area in many ways.
 71. In terms of this, and especially with respect to the general lack of understanding in these areas, the applications of aromas, smells, and tastes require extreme caution.
 72. In this regard, authoritative researches and insights of a scientific nature are not yet given on the Earth with the humans in the way that they could be referred to as actual results and knowledge.
 73. Everything is, so to speak, still in its children's shoes, as you tend to say.
 74. Real research results as well as real insights of a scientific nature in this regard should first be made toward the end of this or at the beginning of the new millennium.
 75. Only after that will everything slowly take a turn for the better, in regards to the utilization of aromas and smells as well as flavorings.

72. They are incorporated into a healthy flexibility and plasticity or malleability and are created through a dynamic process.
 73. The malleability of the genes frees humans from genetic determinism and, thus, from a causal predetermination of all events or actions; therefore, humans are incorporated into the freedom of the will.
 74. Although, this is not always true for every person, unfortunately, because sometimes, the genetic inheritance makes itself independent and decides one's fate without the will of the person.
 75. However, this is only true in the case of a vile, serious disease of a neuropsychiatric form, which is directly inherited through a single, mutated, hereditary factor and is then triggered, which also means that the hereditary disease can become further inherited.
 76. In the case of a very serious disease of this kind, the whole personality is gradually destroyed, and a fatal end is unavoidable.
 77. If parents are suffering from such a serious hereditary disease – even just a single parent – then the disease becomes passed on to the descendants, whereby the related risk of them suffering from the hereditary disease is fifty percent.

Obsession with Beauty / Physical Exercise Requirements **Contact Report 371**

371st Contact - Friday, January 7, 2005, 12:12 AM

Translator: Benjamin Stevens

Billy:

I would like to know what you have to say in relation to the beauty craze of the Earth people. By this, I particularly mean the things that concern the body in a direct manner, such as liposuction, cosmetic surgery, cushioning of the breasts and buttocks, etc. with implants, excessive hangings with gems and other things, and so on. In my opinion, there is no normal and healthy thinking and feeling behind this if there are no good medical reasons that require the body changing procedures to be made, or am I mistaken here?

Ptaah:

We have studied these concerns thoroughly and have analyzed 2,476,067 women and men around the world in every detail, in terms of their motives and their psychological conditions, which has led to a startling result: In a

Genetic Malleability
Excerpt from Contact Report 228

228th Contact - May 1, 1989 6:05 PM

Translators: Dyson Devine, Vivienne Legg and Benjamin Stevens

Billy:

You once said, if I remember correctly, that the foods, alcohol, medicines, and drugs – which a person takes to himself – alter one's genes, as this likewise happens through one's consciousness-related attitude and through one's state of psyche as well as through climatic influences, such as through cold and heat or through atmospheric changes in terms of its chemical composition, etc. I have explained this in such a way to one of our doctors, who then said that this certainly couldn't be the case since genes would only change and develop otherwise, but not in the form as I said.

Quetzal:

64. The doctor is mistaken, for your explanation was correct.

Billy:

There, I am reassured. – How is it, however, with the thoughts, the feelings, and the psyche, as you also said that the genes play a certain role there?

Quetzal:

65. That is correct.

66. Primarily, the feelings arise from the thoughts, and from these, the state of the psyche is then formed.

67. Consciousness impairment and psychological impairment are based, in principle, on polygenic influences and are multifunctional, which means that they are simultaneously caused by genes and by external factors.

68. The genetic material, however, is not solely responsible but also viruses and trauma, technological sounds, alcohol, medicines, drugs, anxieties, and unjust or hysterical behaviors of others, etc.

69. The genetic code is not dictatorial but rather flexible; therefore, it does not determine the fate of human beings because they do this, in truth, through their thoughts and feelings as well as through their actions.

70. With these, the entire process of emotions and perceptions from within human beings is carried out, as well as through external factors and perceptions, etc.

71. As the relationship of the brain stands to the body, so also do the genes stand in such a relationship to the cells.

Light for Health
Excerpt from Contact Report 216

216th Contact - Monday, March 16, 1987, 11:11 PM

Translator: Benjamin Stevens

Billy:

I know that, which is why I also said it. But now, I would like to ask you: how important, actually, is light for humans as well as for animals? Concerning plants, it is well-known that these don't grow and can't exist without light, with certain exceptions, like when these grow in the dark. But with that, the question becomes loud and clear: why can these do without light? Can you give me a satisfactory answer to this? This question doesn't just interest me but also others, which means that I was asked about it. Also a student is interested in this, as a result of her biology lessons.

Quetzal:

157. Of course, I can give you information about that:

158. Plants that grow without light underground – the ones of which you speak – always grow towards the light.

159. And light is also vibrationally present in the dark, even though the person, with all his senses or by technical apparatuses, can't ascertain this, such as by light-sensing devices.

160. The vibrations of light don't simply end at the surface of an object, on the rock stratum and rocks as well as on the Earth's surface or at a dark cloud in space, etc.; rather, these still penetrate very deeply into matter.

161. This means that also in the subsoil of the Earth, certain plants can prosper because they grow toward the light vibrations that are invisible to humans and that penetrate through the soil and which are sufficient for the prosperity of the plants to be assured.

162. This is a fact that will still remain a secret to the earthly scientists of biology for a long time; therefore, they still must first investigate and fathom everything.

163. Without these light vibrations that penetrate very deeply into the Earth, the underground plants, as we call them, couldn't prosper and couldn't exist.

164. However, where the light vibrations are no longer able to penetrate, also no plants can grow any more.

165. It is also important to note that the deeply penetrating light vibrations only exhibit partial rays of actual light and, therefore, a different form than

the actual light vibrations.

166. Moreover, such forms of light are already known to the earthly scientists; it's just that these don't concern the ones that penetrate into certain depths of matter.

167. And from the same light vibrations, from which the underground plants or plants of the dark draw their vitality, also the underground animals or animals of the dark benefit, including the fish of the dark and deep sea animals of every genus and species.

168. Also, animals and humans need a great amount of light, including the nighttime animals or the nocturnal animals.

169. Also the so-called night owls, i.e. nocturnal people, need light, and indeed, without exception, even if life behavioral patterns and all physical and organic factors adapt themselves and new day and night behavioral patterns come about, as this applies, for example, to the Inuit, i.e. the Eskimos.

170. These have a completely different life rhythm than all those people who are arranged into the day and night rhythm throughout the whole year, which isn't the case with the Inuit, as you know, because in the area of the high north with the Eskimos, different day and night conditions prevail than what are given in the rest of the world.

171. If the person changes – apart from the accustomed change with the Inuit – his daily rhythm and, with this, also his life rhythm, such as through irregular working hours, which you call shift-work, then health problems and even serious health damages can appear, which can result, on the one hand, through the irregularity of the lifestyle and, on the other hand, through the changed lighting conditions and, thus, through unsuitable, artificial light.

172. Stomach and intestinal troubles as well as serious stomach and intestinal diseases can be the result, as well as bad depressions and aggressiveness and also dizziness, nausea, blurred vision, and a general functional impairment of the immune system.

173. If a person – and this is also true for animals – is lacking the absolutely essential light, then very negative disturbances and changes also occur in the hormonal balance, by what means, in turn, the immune system is strongly impaired in its strength and function.

174. Lack of light also leads very quickly to thought interferences, emotional disturbances, and concentration problems, by what means, in a short time, also disturbances of the psyche appear, which in turn cause psycho-

157. 8) Hygiene products of every kind.

158. 9) Insects of all kinds.

159. 10) Fruits and vegetables of all kinds.

160. 11) Animal products of all kinds.

161. 12) Contacts with animals or things of all kinds.

162. These are the main factors that, depending on the case, can trigger atopic dermatitis, if a person, as a result of an unstable immune system, reacts sensitively and susceptibly to one or more of their causative agents.

Dangers of Stress

Excerpt from Contact Report 226

Contact 226 - Friday, February 3, 1989, 12:07 PM

Translator: Benjamin Stevens

Then still another question: what all can stress cause?

Quetzal:

85. Stress is a very dangerous factor that attacks and damages the immune system, through which the body becomes vulnerable to all sorts of illnesses.

86. Therefore, if a person suffers from stress, then he must also count on various illnesses, which relate to the body and all its organs as well as to the entire autonomous or autonomic nervous system and everything connected with it.

87. However, the thoughts and feelings are also impaired by stress, through which also psychological and consciousness-related impairments and psychological illnesses can appear.

88. So for example, also neuroses, psychopathy, and psychoses, etc. are caused by stress.

Billy:

In my opinion, psychological terror produces unusually great stress, I think.

Quetzal:

89. That is correct.

cells.

36. Through the aforementioned form of sitting and through the warmth, the testicles can no longer cool themselves; consequently, the blood in these, which should ensure a cooling through its circulation, stops itself.

37. Testicles and sperm cells do not need great heat but, on the contrary, a certain coolness, for only in such can the sperm cells thrive in a fruitful form.

38. If, however, a partial or extensive impotence has already appeared as a result of too great a heating of the testicles, then there is still the possibility that this can be reversed in full or in part in many cases, namely by a permanent cooling of the testicles being carried out.

39. This can occur, for example, through a special cooling belt.

40. This is a skin-compatible abdominal belt, on which two cooling elements are mounted, which become gently pressed against the groin to the left and right of the testicles through an appropriate underwear leg garment.

Eczema and External Influences

Excerpt from Contact Report 219

219th Contact - Tuesday, June 16, 1987, 1:30 AM

Translator: Benjamin Stevens

Billy:

Right, that was it exactly. Then the last question for today: atopic dermatitis (eczema), by what means does this vile evil appear, which drives the poor people who are befallen to it half into insanity?

Quetzal:

148. This is an allergy with a very broad excitation spectrum, which can be caused genetically or by other internal or external influences.

149. Specifically, the following points are to be mentioned for external influences, but I can only cite some of them because the spectrum is very broad:

150. 1) Chemical agents and substances of all kinds.

151. 2) Natural resources and substances of all kinds.

152. 3) Food.

153. 4) Beverages.

154. 5) Gases.

155. 6) Pollen of trees, flowers, bushes, grass, and grains of every kind.

156. 7) Cleaning agents of every kind.

somatic effects in the body and organs.

175. At the same time, this concerns suffering with pain symptoms, etc. that can't be diagnosed by the earthly doctors because often, they are not yet advanced far enough in the area of medicine.

Male Impotency

Excerpt from Contact 223

223rd Contact - Sunday, May 1, 1988, 9:07 AM

Translator: Benjamin Stevens

Billy:

...But now, something else: Doctor Gross, whom I've known since my youth and who always gave me the necessary medications that I took on my travels in the Near and Middle East, has asked me, since he knows about my contacts with you, what can be done about impotence in men, in order to remedy this. In addition, everything connected to the realization of the increasingly appearing impotence would also interest him. As a doctor, you can surely tell me a few things about this, right?

Quetzal:

32. The increasingly appearing impotence in terrestrial man, as a rule, traces back to his own misconduct, which is based in the fact that one sits for too long with closed or laid-together legs on chairs or in vehicles and aircraft or on bicycles and motorcycles, etc.

33. Also too-tight underwear and over-linens, by which I mean trousers, contribute to impotence, and to be sure, by the fact by sitting for too long with folded or crossed legs as well as by sitting on saddles and cushions of vehicles and on all kinds of other seats, the testicles of men are heated in such a way that it very harmfully affects the stability and vitality of the sperm cells, which are impaired by the too great heat to such an extent that they die out.

34. Also much too warm baths and too hot showers contribute in this way to impotence in men.

35. Nevertheless, a remedial action can be taken against this, namely by the seats being shaped in such a way that the testicles lie freely between two seat parts and not on a firm surface, but it must also be ensured that not too-tight but rather no or only very airy underwear are worn, as well as large and airy trousers, by what means no accumulation of heat arises at and around the testicles, which would warm up the testicles and the sperm



Photo #125 June 14, 1975 / 1:28 p.m.
Semjase's beamship during a flight demonstration.

Location: Berg/Rumlikon, Switzerland
Photo: "Billy" Eduard Albert Meier