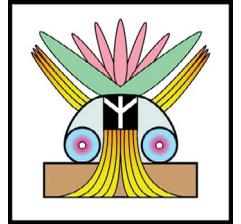




FIGU LANDESGRUPPE CANADA NEWSLETTER

OFFICIAL NEWSLETTER OF THE FIGU CANADA NATIONAL GROUP / FLCA

#37 / November 2023 ca.figu.org / figu.org



NEW FLCA BOOK PUBLISHING
WE ARE SEEKING DONORS FOR THE FIRST
ENGLISH-GERMAN EDITION OF:

“GENESIS (Creation-Genesis)

Transmitted by the pure
spiritual level of the PETALE
(= The Crown of the Creation)

Received, interpreted and explained by: /
GENESIS (Schöpfungs-Genesis)

Übermittelt durch die rein
geistige Ebene der PETALE
(= Die Krone der Schöpfung)

Empfangen, ausgelegt und erklärt durch:
“BILLY” EDUARD ALBERT MEIER”

HIGHLIGHTS FROM 'THE WAY TO LIVE' BY BILLY
by Michael Uyttebroek / Tiny, ON / November 2023

Attentiveness and the Secret of the Flow-Meditation

With all of the bustle of daily live and the general difficulty we have with making ends meet, worries and problems of all sorts, these can gain the upper hand and distract us from obtaining true peace and harmony. Now more than ever we need to dedicate time to finding out who we really are and subsequently bring about a consonance with our material and spiritual life. The way to do this is through daily meditation.

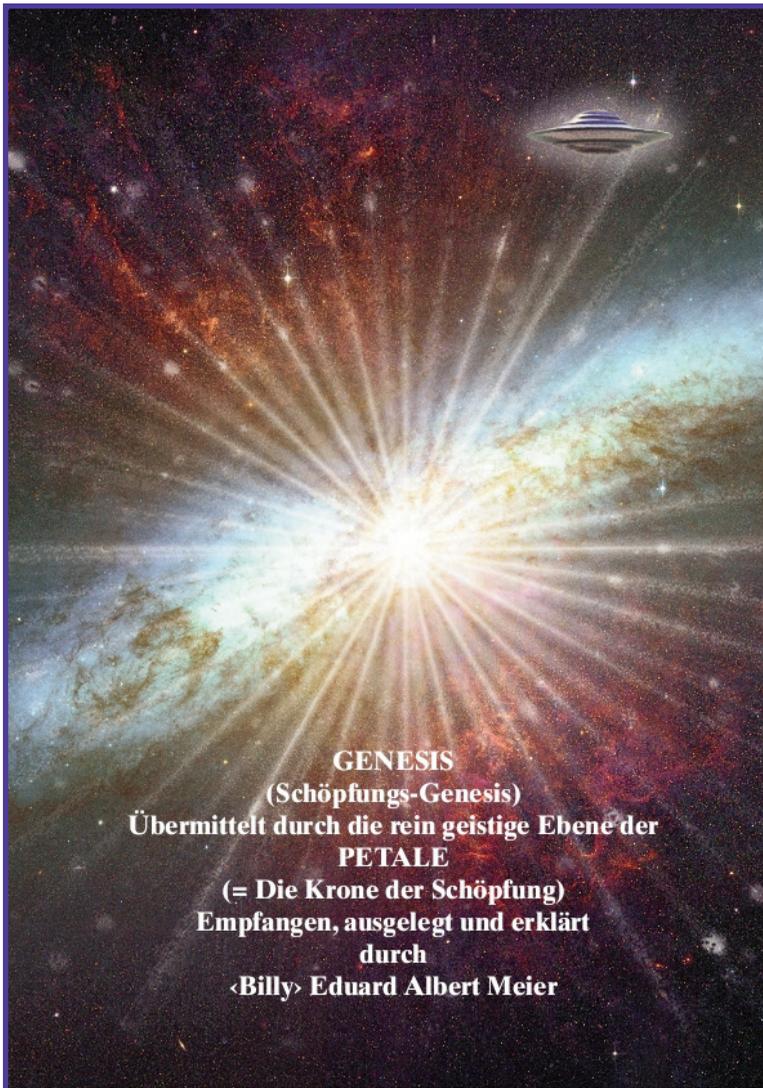
On page 298 of The Way to Live by Billy it states: “Through the meditative practise everything negative in the human being allows itself to be neutralised so that he/she can be free of everything which disturbs or prevents the attentiveness. However, if the human being works on himself/herself and learns the meditative attentiveness, then his/her negative reflecting and striving change to fundamentally being good and thereby to his/her true nature. One’s inner nature begins to light up and creates a warm, pleasant climate in the consciousness and in the psyche, whereby the true nature is made to bloom. For this reason, the meditative practise for the purpose of gaining attentiveness may be called genuine work for peace, which creates aggressionlessness and absence of Gewalt and makes the human being a human being.”

Also, on page 298 of The Way to Live, Billy writes: “There is a meditation of the flowing thoughts, emotions and feelings. With this form of the meditation one allows the thoughts, emotions and feelings to simply come and pass again, regardless of how they arise and how they discontinue. One simply allows them to flow from the becoming to the passing exactly as if they were waves of the ocean which arise and flow away, to then pass again without trace. Any thoughts, emotions and feelings which rise up are simply allowed to emerge and disappear again, totally without coercion and without approaching them. One must not reach for

_____continues next page

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HIGHLIGHTS FROM 'THE WAY TO LIVE'...continues

them or nurture them or indulge in them; and one must not cling to them or attempt to reinforce them. Neither the thoughts nor the emotions nor feelings may be followed nor may they be invited to remain. May the human being himself/herself be like an ocean which observes and considers its own waves without any play of thoughts, emotions or feelings. And if one acts accordingly then one soon notices that thoughts, emotions and feelings very quickly come and pass and are just like a burst of wind which comes from nowhere and again disappears to nowhere. This is the secret of the flow-meditation – that one does not contemplate thoughts, emotions and feelings and does not attempt to catch them, rather, one simply allows them to flow and thereby simultaneously frees the material consciousness from burdens, which is the actual sense of this form of meditation.”

So now we have a new tool in our tool box for attaining a neutral observation point and freeing the material consciousness of oppressive thoughts. This is a practical and simple meditation which can be easily applied. May this be an assist in bringing about peace, love and harmony.

View the video “**Attentiveness and the Secret of the Flow-Meditation**” from the FLCA YouTube Channel here:

<https://youtu.be/0tjh9DNqy7o>

Mantras and the OM Meditation



As with probably many people, I have been interested in the topic of mantras in meditation and more specifically, with the use of the OM mantra as a meditation. In the book ‘The Way to Live’, by ‘Billy’ Meier, pages 284-286, he goes into detailed explanations about the benefits of mantras, however, only a few points will be mentioned here. For a more thorough perspective, please refer to his book. As well, articles on the topic of the OM meditation can be found on our site:

<https://ca.figu.org/meditation.html>

Point #1 Billy explains: “The recitation of a mantra is extremely helpful for the human being, and indeed, especially when nervousness, disorientation and emotions trigger an instability. Especially in such moments, the inspiring singing, speaking or thinking of a mantra is of great importance



MONUMENT [DETAIL] ON THE GROUNDS OF FIGU SSSC

HIGHLIGHTS FROM 'THE WAY TO LIVE'...continues

because it is able to totally positively change the consciousness-based and psychological state, whereby everything negative dissolves and becomes irrelevant.”

Point #2 “Every syllable of a mantra is pervaded with spiritual power which harmoniously floats in the consciousness and causes the harmony and love as well as the positive equalisedness to swing and pulsate in the consciousness. In this form, spiritual-fine-fluidal energy flows through the consciousness and spreads over the body’s filigreed spiritual and fine-fluidal tissue fibre. Through the singing, speaking or thinking of a mantra the material consciousness is charged with positive-equalised energy, which floods through and harmoniously influences the entire consciousness and the whole body. Through the use of a mantra and its power, the consciousness works together with the spirit and the body’s fine-fluidal tissue network, whereby the human being is able to protect himself/herself from everything negative.”

Point #3 “With the use of a mantra it must be considered that such a mantra must only be used in a controlled form. That means that the concentration on a mantra must not be practised in unending sequence; rather, in-between, times where normal, everyday and materially-connected thinking must intervene, because otherwise there arises a dependency on the mantra.”

Point #4 “A mantra ought not to be used without a preceding corresponding time of the learning of the spiritual teaching and of the actual meditation; rather, only when there is a certain practise of meditation as a sign of the maturity and

probation.”

Now onto the OM meditation.

“The mantra which is the best-known, most valuable and therefore also the most used is the monosyllabic OM, which is unsurpassed as a phonetic symbol for the highest power of the spirit and of the Creation itself. In the correct form of use, the speaking, thinking or singing of the mantra directs itself according to the rhythm of the inhalation and exhalation, whereby all critical thinking and intrusive thoughts generally have to stop altogether. The one who practices the mantra is therefore entirely directed at himself/herself alone and at his/her inner self, without nurturing any thoughts. Solely through the swinging waves of the mantra – through the swinging waves of its sound – does the centre of one’s own inner self – of one’s inner consciousness – become alive and active in harmonious form.”

The saying or thinking of the OM does not need to be an extremely long vocalisation and need last perhaps only 5 or 6 seconds. In order to do the OM correctly, special attention must be given to the duration of the actual three components of the sound, the O, U and M. O UUU MM

On the FLCA YouTube Channel there is an easy visualisation to refer to as a guide:

https://youtu.be/u6KqND3_I0U

Thank you and Salome!



MICHAEL PRESENTING THE “MANTRAS AND THE OM MEDITATION” VIDEO FROM THE FLCA YOUTUBE CHANNEL

**CEASELESS TOURISM, QUEST FOR PLEASURE, AND DISTRACTION:
INNER PEACE DENIED, EVOLUTIVE PROGRESS HINDERED, ENVIRONMENT DESTROYED.**

by Catherine Mossman / Tiny, ON / November 15, 2023



CRUISE SHIP DOCKED IN LISBON (courtesy of Pixabay)

On July 27, 2023, a FIGU friend on Facebook posted comments about the heavy wake tourists leave in his homeland of Portugal:

"I live 25km from Lisbon centre, I haven't been there for a couple of years now, at least not in the summer. So today I had some paperwork to take care of, and I decided to use public transport. Lisbon smells bad, construction everywhere, hordes of tourists that shove, pull, push and make a racket. I don't understand, the Brits don't make a peep in their country, they come south and completely loose their minds.

Like where I live in Sintra, also Lisbon is a beautiful city with amazing scenery, but it's turned to @#%#, the people are horrible, the ambience is atrocious, too many people and too much traffic for such a small city. Even in Porto residents are now complaining about tourists, the noise they make and trash they leave behind.

How can we fight overpopulation if 99% of the west has lost their minds. Most of the tourists are from the US and north of Europe, these people alone are causing havoc and chaos.

You can feel it on your gut, the greed, the self indulgence, the envy, the arrogance, the depression, it's heavy in the air everywhere." [Posted with permission of L. Domingues]



PLACE DU COMMERCE, LISBON (Pixabay)

CEASELESS TOURISM, QUEST FOR PLEASURE...continues



LISBON STREETSCAPE (Pixabay)

Luis' post about the negative impact tourism is having in his homeland was the impetus for the following reflections. It seems that tourism and out of control indulgences to do with various materialistic pursuits, whether they are for pleasure, fame or notoriety serve as a great prize for many humans. As Billy predicted in his 1958 article: Prophecy and Prediction¹, sentence 71:

"The already near future will result in that every human being will try to achieve as much enjoyment, possessions, pleasure, money and wealth as he/she can..."

Touristic travelling aka leisure travel surely encapsulates this sentiment. In addition, the lack of consideration for the catastrophe of the amount of fossil fuel burned and the resulting pollutants deposited into the atmosphere, as planes, cruise ships, trains, buses, and cars full of sight-seeing humans criss-cross the planet, in their rush to idle away their time in distant regions, belies the degree to which humans care about the collective consequences of their actions. Not only the travelling to and fro, but the wanton cavalier behaviours that issue forth often destroy the peace

and quiet of the places they intrude upon, and leave a wake of garbage and effluent behind.

Bucket list obsessions.

And, the need to fill some 'bucket list', which presumes the erroneous assumption that one only lives once and hence needs to mash in as much as possible, inevitably includes travelling to, and having experiences in, all of the dreamed of locations, get the selfies to prove it and 'to hell' with the negative social, economic, and environmental consequences their actions wreak, never mind, the personal evolutive hindering of our own consciousness in the ignorance of the creational laws and what it means to be truly human.

In Billy's book *The Way to Live*², page 27/28, the juxtaposition of 'pushing crowds' of inwardly 'idle people' is quite apropos:

"Quite inevitably, such a human being must try to throttle his/her deadly inner boredom in the pushing crowd of idle people, whereby they lose all self-esteem and confidence in themselves. Thus, they totally forget to look at themselves and see themselves as they really are. They become a stranger to themselves, which causes them to fall into bad embarrassment when, through some circumstances or other, they find themselves suddenly 'vis-à-vis de soi-même', therefore, when they are suddenly confronted with themselves."

«Ganz zwangsläufig muss ein solcher Mensch im schiebenden Gedränge müssiger Leute seine tödliche innere Langweile zu erwürgen versuchen, wodurch er alle Selbstachtung verliert und das Zutrauen zu sich selbst. So Verlernt er völlig, sich selbst zu betrachten und sich so zu sehen, wie er tatsächlich ist. Er wird ein Fremder zu sich selbst, wodurch er in böse Verlegenheit verfällt, wenn er sich durch irgendwelche Umstände plötzlich einmal 'vis-à-vis de soi-même' befindet, wenn er also sich plötzlich einmal sich selbst gegenübergestellt sieht.»

Whether the destination is a 'resort' or historic, most are overrun by tourists. The historic sites of Machu Pichu, in Peru and the Giza Pyramids in Egypt, and in all of Europe are swarmed daily with busloads of humans. Venice is fighting to keep behemoth cruise ships from docking at its ports, damaging its structural underpinnings and flooding its streets and waterways with tourists. We've also all seen the disturbing pictures of the lines of 'tourist hikers/mountain climbers' who crowd and litter the paths up Mount Everest. It's been stated that some climb over bodies, some dead, in order to clamber to the top and take selfies that they will then post on social media, breathless for attention/ fame/ notoriety.

¹The translation of 1958 Prophecy and Prediction is to be found (linked) on the FIGU Landesgruppe Australia website under Predictions and Prophecies 1951 and 1958... scroll down to find the predictions from 1958.

²*The Way to Live Die Art zu Leben* by 'Billy' Eduard Albert Meier. November 8, 1995 – January 8th, 1997. Translated by Vivienne Legg and Dyson Devine. Published by FIGU Landesgruppe Australia. First Edition 2015

CEASELESS TOURISM, QUEST FOR PLEASURE...continues



On an aside: tourism is often touted as a great industry, bringing much needed tourist dollars to the local economies, but at what cost? As Billy and Ptaah discuss in the following Contact Report, #369³ on Nov 12, 2004, it is mostly the big businesses that gain from the tourism industry, while, as in the case of my friend Luis' beloved Portugal and all the other tourist destinations such as those just referred to, the sheer overwhelming numbers of tourists who crowd the streets, plazas, monuments, historical sites, disrupt the quiet enjoyment any denizen should be entitled to in their own regions. Also, as Billy points out, many do not consider the other ramifications such as 'economic refugees/ asylum seekers', spread of disease, and spread of crime in the homelands of the visitors as a result:

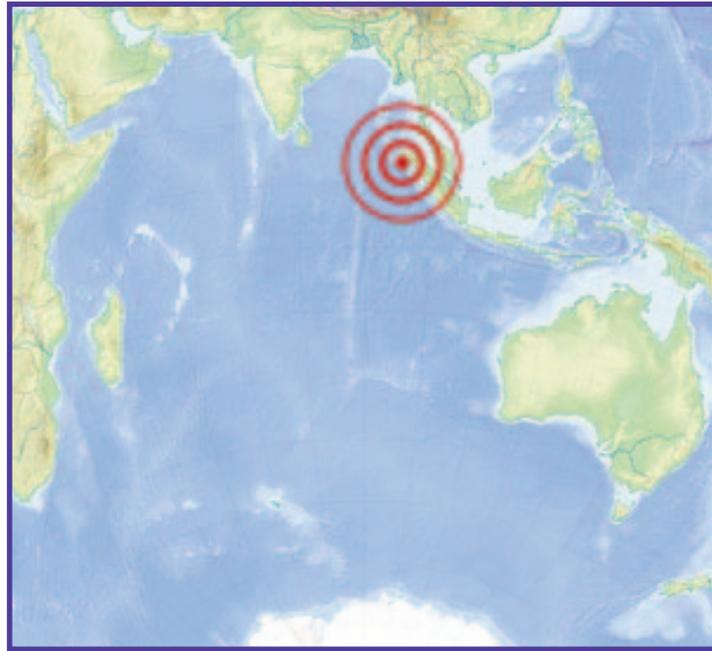
Billy: ... When I think about how tourists from all over the world have performed and shown their wealth in all the countries where I have lived, I have to say that it is absolutely not surprising that asylum seekers from all these countries come to Switzerland and elsewhere in Europe. They all think that milk and honey flow here and that there is a life of glory and joy. The tourists, with their affluence and money-spending, really encourage people in the so-called poor holiday countries and Third World countries to leave their homes as economic refugees with completely mistaken ideas about the prosperity to be expected and to migrate to the industrialised countries. But nobody is talking about that, not even the governments who still support and promote tourism, together with the profit-oriented travel companies which rake in millions and billions. No one is talking about it, and no one wants to believe that global mass tourism is increasingly promoting the problem of asylum seekers, the spread of disease and the spread of crime from poorer countries to the wealthy, industrialised states. All of this, in addition to the fact that the cultures of foreign countries are changed and destroyed by this irrational tourism, as I myself was able to observe in all those countries where I lived and worked. All these things are not taken into consideration by anyone, and consequently nothing is done about it, which makes everything more and more out of control.

Ptaah:
 96. There is also the erroneous view that tourism in foreign countries brings profitable growth, earnings, and prosperity for their people.
 97. But this is not true, because poverty persists among the population in all countries because in reality, it is only a few from the population and above all the big business people who earn a lot from tourism.
 98. And of these big business people it is often those who come from rich industrial countries and make enormous profits with hotels and sports facilities, etc. in the poor countries. –
 The Plejaren had the same problems in their distant past. Ptaah continues:
 99. In very early times, our ancestors acted in the same wise, creating the same problems as you have called them and as they have existed on the Earth for many years, since the populations of the rich industrialised countries have large financial resources that allow them to flood foreign countries with tourists.
 100. But nobody cares about the fact that all these problems, as you called them, occur.
 Then there is also 'Disaster Tourism' which is difficult to fathom that it is even a 'thing'. Also, equally appalling is 'sex tourism'.

³All Contact Reports can be found online at the Future Of Mankind website, with the original German included; for this reason the German text is not included in this article.

CEASELESS TOURISM, QUEST FOR PLEASURE...continues

It seems that humanity's thirst for excitement and feeding off the misery of others knows no bounds:



From Contact Report 370 on December 31st, 2004, after the terrible Tsunami on Dec 26 in Southeast Asia, Ptaah is speaking:

24. For many business-making locals and foreigners, as well as for many tourists, the initial shock was over after only two days, because the businessmen are already diligently doing everything they can to promote tourism again.

25. This, while the tourists, completely indifferent, inhuman and inhumane, as well as unscrupulous towards all the hardship and all the misery of those affected, are already spreading again in the destroyed tourist places and on the beaches and behaving as if the world belongs to them alone.

26. In addition to this, those who are irresponsible in various countries engage in disgraceful disaster tourism, whereby these kinds of tourists feast on the hardship and misery of those affected by the disaster and record everything without decency on films and photos, in order to then brag about it back home with their family and acquaintances and friends, etc.

34. It is also a fact that good business is already being done with tourism again.

35. However, it is not that the population of the country benefits from it, but only the governments and those who are directly involved in tourism and earn their money with it.

36. Relatively speaking, however, this is only a very small percentage of the total population, so that only this small part of the population benefits from tourism and leads a better or good life, while the majority of the population continues to live in poverty or has to make a more or less bad living.

Tourism is just one symptom of the larger issue of humanity's lack of curiosity about the purpose of life. Instead of seeking for inner peace, the masses of those who come from wealthy nations seek distraction, relaxation/inactivity, entertainment, and external inputs that often require that other humans are either used and or ignored. The ceaseless and restless seeking of distraction and diversion in order to stay outwardly focused ensures that we remain alienated from the quiet inner voice that urges us to turn to paths that are more consonant with our true inner selves, through which we will find an inner freedom that assuages our frenzy to be engaged either in relentless and pointless activities or equally pointless lack of effort, e.g., lolling for countless days on the beach at a resort.

Our inner selves seek to be one with the creational ways and means which requires effort and a sense of duty, in order to further our consciousness-based evolution. However, if we continue to suppress this quiet voice, we waste precious time on purposeless pursuits that often impact our fellow humans in a negative wise, of one sort or another.

Recently I came across a great quote in Billy's book, *The Way to Live*, on pages 95/96 where Billy calls this 'stealing time' time from their own and other's lives.:

144) Many human beings are genial and jovial – even high-spirited – when they are unoccupied, inactive and without thought, when they can just live for the day and parasitically let their fellow human beings execute the duties for the maintenance of life; and they do not care about truth and knowledge, nor about education and work and deference, decency and respect for the life and the fellow human beings as well as for the creational-natural laws and recommendations, and...

FOR THE FULL ARTICLE PLEASE CLICK THE LINK & SCROLL TO NEWSLETTER NO. 37 "CEASELESS TOURISM, QUEST...":
<https://ca.figu.org/newsletter-articles.html>

SELF-PROGRAMMING THE SUBCONSCIOUSNESS

Jimmy Chen / November 25, 2023 / 6:19 am

As the human beings today have been drawn more and more into the technology and also think accordingly, this article is an attempt to give clarity to the significance of the human being's thought-world and subconsciousness, so that the human being can learn to shape their lives better in accordance with the evolution.

There are many parallels that can be drawn between the human being's subconsciousness and that of a computer's programming, although in reality there are also many differences since the human being's consciousness' and subconsciousness' design is far superior to that of a computer available today. The human being's consciousness and subconsciousness, in contrast to the computers, are also enlivened by a human Creation-energy-form, a part-piece of the Universal Consciousness, and gives the human being much superiority than that of a computer.

However, in terms of the programmability of the human subconsciousness, it is very similar to that of a computer programming, if one is familiar with this area of technology. While the computers are programmed via coding, the human subconsciousness is programmed via thoughts. The human being's conscious thinking and resulting thoughts and feelings, constantly form his/her subconsciousness exactly according to the contents of the thoughts and feelings. Furthermore, the human being's thought, when spoken, written down or saved electronically, etc. represent the thought in manifested form, through which his/her subconsciousness is also constantly connected with (via the storage-banks), and also have corresponding effects toward the outer-world.

Thus "one's own thoughts are one's own best helper" as it is taught in the Creation-energy Teaching by Billy is always valid. Thus if one's life is not going in a direction he/she would like, it can be changed through one's own conscious thinking and resulting thoughts. Although this seems somewhat insignificant to the human being's of today, probably due to a materialistic outlook in life, it bears the greatest significance if one thinks and realises what it really means, through which all things are possible.

Thus if the human being constantly cherishes thoughts like: Despondency, Unwellness, Unhappiness, Untruths, Beliefs, Unfreedom, Coercedness, Environmental-susceptibility, Impatience, etc., then his/her subconsciousness will be formed accordingly, like a computer programmed with a self-destructive code. If the human being constantly cherishes thoughts relating to: Happiness, Wellness, Truth, Universal Consciousness, Freedom, Uncoercedness, Evolution, Life, Self-thinking, Environmental-unsusceptibility, Patience, etc., then his/her subconsciousness will also be formed accordingly, and his/her life will also begin to take a corresponding life-affirming direction.

Admittedly, in the world today when religious influences, materialistic influences, political influences and overpopulation are predominant and constantly weigh the human being down with the most diverse rubbish, finding the strength to cherish the life-affirming thoughts to program his/her subconsciousness can be difficult. Thus in most cases, one needs to find a way to overcome these influences, and a possible way is through the meditation. When one directs oneself inwardly in quiet moments of seclusion, and learns to control their thinking and thoughts, one can learn to momentarily withdraw themselves from the outside world and sense inwardly. Through these moments of inner calm and accordingly, higher concentration, he/she can then learn to form life-affirming thoughts through which his/her subconsciousness is programmed accordingly, and through which his/her life can also be formed accordingly.

To many human beings it appears very strange that, when they direct their consciousness and their thoughts in a neutral-positive-equalized kind, negating and negative and even bad and evil thoughts which have been dammed up for years, simply vanish.

So manchen Menschen erscheint es sehr seltsam, dass wenn sie ihr Bewusstsein und ihre Gedanken auf eine neutral-positiv-ausgeglichene Art ausrichten, dass dann jahrelang angestaute negierende und negative und gar schlechte und böse Gedanken sich einfach verflüchtigen.

by Billy Eduard Albert Meier, Might of the Thoughts / macht Der Gedanken, p355-356

PART OF GEISTESLEHRE / CREATION-ENERGY TEACHING LETTERS

by Billy

Translation: Catherine Mossman

EXCERPT FROM SONDERLEHRBRIEF I-IV, SEITE 44 #185-188)



Das ewige Schöpfungs-Gesetz

Wenn ein Mensch geboren wird, dann tut er das, um zu lernen und zu evolutionieren, um das Menschsein und die Menschlichkeit zu lernen, um sich dadurch zu seiner höchstmöglichen Form seiner Bestimmung zu entwickeln, nämlich zur für ihn höchstmöglichen relativen Vollkommenheit. Also wird der Mensch auch geboren, um sich selbst Befreiung zu geben in der Form, dass er sich dereinst von seinem materiellen Körper lösen und zur reinen Geistform werden kann. Er wird aber auch geboren, um Licht und Wissen zu bringen, indem er Liebe und Harmonie erlernt und unter seinesgleichen sowie unter allen anderen Wesen und Geschöpfen verbreitet. Und also wird der Mensch geboren, um das ewige Schöpfungs-Gesetz zu erfüllen, das da im wahrheitlichen Leben ankert.

The Eternal Law of the Creation

When a human being is born, he/she is born to learn and evolve, in order to learn to be human and to learn what humanity is, in order to develop into the highest possible form of his/her destiny, namely the highest possible relative perfection for him/her. Therefore, the human is also born to give themselves liberation in the form that they can one day detach themselves from their material body and become a pure spiritual form. But he/she is also born to bring light and knowledge by learning love and harmony and spreading it among their own kind and among all other beings and creatures. And therefore, the human is born to fulfill the eternal law of the Creation, which is anchored in truthful life.

EXCERPT FROM SONDERLEHRBRIEF, SEITE 77 #197-200



Werden dem Menschen Musik, Vergnügen, Essen und Trank dargeboten, dann verweilt er froh und hingebungsvoll lange am selben Ort; wird jedoch der Liebe und Wahrheit sowie dem Wissen und der Weisheit Ausdruck verliehen, dann erscheint dem Menschen der friedlichste und schönste Ort abgründig, langweilig und ohne Gehalt, ohne Würze sowie ohne Sinn und ohne Interesse zu sein.

If music, amusement, food and drink are offered to a human being, then he/she dwells happily and enthusiastically in the same place for a long time; however, if love and truth as well as knowledge and wisdom are given expression, then the most peaceful and beautiful place appears to be abysmal, boring and without content to the human being, without spice as well as without meaning and without interest.

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

THE TRUTH

by Jimmy Chen, November 6, 2023 / 1:37 pm

The religions of the Earth claim to have the truth,
and through materialism, politics, science, money and greed,
the human beings are forced to have the shine of the truth,
thus they fight each other to be the truth,
yet the truth only belongs to the reality,
and so through a neutrality towards the truth,
the human being never loses his/her learned truths.

IMPORTANT THINGS TO CONSIDER WHEN FACED WITH A LIFE-THREATENING DISEASE

by Michael Uyttebroek / Tiny, ON / October 24, 2023

Not long ago I was diagnosed with stage 4 prostate cancer that had metastasised to the bone with a PSA of 5000+.

When faced with a life-threatening challenge I needed to prioritise my life:

1. Do I have my will in order? Bank accounts and passwords accessible for my partner?
2. Will my mom, whom I thought I would outlive, be properly cared for?
3. Can I face this challenge without fear? Have I contemplated my eventual death sufficiently?
4. How is my family and those close to me going to cope with this news and more importantly, how are we all going to maintain a stable and healthy attitude throughout this process?

First and foremost, I have to reflect back on the gift of life and what I have learned over the years pertaining to my consciousness, evolution of the Creation-energy part-piece, what is the purpose in life and the becoming and passing of everything, etc.

One never really knows when the grim reaper will come requesting what is its due and so therefore, it is best to occupy oneself as much as possible with the important questions in life and be prepared at any moment to depart from this world without regrets or fear and to joyfully and peacefully participate in the end phase of one's current life and to draw as much positive equalised wisdom from what love has to offer.

And one is never alone, for love is there to accompany each person on their final journey of this current incarnation. If you have a loving partner to keep you company in these challenging times and to help support you with neutral positive assistance, then that is an added bonus, however, one never needs to feel alone, for the Creation-energy part-piece is ever-present to calm and sooth you. Let love take you in its arms and guide you to the brightest sohar.

From what Billy writes, one's last thoughts are the most important as they can impress the next personality most acutely. Here is a small section from a very detailed explanation from the "Way to Live" page 336:

"410) In the moment of the dying, the state of the consciousness is extremely important, because, when the death occurs, the last thoughts, feelings and fine-spiritual perceptions are also registered in the storage banks, consequently, these can be accessed again in the next life and are able to wield an influence – according to their kind – on the thoughts, feelings, fine-spiritual perceptions and emotions. Therefore, with one's dying, a healthy, positive attitude of the consciousness is of great importance, because it can be retrieved again from the storage banks with the next reincarnation and is able to decisively influence the thoughts, emotions, feelings and fine-spiritual perceptions."

Another factor to consider is the power of thoughts to heal or at least to bring the consciousness to a calm and peaceful state. Here are a few favourites which I like to meditate on or contemplate while lying down resting: "Daily, I consciously allow love to guide, lead and to protect me" or "Daily, I consciously allow my innermost self to guide, lead and to protect me". Another affirmation that I use is: "Daily, I confide with my real inner-self and my innermost self for guidance" (especially useful in challenging life circumstances). Yet another affirmation is: "Daily, I join with the beneficial powers of the Creation, through which I develop positive powers within my consciousness for my unfolding" (and naturally, for my self-healing) [this one is number 48 from 77 affirmations]. Lastly, "I am the smith of my own destiny and I am a consciously-based and psychic magnet which attracts love, peace, joy and health."

As an alternative to repeating an affirmation I like to use the OM mantra, taking special care to properly emphasise the individual sections of the meditation. This mantra can be used effectively to bring about calm provided that there is full attention given to it. The meditation can be spoken, sung or simply be thought.

Currently I am feeling quite well given the circumstances. There is really nothing to complain about and everything to be thankful for. In fact, I feel that I can conquer this disease or at least manage it to such an extent that I can have a good quality of life and continue to grow and evolve right up to the last breath. Having the right attitude is paramount!

Seeds of Truth

Chariots of fire burn across the sky as the awakening unfolds.

Listen as the trumpets blare with a message of Peace and Harmony and the chariots blaze with the brilliance of the truth of reality.

Love.

That which comes freely to those willing to strive towards their own evolution.

From the farthest reaches of the four corners of the earth, we come.

Banded together we stomp.

We stomp far and wide, sowing the seeds of Peace and Harmony among the ever-growing ideals of man on Earth with,

The Love.

Stephen J.M. Ray
Nipigon, ON
April 1, 2023

SETTING THE HUMAN BEINGS FREE

by Jimmy Chen / November 3, 2023 / 9:21 pm

The evolution has natural foundations of its own,
and the human being is without fear of the known,
if an imaginary might is connived where it cannot be found,
the believing will always be maliciously fearfully bound,
the human being's thinking has energetic might,
so the imaginary is given unjustified right,
if he/she were more rationally thinking,
the world would not be so much of belief's making,
not full of destruction, greed and hate,
unworthy of a valuable human being's fate;
the truth and realisation that the imaginary is unreal,
sets the human beings free of his/her sadful ordeal;
self-freed from the consciousness impenetrable darkness and enslavement,
into a world of true joy, freedom, peace and evolutive fulfilment.

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