



## Newsletter 3 - March 2018



### Group update

By Aimee

Within The United Kingdom, a small group of open-minded people have come together in relation to the FIGU mission.

This new development brings the possibility to meet within a friendly and relaxed atmosphere.

The creation of this study group has given a chance for anyone to speak freely, while exploring the possibility of fulfilling our duty as human Beings towards a goal which we all have in common in order to achieve Love, Peace, Freedom and Harmony.

The study group gives a chance for each member to open up and share their opinions regarding their interests for spiritual sciences and ufological studies. To observe, concentrate and contemplate are the prerequisites for the good nature of our meetings.

The ongoing noise and stress of the daily life in major cities of industrialized countries does not allow this good nature to be cultivated anymore. Most of the people on this planet believe that only money can bring comfort, joy and happiness but at what cost?

To have a quiet moment for oneself is necessary to reconnect with the inner self. To achieve this may not be easy at first but to realize it will bring a small change unfolding a new way.

We should not let the tumultuous situation of our modern society becoming a large fire which consumes everything on its path but we should learn how to contemplate and cherish the small flame of life.

The door is open to anyone who wishes to come in, unlocked by the desire of a few who only wish to become united and victorious over misery, war and an unnatural way of life.



Away from hOMe,  
Sailing alone.  
Surrounded by the wind,  
Violent and Unknowing.

The ocean of life,  
Vast and infinite.  
Too blind to see it,  
Experience demands it.

Deep is the sea,  
Unclear the destiny.  
Time will pass,  
To recognize at last.

Billions shining stars,  
Clouded with disregard.  
White is their light,  
Colourful is life.

Long is the journey,  
Oriented by a light BEAM.  
Vanished is the unknowing,  
Eternal is the Spiritual Teaching.

*(By Aimee, February 2018)*





## **Mein Geist prayer**

**By Karl Beaney**

I have been using the 'Mein Geist' prayer as offered by BEAM for several years now. At first, after memorising it so I could use it in a meditative manner, I simply repeated the words as the focus point for meditation. As I gained more experience with meditation I realised that I should try to pronounce each word as correctly as possible and try to connect with the meaning of the words and the prayer as a whole. This had and still has a big impact on the prayer and it's usefulness as a mediation. I am sure that Billy has written about the reasons for this so I won't attempt to do so, other than that these words address the subconsciousness and the spirit directly so it stands to reason to do this with as much heedfulness as possible if one wants to obtain the best results.

I would like to share with you my thoughts about each sentence in the prayer. To many my words may seem obvious but hopefully some may gain some benefit.

The following interpretations are purely my take on this version of the prayer - rightly or wrongly.

Before we look at each sentence it should be noted that to achieve the best results the German language must be used. Personally I found it useful to know what the prayer meant in my mother tongue but one really should strive to not only say the prayer in German but to also deal with it mentally in German. That means not translating the words and thoughts into your native tongue whilst saying the prayer in German but trying to live and process it, as much as possible, in the German language.

### **1. Mein Geist, der du bist in Allmacht.**

*My spirit, you are in almightiness.*

The prayer starts by addressing one's own spirit form. The spirit form within each individual is a tiny part-piece of the Creation.

In the hustle and bustle of the daily life it is easy to forget that we are animated/enlivened through our spirit form, starting the prayer by addressing one's spirit form helps to shift thoughts away from the daily work, problems, joys etc.

By stating 'der du bist in Allmacht/you are in almightiness' we are acknowledging that our spirit is part of the Creation which is responsible for all life, for the universe(s), the galaxies, planets, animals, plants, simply everything.

This makes us aware that this immense energy, the Creation, is within each human being and all around us - everything IS the Creation. To realise this at the start of the prayer is most important to shift focus and just a fleeting thought about how this immense energy is somehow present in me always causes great respect and helps to put life into its true context.



## **2. Dein Name sei geheiligt.**

*Your name shall be honoured.*

I must admit that this sentence has caused me the most difficulty in connecting with. I put it down to the falsified version of this prayer that Christianity has put forth. The Talmud Jmmanuel explains that 'Name/name' equates with spiritual and consciousness-based power whilst 'geheiligt' equates with 'controlled or venerated'. So we can look at this sentence as 'my/your spiritual and consciousness-based power shall be controlled/venerated'.

Once considered in this way the sentence becomes very clear and has no longer caused me any unease. To build on this though, what does it mean 'to control/venerate my/your spiritual and consciousness-based power'? It can simply mean that we show veneration or respect to the Creation, or it can mean to show veneration or respect to everything connected to the spiritual and consciousness-based power.

But I think it also means that we consciously work on our spiritual and consciousness-based power, for how else can it be controlled? To control something usually means that we have mastery over it. Like this the sentence is prompting us to become active in our evolution.

## **3. Dein Reich inkarniere sich in mir.**

*Your realm shall incarnate in me.*

The realm of the spiritual and consciousness-based, the creational realm, incarnates in each and every human being through the spirit form. The Geisteslehre/spiritual teaching explains that the human being lives many, many lives (each time as a new personality) in order to evolve and develop love, wisdom, knowledge, harmony etc. It is interesting to note that the sentence states 'Dein Reich inkarniere/Your realm shall incarnate' not 'reinkarniere/reincarnate'. The spirit form, the creational part-piece, incarnates into a new personality with each new human life, whilst the material consciousness/personality is completely new and is formed according to the evolutionary state of the spirit form. When the current life is over the personality/material consciousness dissolves and it's acquired knowledge is stored as essences/impulses in the overall consciousness block ready to be useful for the new personality in the next life, so no reincarnation can be considered here.

Regarding the sentence as a whole we are not just addressing one's own spirit form but it's entire realm, therefore we must be asking that everything belonging to the Creation - it's powers, energies and abilities - to incarnate into us in this present life/moment. This hints at the potential available to each human being.

## **4. Deine Kraft entfalte sich in mir, auf Erden und in den Himmeln.**

*Your power shall unfold in me, on earths and in the firmaments.*

For me it is important to be aware that each sentence follows, builds upon and refers back to all previous sentences. Here we invoke the power of the creational to unfold itself within us, not only subconsciously but also consciously because we should be striving to be active in our evolution.

I think 'Auf Erden und in den Himmeln/on earths and in the firmaments' could be looked at in two different ways, the first being that the creational power shall unfold within the human being during his or her material life (on earths) regarding all aspects of the material life, for example; work, friendships, learning etc. and then that the creational power shall also unfold after the material life (in the firmaments), so once the human being has died and entered the realm of the other world/death life.

The material consciousness is dissolved following the death of a human being but the spirit form is eternal and continues to exist even after the death of a human being/personality. This indicates that the spirit form does not idly await a new personality but that it is active in some form between the material lives of human beings.



The second way that the sentence could be considered is that the powers and energies of the spiritual realm are to unfold (become active) whilst living. Therefore 'auf Erden/on earths' could mean the power of the Creation shall unfold in the material area of the human being (work, friendships, health etc.) and 'in den Himmeln/in the firmaments' could mean that the power of the Creation shall unfold in the non-material/spiritual realm (wisdom, knowledge, intuition etc.) of the human being whilst still alive.

Personally I think it is meant in the first way but it can not hurt to think of other possible interpretations and to make one's own mind up as to their usefulness and appropriateness.

## **5. Mein tägliches Brot gib mir heute, so ich erkenne meine Schuld und ich erkenne die Wahrheit.**

*Give me my daily bread today, so I recognise my responsibility and I recognise the truth.*

Still addressing the spirit form and it's realm we are asking for 'Mein tägliches brot heute/my daily bread today'. If we think of bread as nourishment in the form of knowledge, recognition, learning, love etc. the sentence becomes self evident.

We are asking for the knowledge, recognition, learning, experience etc. so that one can recognise one's responsibility (towards mistakes, towards evolution, towards learning etc etc.) and recognise the truth. This process ensures evolution because of the active involvement that is required to recognise one's responsibility and the truth.

## **6. Und führe mich nicht in Versuchung und Verwirrung, sondern erlöse mich vom Irrtum.**

*And do not lead me into confusion and delusion, rather release me from erroneous assumption.*

In the previous sentence we asked for one's daily bread so one in turn recognises responsibility and truth so that we are not led into confusion and delusion. One then proposes an alternative in the form of prompting the spiritual realm, and it's gleaned effect that we have hopefully created in our material consciousness through conscious work/effort, to release us from erroneous assumption i.e to live in and recognise the truth.

## **7. Denn dein ist das Reich in mir und die Kraft und das Wissen in Ewigkeit.**

*For yours is the realm in me and the power and the knowledge in eternity.*

Concluding by following on from all previous sentences we state that all that we have previously invoked by using the prayer is only possible because the spiritual realm is within us and that the power and knowledge belonging to it (the creational/spiritual realm) is also available to us at all times, for all times.



## **The Affecting Nature of Cause and Effect**

**By Keith Davidson**

Since studying the Meier material, I have come to recognize that one of the most evident creational natural laws is the universal law of cause and effect. Simply put, what you give out, you receive back. And so the pendulum swings. That said, I do not perceive this pendulum effect as a wrecking ball. I view it as more of a metronome, designed to help keep me in-step, with a balanced life. I sense that the law of cause and effect is not some kind of punishment or karma. I see it as the universe's way of teaching us, underpinning the learning process of life experience and personal evolution. By studying the spiritual teaching, I also understand that the best way to live is in neutral positive harmony. Of course, remaining neutral is not easy. Life has a funny habit of throwing curve balls and knocking you off-balance.

### **MENTAL DILIGENCE**

The best method, I have found, to remain neutral is to constantly monitor my thoughts coupled with more confidence in myself. During this on-going process, I have had to confront insecurities which have been present since my early childhood. Whether the early loss of a parent or systematic bullying at school, I have found that much of my thinking was informed by insecurity. This resulted in a strong desire to seek external validation. Finally, I began to understand that, in order to be effective on the outside, I really needed to tend to my inner world. Thus began a process of being kind to myself, forgiveness and self-healing.

### **COURSE CORRECTIONS**

Throughout all of this time, the universal law of cause and effect assisted me to course correct my thinking, actions and behaviour. Positive actions returned positive results, negative actions returned negative results. Too much of either resulted in un-balance. Examples of this were that I was either taken for granted or became self-defeating and/or self-destructive. Giving yourself time to think in a logical and rational way is, in my experience, essential for delivering the desired neutrality.

### **VIGILANCE**

Unravelling long established, learnt behaviour is not simple or easy. It requires constant vigilance. As a business owner and farmer, I have a certain degree of independence and solitude afforded to me. I harnessed these aspects of my work life to focus on my inner-self. Only in the silence, did I find the space to do so. Both speaking a lot less and engaging with nature were great supports in honing a new belief and confidence in myself. Out of this, came a more measured and balanced psyche. An on-going process which requires constant observation, vigilance and honesty with oneself.



## TRUTH AND REALITY

The Meier material often comments on how we Earth humans lie to ourselves to avoid confronting and addressing difficult or challenging issues. A charge I have been guilty of many times in the past. Maintaining a strict observation of the truth surrounding my own reality has been difficult but essential. Only by doing so, was I able to begin an open and honest dialogue with myself about what was actually happening and how best to deal with it. Again, not an easy ask. For me, Leonard Cohen summed it up well in the lyrics for 'Anthem':

*Ring the bells that still can ring  
Forget your perfect offering  
There is a crack, a crack in everything  
That's how the light gets in*

Understanding that we are all self-responsible human beings who are in charge of our own destiny is critical. My power is just that...my power. Not something accorded by a god or deity but a power emanating from my own consciousness. Every day, I strive to lead a more balanced, harmonious and effective life as a human being; affected and assisted by the universal law of cause and effect.





## **Relaxation brings harmony with the forces of nature – Part 1**

**By Alex Swainson**

Relaxation is both an art and a science. As a true discipline, it can only be meaningfully understood when considered in relation to universal forces, as freely expressed in nature. Apart from the consciousness and its arising thoughts and feelings, the primary material factor in triggering a profound relaxation is our relationship to gravity. As materially-existing beings, our functional capabilities are governed and mediated by gravity. According to Ptaah of the Plejaren (Contact Report 592), the universal gravitational energy also forms matter itself. It can therefore be described as a creative-formative force. Like the Billy Meier material and Spiritual Teaching, to Earth humans gravity is the 'elephant in the room'; largely ignored by most of us and currently relegated to a small branch of the physical sciences. However, it should be of interest to us all, since everything materially existing on Earth is inescapably subject to it. As the Plejaren and the High Council have taught us, mastering (or neutralising) gravity is both a prerequisite for - and an effect of - achieving higher evolutionary states of being. Only when harmony with gravity and all other universal forces is achieved, can they be constructively and creatively harnessed and expressed by human beings for evolutionary gain.

Ignoring gravity or misunderstanding its true nature comes at a very high price. Vast quantities of energy are squandered due to the inefficiencies that result, which has a devastating effect on the natural environment and our capacity for self-healing and survival. Without harmonising with gravity and other universal forces, we cannot make use of the efficacies inherent in the natural-creative laws and recommendations, which always embody absolute efficiency and effectiveness in equal measure. Many of the endeavours of Earth humans are futile, counter-productive and anti-evolutionary, because we routinely fight directly against nature and gravity, reflecting our irrational and Gewalt-laden mentality.

Earth humanity urgently needs to start adopting the opposite mentality, which is to align with and understand the laws and logic of nature. Gravity, by virtue of its pervasiveness and presence in the collective consciousness, offers an accessible starting point for our study of nature. Seeing as we are all 'swimming' in the presence of this force, like fish in the ocean, we can all engage in an empirical study of it using the bespoke and highly sophisticated 'laboratory' that is the human body. We are ideally placed, with all the necessary tools at our disposal, to align ourselves with the object of our study and begin to really know and identify with it. Only this empirically-derived insight leads to true cognition and knowledge. As stated by Semjase in OM Kanon 49, verse 22: "...without a complete identity with the object its knowledge is absolutely impossible." With some consideration along these lines and taking into account Semjase's excellent guidance, it becomes





clear that gaining true knowledge of gravity requires us to somehow 'climb inside' it and get to know it.

But how? This is where relaxation comes in, because as soon as we relax part of our body, we 'give it up' to gravity i.e. it effectively becomes gravity and unites with it. The art and science of relaxation involves understanding how to relax and release all the different parts of our body in a logically ordered sequence, which allows gravitationally-derived forces to ripple freely through the body, like free-flowing water. Relaxation can only become 'functional' (i.e. not just something you do when you lie down and rest or sit and meditate) when gravity is allowed to travel freely through the body without internal resistance and create waves. This enlivens and transforms everyday functions such as breathing and walking, giving them a regenerative, revitalising power, because they can finally begin to align with natural-creative forces.

This article is the first part of a series, to be continued in the next newsletter.





## **The Absolute Law of Love**

**By Christian Bachinger**

This article is in response to both my growing appreciation for this law, plus an old friendship that got healed by time, through love. Love is the main virtue and recommendation of Creation, through which all life flows from. It's also the 2nd most important law and recommendation of Creation, the most important law being, to honour the Creation, as it alone is the ultimate source of love, knowledge and wisdom and is therefore immeasurably higher than any other BEING in existence.

It encompasses all things in life: It creates, it supports, it binds, it mends, it maintains and it cherishes...all the positives within life itself.

It is indeed a very simple concept.

This unbreakable, immutable and irrefutable law of the Creation, is what maintains internal and external peace among all living beings, through the entire infinite existence of the Creation and lays the eternal platform for all life forms.

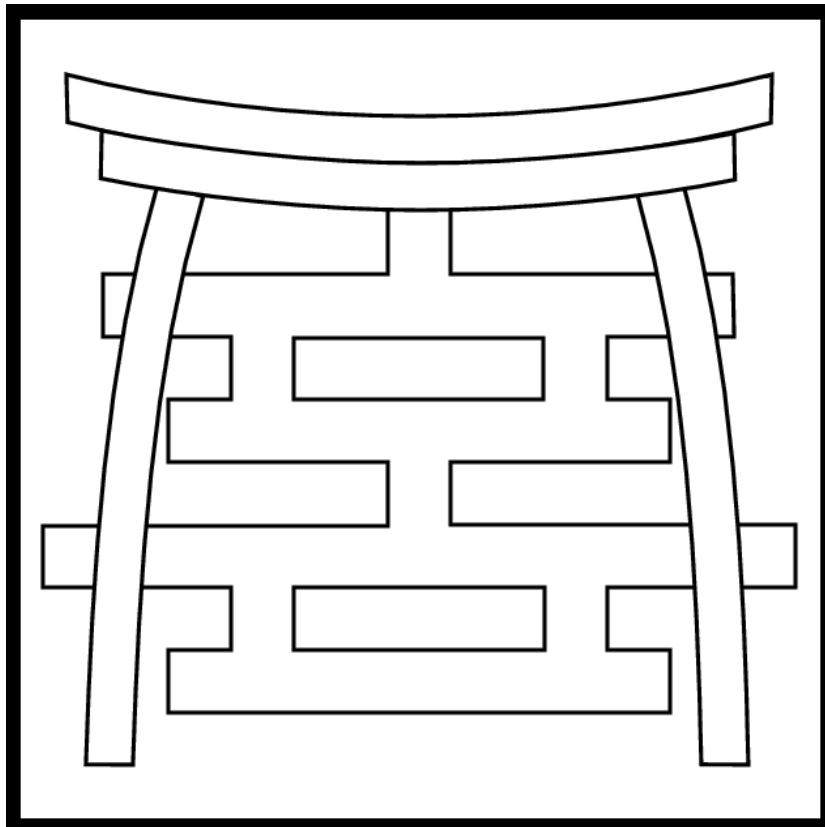
It is a major cornerstone within the Spiritual Teaching.

Absolute love, is what creates, what we on Earth would call, 'the perfect world', as it is the main driving force for harmony, peace, equality, knowledge and wisdom, all following closely behind. Such a law, has the power to neutralise any negative force; it may be slowed or damaged but never eliminated or crippled. Love is what makes us blessed and is what gives us the strength to overcome many challenges in our lives.

Without the Law of Love, life could not exist and therefore the Creation could not exist. We are therefore morally obligated, by honouring the Creation and through our own responsibility, to follow every single word of the absolute Law of Love, to the 'T', brought to us through the Spiritual Teaching via Billy Eduard Albert Meier (BEAM), the 7th and final prophet.



## Meditation aus klarer Sicht/Meditation from clear visibility



Pages 122 - 132  
Translated by Karl Beaney May 2017

Part 2 - Continued from Newsletter 2



**Alphawellen** bewegen sich im Bereich von 8-12 Hertz und sind massgebend für einen angenehmen Zustand der Entspannung, die hauptsächlich in Ausgeglichenheit, innerer Ruhe, Wohlgefühl, Selbstzufriedenheit, innerer Freiheit, innerem Frieden, in Freude, Lebensbejahung, Daseinsfreude und innerer Harmonie fundiert ist. Eine Aktualisierung der Alphawellen erfolgt durch jede positive Form der Meditation sowie durch ausgeprägt gute Gedanken und Gefühle und durch ein allgemeines positives Wirken und Handeln.

Setzt durch die Meditation die allgemeine Entspannung ein, dann dominieren die sogenannten Alphawellen, die hauptsächlich im frontalen und zentralen Gehirnbereich wirken und dabei eine Phasengleichheit und ein harmonisches Zusammenspiel der linken und rechten Hirnhälfte bewirken.

Meditation ist ein altbewährtes Mittel gegen den Stress, folglich sie also sowohl für die physische wie auch für die psychische Gesundheit sehr nutzvoll ist, wie auch in bezug auf das Gleichgewicht im Hormonhaushalt. Tatsache ist, dass die Meditation auch die Herzfrequenz beeinflusst und diese stabilisiert, wobei sich die Zahl der Herzschläge um einiges senkt, wie auch der Gehalt an Blutfetten. Eine Reduktion entsteht auch beim Sauerstoffverbrauch und der Atemfrequenz. Der Sauerstoffverbrauch kann sich im Normalfall um 20-25 Prozent senken, während bei tiefster Meditation noch höhere Werte erzielt werden. Auch der Nahrungs- und Flüssigkeitsbedarf kann meditativ-kontrolliert verringert werden, wie aber auch die Möglichkeit der Schaffung einer grösseren Ausdauer, eines starken Willens und Durchhaltevermögens in bezug auf mancherlei Dinge bei entsprechender Meditation gegeben sein kann. Nebst vielen anderen Möglichkeiten als der Anwendung grosser Ausdauer, eines starken Willens und Durchhaltevermögens, erschaffen durch die Meditation, kann dies auch sehr nutzvoll sein in bezug auf die Gewichtsabnahme bei übergewichtigen Menschen. Ganz speziell Ausdauer, Wille und Durchhaltevermögen spielen gerade in dieser Beziehung eine besonders grosse Rolle, nämlich im Bezug dessen, die tägliche Nahrung richtig zusammensetzen und auf

**Alpha waves** stir in the realm of 8-12 Hertz and are determinative for a pleasant state of the relaxation, which is mainly based in equalisedness, inner stillness, well-being, self-contentment, inner freedom, inner peace, in joy, affirmation of life, existence-joy and inner harmony. An actualisation of the alpha-waves occurs through any positive form of the meditation as well as through formed good thoughts and feelings/Gefühle and through a general positive activity and affairs.

Through the meditation the general relaxation is put in place, then the so called alpha-waves dominate, that mainly work in the frontal and central brain-area and at the same time bring forth a phase-balance and a harmonious interaction of the left and right brain hemispheres.

Meditation is a well-tried remedy for the stress, consequently it therefore is very useful for the physical as well as the psychical health, as well as in regard to the balance in the hormone balance. Fact is that the meditation also influences the heart-rate and stabilises this, in which case the number of the heart beats drops/sinks a bit, as well as the content in blood fats. Also a reduction comes into being with the consumption of oxygen and the breathing rate. The consumption of oxygen can normally drop about 20-25 percent, whilst in the case of deepest meditation still higher is achieved. Also the nourishment- and fluid-requirement can be reduced meditatively-controlled, as well as the possibility of the bringing forth of a greater perseverance, of a strong will and perseverance-capability in regard to all sorts of things can be given with corresponding meditation. Among many other possibilities than the use of greater perseverance, of a strong will and perseverance-capability, acquired through the meditation, this can also be very useful in regard to the weight loss with over weight human beings. Quite special perseverance, will and perseverance-capability play a particularly big role in this wise, namely, concerning to rightly put together the daily nourishment and to reduce (it) to a rational measure and then to keep to this under all circumstances, and indeed the entire life long,



ein vernünftiges Mass zu reduzieren und dieses dann unter allen Umständen auch einzuhalten, und zwar das ganze Leben lang, wenn es die Umstände einer dauernden Gewichtszunahme erfordern. Gleichermassen bedarf es der Ausdauer, des starken Willens und des Durchhaltevermögens in bezug darauf, wenn es eine Befreiung von Süchten aller Art zu erlangen gilt, wie z.B. von Drogen, Medikamenten, von Alkohol, Lastern und vom Rauchen, von üblen Leidenschaften, Ausartungen, Streitsucht, Eifersucht, Hass, Gefühllosigkeit, Herrschsucht, Machtgier, Rachsucht und von schlechten Gewohnheiten usw.

Auf den Blutdruck bezogen, bewegt sich dieser bei der Meditation in regulierten Werten und also auf einem normalen Niveau, während jedoch der Milchsäuregehalt im Blut absinkt. Hohe Konzentrationen von Milchsäure bilden sich bei körperlichen Anstrengungen, wie aber auch ohne dieser, wenn Angstzustände usw. in Erscheinung treten. Gesamthaft gesehen, verbessert die Meditation nicht nur den allgemeinen Bewusstseins-, Gedanken-, Gefühls- und Psychezustand, sondern auch umfassend das Gesundheitsbefinden des ganzen Körpers. Eine Kräftigung des Immunsystems wird durch eine nützliche meditative Betätigung ebenso hervorgerufen, wie auch das Nervensystem wirkungsvoll positiv beeinflusst und gekräftigt wird. Ist beim Menschen das Immunsystem und Nervensystem gesund, kräftig und intakt, dann können ihm physische und psychische Angriffe gegen die Gesundheit sehr viel weniger anhaben als dann, wenn die Systeme geschwächt sind.

Wird die Meditation in richtigen Rahmen betrieben resp. durchgeführt, dann entwickelt sich für den meditierenden Menschen eine bessere Wahrnehmung für die Bewusstseins-, Psyche- und Körpervorgänge, wodurch in diesen Bereichen alles sehr viel deutlicher und differenzierter wahrgenommen wird. Dadurch können frühzeitig schädliche Faktoren erkannt behoben oder diesen zumindest wirksam entgegengewirkt werden, sei es nun eine Krankheit, Trauer, eine Gefühlsregung, eine Emotion oder sonst etwas, das negative oder üble Auswirkungen zeitigen kann. Diese

if the circumstances of a permanent weight increase require it. Equally the perseverance, the strong will and the perseverance is needed/required in regard to achieving a liberation from addictions of all kinds, as for example, from drugs, medicines, from alcohol, vices and from smoking, from bad passions, Ausartungen, quarrelsomeness, jealousy, hate, feelinglessness, imperiousness, might-greed, pathological craving for revenge and from bad habits and so on.

With regard to the blood pressure, during the meditation this moves in regulated values and therefore in a normal level/standard, however whilst the lactic acid content in the blood drops. High concentrations of lactic acid form with bodily efforts, as well as without this, if anxiety-states and so on appear. Seen altogether, the meditation improves not only the general consciousness-, thoughts-, feelings/Gefühls- and psyche-state, rather also extensively/entirely the health-condition of the entire body. A strengthening of the immune system is by the same token called forth through a useful meditative activity (work), as well as the nervous system being effectively and positively influenced and strengthened. If the immune system and nervous system of the human being is healthy, strong and intact then physical and psychical attacks against/on the health could harm him or her much less than if the systems are weakened.

If the meditation is carried out in a rightly frame then a better perception develops for the consciousness-, psyche- and body-processes for the meditating human being, through which everything is perceived much more clearly and differentiated in these areas. Therethrough early harmful factors can be recognised and resolved or at least effectively counteracted, be it an illness, sorrow, a feeling/Gefühls-impulsion, an emotion or something else that can negatively or terribly bring forth outcoming effects. This heightened and better perception-also helps to recognise one's own physical



erhöhte und bessere Wahrnehmungsfähigkeit hilft auch dabei, die eigene physische Individualität zu erkennen und sie in deren Einzelheiten zu erfassen, wodurch sie reguliert und einer Würdigung zugeführt werden kann. Das gewährleistet, dass schädliche Ideale, Laster und üble Gewohnheiten usw. abgelegt werden können, die einzig und allein dazu führen, schlechte Gedanken, Gefühle und Emotionen zu haben, die zu falschen oder ausgearteten Handlungen führen oder die eine Provokation dafür sind, dass moralische Tiefstände oder körperliche Krankheiten usw. entstehen.

**Betawellen** bewegen sich zwischen 13-30 Hertz und höher im Normal-Wachzustand resp. im Tagesbewusstsein. Dies ist in der Regel nicht auf das Innere des Menschen, sondern überwiegend auf die Aussenwelt ausgerichtet, wodurch der Mensch nicht sehr kreativ, sondern sehr viel mehr sachlich bezogen orientiert ist. Das bedeutet, dass eine Beziehung und Verbindung zur Intuition und zu einer höheren Inspiration weitgehend fehlt, denn die Betawellen sind spezifisch auf das Tagesbewusstsein ausgerichtet, das sich mit der täglichen Arbeit, mit der Freizeitgestaltung, mit Gesprächen, mit Lernen, mit Stress und Streit, mit Hass, Rache, Vergeltung, Vergnügen und allerlei Tätigkeit usw. beschäftigt, wodurch der Entspannung und damit den Alphawellen keine oder kaum eine Chance eingeräumt wird.

**Deltawellen** bewegen sich zwischen 0,5-3 Hertz, wobei das einem Zustand der Hypnose, des Tiefschlafs oder einer Trancehaltung entspricht. Diese extrem langsamen Deltawellen bewirken eine besonders tiefgreifende Entspannung, die normalerweise im Zustand des Tiefschlafs auftritt, wie aber auch bei Bewusstlosigkeit. Eine relativ vollkommene Entspannung führt in diesem niederen und langsamen Schwingungsbereich von 0,5-3 Hertz, was für den Herdenmenschen jedoch eine grosse Seltenheit der Möglichkeit des Erreichens darstellt, zu einer relativ vollkommenen inneren Ausgeglichenheit, die jedoch in Betracht gezogen werden kann. Selbst Kenner der Materie sind sich dieser

individuality and to realise/understand it in its details, through which it can be regulated and supplied an appreciation. That guarantees that harmful ideals, burdens/vices and terrible habits and so on can be cast aside, which solely and exclusively lead to having bad thoughts, feelings/Gefühle and emotions, which lead to false or ausgearteten deeds or which are a provocation to the fact that moral low-states or bodily illnesses come into being.

**Beta waves** move/stir between 13-30 Hertz and higher in the normal-awake-state respectively in the daily consciousness. As a rule this is not the inner nature of the human being, rather mainly directed towards the outside world, through which the human being is not very creative, rather is much more factually orientated. That means that a direction and connection towards intuition and to a higher inspiration is largely missing, for the beta waves are specifically directed on/to the daily consciousness, that concerns itself with the daily work, with the leisure activities, with conversations, with learning, with stress and strife, with hate, revenge, retaliation, enjoyment and all other kinds of activities and so on, through which no or barely any room is made for the relaxation and therefore the alpha waves.

**Delta waves** move/stir between 0.5-3 Hertz, in which case that corresponds to a state of the hypnosis, of the deep sleep or of a trance. These extremely slow delta waves ensure a particularly deep-reaching relaxation, which normally appears in the state of the deep sleep, as well as with unconsciousness. In this low and slow swinging waves realm from 0.5-3 Hertz a relative total relaxation is brought about, which however for the Earth human being represents a great rarity of the possibility of the attainment to a relative total inner equalisedness, which however can be considered. Even ones who know of the material are themselves not fully aware of this fact because they look at and consider



Tatsache nicht vollauf bewusst, weil sie alles nur aus wissenschaftlichen Aspekten heraus betrachten und ihr Vorstellungs-vermögen und ihre Kenntnisse der wirklichen Energie, Kraft und Tiefe der wirklichen inneren Ausgeglichenheit nicht ausreichen, um alles wirklich erfassen und erklären zu können. Aus dieser Sicht heraus verweilen sie bei den Thetawellen und sind der irrigen Meinung, dass beim Auftreten derselben nur die tiefste Form der Entspannung erreicht werde, was jedoch mitnichten der Fall ist, weil die allerliebste Form der inneren Ausgeglichenheit sich im 0,5-3 Hertzbereich bewegt.

**Gammawellen** bewegen sich in sehr hohen Frequenzen ab 31 Hertz in die hunderte Hertz hinein. Der tiefste Meditationszustand des Menschen, auch Gammameditation genannt, vermag nicht nur sehr wertvolle Erkenntnisse zu bringen, sondern auch die Möglichkeit, die bewusstseinsmässigen Energien und Kräfte zu mobilisieren und zur Anwendung bringen, wodurch der Mensch zu bewusstseinsmässigen, psychischen und physischen Leistungen fähig wird, die für den nichtmeditierenden und in diesen Belangen unwissenden Menschen unvorstellbar und unverständlich sind, weshalb er sie ins Reich des nichtexistierenden Übersinnlichen verweist. In dieser tiefsten Meditationsform treten nicht nur das Absinken des Herzschlages unter die Registrierbarkeit auf, sondern auch ungeahnte Erfahrungs- und Erlebenszustände, wie auch eine völlige Beherrschung des gesamten Körpers durch die Kraft des Bewusstseins, dabei den Zustand der Hypnose weit übertreffend. Es wird aber auch die relativ vollständig kontrollierte Nutzung der Bewusstseinsenergien möglich, wie z.B. physische Unverletzbarkeit, Telekinese, Telepathie, Levitation, Hellsichtigkeit und Vergangenheits- sowie Zukunftsschau. Durch die Tiefstmeditation werden die Grenzen der rein materiellen Erfahrungen und Erleben überschritten, was jedoch keine Übersinnlichkeit und nichts Übernatürliches bedeutet, denn auch der Bereich der Erfahrung und des Erlebens durch das Überschreiten der Grenzen des rein

everything only from scientific aspects and their imagination-ability and their cognisances of the real energy, power and depth of the real inner equalisedness is not sufficient in order to be able to really comprehend and explain everything. From out of this sight they live with the theta waves and are of the erroneous opinion that with the appearance of the same only the deepest form of the relaxation is attained, which however is by no means the case because the very deepest form of the inner equalisedness stirs in the 0.5-3 Hertz-area.

**Gamma waves** move/stir in very high frequencies from 31 Hertz up into hundreds of Hertz. The deepest meditation-state of the human being, also called gamma-meditation, is not only able to bring very valuable cognitions, rather also the possibility to mobilise and make use of the consciousness-based energies and powers, through which the human being becomes capable of consciousness-based, psychical and physical achievements, which are unimaginable and ununderstandable for the non-meditating and in these concerns unknowing human beings, which is why he or she refers to it in the realm of the non-existing supernatural. In this deepest meditation-form not only the sinking of the heart beat under the registrability appears, rather also the unexpected experience- and living-experience-state, as well as a total control of the entire body through the power of the consciousness, in this process far surpassing the state of the hypnosis. But also the relative complete/full controlled use of the consciousness-energies becomes possible, as, for example, physical inviolability, telekinesis, telepathy, levitation, perceptiveness and past- as well as future-viewing. Through the deepest-meditation the border of the pure material experiences and living-experience are exceeded, which however means no supernaturalism and nothing supernatural, for also the realm of the experience and of the living-experience through the exceeding of the border of the pure material is in every wise sensory/ materially and naturally perceptible. Therefore



Materiellen ist in jeder Beziehung sinnlich und natürlich wahrnehmbar. Also kann nicht von einer Transzendenz in dem Sinn gesprochen werden, dass durch das Überschreiten der Grenzen in bezug auf die materielle Wahrnehmung etwas Übernatürliches und Übersinnliches in Erscheinung trete, weil, wie gesagt, in jedem Fall und in jedem Zustand des Bewusstseins alles sinnlich und natürlich wahrnehmbar ist. Die Begriffe Übernatürlich und Übersinnlich resp. Transzendenz existieren nur im ‹Verstandesbereich› und Wortschatz sachkundiger ‹Fachkräfte› hinsichtlich der wahren Natur des materiellen Bewusstseins sowie dessen Energien, Kräfte, Fähigkeiten und Möglichkeiten.

Durch die Tiefstmeditation im Gammawellenbereich in rein neutralem Wissen und also von jedem religiösen oder sonstigen Glauben unabhängig, entstehen keinerlei mystische Erfahrungen und Erleben von etwas Geheimnisvollem, Rätselhaftem, Undurchschaubarem, von Unergründlichkeit und Unverständlichem usw. oder in bezug auf eine Verschmelzung mit einer Gottheit, mit Dingen oder Menschen. Alles was an Erfahrungen und Erleben in Erscheinung tritt, ist rein natürlichen Ursprungs und somit den geistig-schöpferisch-natürlichen Gesetzen eingeordnet, was bedeutet, dass durch die Erfahrungen und das Erleben auch die schöpferisch-natürlichen Gesetzmässigkeiten und damit grosses Wissen erlangt wird, was aber nichts mit einem ‹Gefühl universellen Wissens›, sondern mit der effektiven universellen Weisheit zu tun hat, die aus dem Universalbewusstsein resp. der Schöpfung hervorgeht.

Zusammenfassend ist die Gammameditation mit einer bestmöglichen Tiefenentspannung verbunden, wobei diese Meditation im fortgeschrittenen Stadium eine Meisterschaft erreicht, durch die autonome Systeme des Körpers unter Kontrolle gebracht werden können, was durch speziell dem System angepasste Meditationsmethoden erreicht wird. Bei der Gammameditation, die von Nokodemion als ‹Saniranmeditation› resp. als Meisterschaftsmeditation bezeichnet wurde, werden unter anderem hypometabolische Zustände (Unterstoffwechselprozesse;

a transcendence cannot be spoken of in the sense that through the exceeding of the border in regard to the material perception something supernatural and super-sensory appears, because, as said, in every case and in every state of the consciousness everything sensory and natural is perceptible. The term supernatural and super-sensory, respectively transcendence, exist only in the ‹intellectual-realm› and vocabulary of ill-informed ‹specialists› with regard to the true nature of the material consciousness as well as its energies, powers, capabilities and possibilities.

Through the deepest-meditation in the gamma-wave-realm in pure neutral knowledge and therefore independent from every religious or other belief, no mystical experiences and living-experience of some mysterious, mysterious, impenetrable, of inscrutability and ununderstandableness and so on at all come into being in regard to a uniting with a godhead, with things or human beings. Everything that appears in experiences and living-experience is of a purely natural origin and consequently integrated in the spiritual-creational-natural laws, which means that through the experiences and the living-experience also the creational-natural law-principles and therefore great knowledge is achieved, but which has nothing to do with a ‹feeling/Gefühl of universal knowledge›, rather with the effective universal wisdom, which comes out of the universal-consciousness, respectively the Creation.

In conclusion the gamma-meditation is connected with a best-possible deep-relaxation, in which case this meditation is achieved in the progressed stage of a mastery, through which autonomous/independent systems of the body can be brought under control, which is achieved through specially adjusted meditation-methods to the system. With the gamma-meditation, which was referred to as ‹Saniranmeditation›, respectively mastery-meditation, by Nokodemion, hypo metabolic states (lining-change process/ Unterstoffwechselprozesse: reduction of the





Reduzierung des Energieverbrauchs) angestrebt, was jedoch nicht im Widerspruch steht zu den hypometabolischen Zuständen der Körperfunktionen in bezug auf deren Herabsetzung resp. Reduzierung. Auch die äusserst intensive zerebrale (grosshirnmässige) Aktivität steht in keinem Widerspruch zum reduzierten Energieverbrauch, denn die bewusstseinsmässige Tätigkeit steht in jedem Fall immer über allen Vorgängen des materiellen Körpers.

Bei der ‹Saniranmeditation› resp. Gammameditation wird der Energieverbrauch des materiellen Körpers herabgesetzt resp. reduziert, was dadurch geschieht, dass bestimmte Gehirnbereiche in einen Ruhezustand versetzt werden, wodurch Raum- und Zeitsinn bewusstseinsmässig resp. gedanklich-gefühlsmässig ebenso zur Nichtigkeit werden wie auch die logisch-reflektiven Zentren und die Reflexion des Ichs. Dieses verbleibende statische Befinden bedeutet eine bewusst erzeugte äusserst erhöhte Bewusstseinstätigkeit und gilt in der Geisteslehre als ein ‹Einssein mit allem› sowie als ‹Einheit mit dem Schöpferischen›. Das umfassend erhöhte Training der Aufmerksamkeits-Meditation bildet eine höhere Bewusstseinstätigkeit aus, wobei analog zum hypometabolischen Zustand des Körpers die massgebende Grundlage zu hohen Erfahrungen, Erkenntnissen und Erleben sowie Wahrnehmungen entsteht. Dazu gehört unter anderem auch die Eidtek resp. das meditative Vermögen, sich etwas Gegenständliches derart deutlich visionär vorzustellen, als wäre es real vorhanden, was aber nichts mit Übernatürlichkeit oder Übersinnlichkeit zu tun hat, weil auch diesbezüglich alles natürlich-sinnlich erfasst wird, nur dass dabei ein vielfach höherer Bewusstseinszustand gegeben ist, der weit über das Wachbewusstsein hinausgeht.

**Thetawellen** bewegen sich zwischen 4-7 Hertz und stellen den Stand einer tiefen Meditation dar. Im Alltagsleben des Menschen treten diese langsamen Wellen beim Aufwachen oder Einschlafen auf, wobei ein besonders leichter Zustand zur Wahrnehmung

energy-consumption) among other things are striven for, which however is not in contradiction to the hypo metabolic states of the body functions in regard to its reduction respectively reduction. Also the extremely intense cerebral (cerebrum/main brain-based) activity is in no contradiction to the reduced energy-consumption, for the consciousness-based activity is in every case always above all processes of the material body.

With the ‹Saniranmeditation›, respectively gamma-meditation, the energy-consumption of the material body is reduced, what happens therethrough is that distinct brain-realms are put into a calm-state, through which space- and time-sense, as well as the logical-reflective centres and the reflection of the I/ego in a consciousness-based, respectively mental-feeling/Gefühl-based, manner by the same token become futile. This remaining static condition/feeling means a consciously created extremely heightened consciousness-activity and applies in the Geisteslehre as a ‹being-one with everything› as well as ‹oneness with the creational›. The all-embracing heightened training of the heedfulness-meditation develops a higher consciousness-activity, in which case analogous to the hypo-metabolic state of the body the determining foundation to high experiences, cognitions and living-experience as well as perceptions comes into being. Belonging to that, among other things, also the eidetic ability, respectively the meditative capability, to imagine something objective of such a clearly visionary manner as though it was really present, but which has nothing to do with supernaturalism and super-sensualism because also hereof everything is realised naturally and naturally-sensually, only that a manifold higher consciousness-state is given, that goes far over the awake-consciousness.

**Theta waves** move between 4-7 Hertz and represent the state of a deep meditation. In the everyday-life of the human being these slow waves appear during waking up and going to sleep, in which case a particular easier state for perception of the intuition and



der Intuition und äusseren Inspiration entsteht, was oft zu sehr kreativen Gedanken und Gefühlen führt, wie aber auch zu sehr wertvollen Ideen, die sich nicht selten verwirklichen lassen.

Wird die Meditation vertieft, dann dominieren die Thetawellen, wodurch der sogenannte Thetazustand entsteht, der jedoch nicht zum Einschlafen führt, wie im Normal-Wachzustand, sondern zur reinen bewussten meditativen Wahrnehmung. Die linke Gehirnhälfte ist ausgerichtet auf das analytische und sachbezogene Denken, während die rechte Hirnhälfte dem irrationalen und symbolischen Denken dient.

outer inspiration comes into being, which often leads to very creative thoughts and feelings/ Gefühlen, as well as to very valuable ideas, which often allow themselves to be realised.

If the meditation is deepened then the theta-waves dominate, through which the so called theta-state comes into being, which however does not lead to falling asleep, like in the normal-awake-state, rather, for pure conscious meditative perception. The left cerebral hemisphere is directed to the analytical and relevant thinking, whilst the right half of the brain serves the irrational and symbolic thinking.

