

# PSYCHO-SCIENTIFIC FRONTIERS

Selected publications from a variety of subjects of psycho-scientific research. Editor: Rolf Linnemann  
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Theme : **Illnesses and psychic healing**

Questioners : Medialer Friedenskreis Berlin (Psychic Peace Circle, Berlin)

Mediums : Uwe Speer (17) and Monika-Manuela Speer (15)

MESSENGERS of LIGHT : ELIAS, ARGUN, AREDOS

The Medialen Friedenskreis Berlin, a Christian/Spiritual community, psychically received the texts to this theme between the years of 1956 to 1975. These transmissions are a part of the *Menetekel*, a collection of 4,500 A4 pages of freshly catalogued protocols, amassed over 20 years. All of these mediumistic messages were left in their original form, even if similar questions were repeated. The work of the two mediums began when they were 15 and respectively 17 years old. The total production of the MFK-Berlin (Medialer Friedenskreis Berlin), the *Menetekel* and the 21 transmissions from the space-brothers are considered the absolute pinnacle of psycho-scientific research. Other spiritual circles have often tried to copy the work of the MFK, but its quality was never achieved. The reproduction and distribution of these rearranged messages and protocols is *explicitly encouraged* and is not covered by any copyright.

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## Preface by the editor

At a time of rising psychosomatic effects the question of its causes is often asked. The cause for all the confusion, fears and illnesses is first and foremost man himself, nothing of it is divinely-ordained. For a harmonious and healthy life, man needs contact with the cosmic SOURCE of POWER. But this theme is suppressed and this confines the replenishment of mental-spiritual energy to a minimum. Man loses his inner equilibrium and his protection from psychosomatic illnesses. His soul "bleeds". Depression and the abuse of drugs are the result. Envy, hatred and avarice for instance account for the most dangerous cardiopathic illnesses. What becomes particularly apparent here is that: The cause lays in one's thoughts! One's physical organism shows the effects later on. Does it have to come to this? Can one make GOD responsible for this?

There are unfortunately only a few great thinkers that include GOD in their principal research. This is why the following questions cannot be answered most of the time: Does man *simply* consist of metabolic processes? Can these metabolic processes contemplate their own existence and the laws of nature? What are thoughts? What does soul mean? What happens after death? Does the spirit control physical matter? Where is the dividing line between them? How distinctly marked is this boundary or is indistinctness the norm? Are electrons, with their mysterious behaviourism, the link between spirit and matter? Who programmed the information contained within every cell (DNA) so intelligently? Question after question. – If one presents orthodox science with these questions one receives the

answer that such questions are futile. Everything is pure coincidence, this is what schools teach and this makes any further contemplation superfluous and aside from that, it absolves oneself from any responsibility. Very simple, isn't it?

Many psycho-scientific phenomena threaten cherished views of the world. Shouldn't the sciences therefore ask themselves whether it is their place to defend their cherished philosophies? Wouldn't it be better to apply science *to establish* a philosophy? Biology for instance is not a science about animated substances, it only makes statements about processes that *presume* animation, without asking what this animation actually is. Acute illnesses for instance are keys that open certain mental doors. One is then "prescribed" a required period of time to contemplate oneself and one's life. – It is very peculiar that man finds time for all sorts of things to amuse himself, but spends very little time contemplating his spiritual existence and everything that goes with it. Why?

Bad Salzuflen, August 1992

## 1. About suffering (Transmission from the year 1967)

Well, life on Earth is not always a bed of roses. There exists not one single person who does not come in contact with suffering in one form or another. Even if someone is as fit as fiddle, he will not be immune from this feeling. The moment he loses a loved one he will be affected by sorrow. Many are of the opinion that suffering should not exist. – They blame GOD for its existence!

There is physical suffering, but also mental suffering. Mental suffering is worse, because it can kill or it can drive you insane.

- No human being can empathise with his fellow men if he *has not* experienced suffering *himself*. This is the reason why suffering is *a school of probation* and *also* of brotherly love.

There are souls in the spiritual realm who feel sorry for themselves because they have done someone an injustice or another during their life on Earth that now brings disadvantages. They suffer unimaginably even though they have never shown any empathy for others during their life. Their own suffering might be hell, but this hell is a necessary part of the redemption process!

- One has *to learn* to understand suffering!

One will never be able to abrogate suffering completely. It forms part of the school of life and it is an important subject. Suffering gives man an opportunity to test the strength of his LOVE. This is where Buddha's doctrine is wrong. It teaches *to ignore* suffering. This breeds an emotional vacuum in regards to oneself and others.

### **This is an aberration!**

- *Christ matured beyond his years through suffering!*

Man on Earth cannot fathom why some people have to suffer who *seemingly* do not deserve to suffer.

### **This is an aberration!**

Only the guardians in the spiritual realm *know* what individuals lack in regards to their inner

development. They alone are in a position to make a judgment.

An even greater mistake is the belief that one can escape from terrestrial suffering by taking one's own life. These particular people find that, due to their ignorance, they are experiencing suffering *more than ever*. Most of them are misled by a dogmatic, religious aberration. The church teaches that after one dies, one will "rest in peace". He, who needs to "rest in peace", will not wait until his natural demise. He causes his own death. The result of this is unimaginable suffering in another dimension. Due to the fact that feelings and senses are *a lot more pronounced* in the otherworldly dimension, the suffering experienced there is accordingly also greater! This is where the Christian doctrines fail miserably!

Man can naturally not glean these insights on his own. Where could he get the right information from? But you are not actually unable to gain this knowledge. The spiritual realm provides you with TEACHERS that can enlighten and instruct you in every respect. *But this is unfortunately not utilised enough!* – Well, one actually does not believe that these opportunities exist. How could there be such TEACHERS if everybody ends up "resting in peace"?

When I talk about suffering, I do *not* mean all the various illnesses that come from negative regions most of the time. I talk about *the suffering that moves the soul*, like for instance when one loses something dear to one's heart. But as people *love* possessions and power *the most* and as they have to leave all these things behind, their suffering is therefore accordingly great. This type of suffering can certainly be avoided!

## 2. About health issues (Transmission from the year 1969)

Well, their FAITH in GOD presents many people with a dilemma, because they *observe* all the many maladies and illnesses their fellow men suffer from or they *suffer from themselves*.

I would like to make a comment in regards to this:

GOD'S creation has *not been finalised by a long shot* and it is attacked by GOD'S greatest enemy, the fallen angel Lucifer, in a most severe manner. But as man is endowed with *divine talents*, he is *involved in the construction* and also in the maintenance of creation as a co-worker of the CREATOR.

- Evil *doesn't* spring from GOD or from the LORD'S powerlessness, *all* evil comes from the regions of the demonic world.

The bible however teaches you that GOD is the source of all of creation. But this is only partially correct, GOD is indeed the origin of all of creation, but Lucifer was the *most prolific co-worker* within the creation process. But he eventually failed in his endeavours and turned out-and-out negative and became GOD'S enemy.

- *Illnesses stem from the planning and the spiritual workshop of demons and they affect all of creation, because Lucifer does not even spare his own creation, namely poisonous plants and animals. This battle is so unimaginably huge that it is beyond human imagination.*

But mankind makes big mistakes and this makes it *a lot easier* for the demonic world to realise their plan of destruction. Just think of all the different drugs that are consumed. Nicotine, alcohol and all kinds of other drugs also. These are poisons that have a *detrimental effect* on one's health. The

*reincarnation process* allows these poisons to have a constant effect on you. There are doctors that examine their patients with a cigarette in their hand and discover that their patient suffers from a serious, smoke related illness!

There are some sinister poisons that are not denoted as such. *Cooking salt* is one of them! The use of this poison is immeasurably abused. It therefore comes as no surprise that mankind has to suffer from its over-use. It isn't habit-forming, but the body fights a constant battle to deal with it, certain organs are forced to work so hard to deal with it, that they are *no longer able to perform their actual assignation*. All of this could be different!

I now have to point out to you that the human body represents an unimaginable laboratory. An unbelievable number of pharmaceutical products are created within, well, even potent poisons and antidotes. This is the only way man can live here on Earth. But one can also damage this laboratory; it will then gradually break down and *only produce poisons* instead of developing antidotes. Man will then become ill and nobody can help him. But it happens quite often that man, *through his mental attitude*, subconsciously gives this inner laboratory an assignment. This takes place through hatred, envy or discontentment for instance, simply through negative thoughts and actions (psychosomatic). The body is then systematically poisoned.

- There is such a thing as a complete malfunction of this human laboratory. This cannot be correctly diagnosed by any physician.

Therefore guard against these types of negative influences!

- *Such a malfunction, evoked through anger and disharmony, can produce these types of self-produced poisons and can lead to cancer, because they prepare a culture for this to happen.*
- Do not deride these hints, they are real! The self-poisoning through character and through ungodliness absolutely destroys one's health!

### **3. Psychic medicine** (Transmission from the year 1975)

Well, mankind on Earth is unfortunately exposed to many illnesses. Man is continuously attacked from all sides and GOD is blamed for every illness man falls prey to.

- When GOD does not help, one loses faith in HIM. This is exactly what GOD'S antagonist wants – and he achieves that which ruins man's soul.
- Churches preach about GOD, but *it would be better if they would preach about the devil. The dangers come from the devil!* You have a lot less to fear from GOD, because GOD can never be as cruel as the devil.

The sciences deal with illnesses and diseases. One wants to investigate and cure them. GOD and HIS HELPERS support theses investigations through magnificent inspirations, well, researchers and physicians are inspired to do what they have to do, through genuine dictations from the so-called "hereafter". – *The devil also inspires*, but *not* in regards to the welfare of mankind, but to the detriment of the most eminent being that lives on Earth.

- Mankind would be a lot better off if scientist would take the devil a little more serious. A lot of diseases could be *better* controlled, if one would be aware beforehand, *from which* regions they stem from.

It sounds like a fairytale, like some fantasy, when one hears that an unbelievable BATTLE between the powers of good and evil is in progress. That the divine SPHERES are engaged in a cosmic quarrel with demonic spheres and that mankind on Earth is involved in it, is unfortunately a momentous fact.

- You can *eliminate* the story of “Adam and Eve” from the bible, it *isn’t true* and it leads to *false* conclusions.
- But the battle between GOD and the devil is *a reality* and it has led to enormous battles.

This battle also takes place on Earth! And the things people cannot understand can be squarely placed at the feet of this dissension. The spiritual realm is responsible for this event. This is the reason why heaven and hell are *completely different from* what the churches assume them to be.

- *It is the devil’s intention to destroy all of GOD’S CREATION – and he knows that he can challenge and affect GOD the most by attacking and destroying man.*

Medical science is at work all the time and continuously invents and discovers new means capable of combating many illnesses. But this is not enough! This is why there are also invisible remedies and medications of a spiritual nature that are employed. These spiritual remedies have the advantage of affecting the body in such a way that it is able *to help itself*. In such cases, the body becomes its *own* pharmacy, respectively, its *own* laboratory. But if man is *without faith* and rejects any spiritual HELP, a blockage occurs that the spiritual IMPULSES and VIBRATIONS *cannot penetrate*.

- Man must open up to healing ENERGIES; he must *welcome* the healing process! – Physicians have *always observed* this, but had no explanation for it.

The more man *trusts* spiritual HELP, the better his chances for a cure! *HARMONY and FAITH in GOD, these are the prerequisite for spiritual healing – for a Lourdes.*<sup>1</sup>

#### 4. Automobiles (Transmission from the year 1963)

Dear friends! You cannot imagine the number of cars on the Earth. Cars are certainly an enormous technological accomplishment, one that one can simply no longer do without. But we look upon its development through *different* eyes: Cars damage and benefit mankind equally. To tell the truth I have to say that the mobilisation of the world through cars has reached a stage that is *more* than just damaging to one’s health. When a great epidemic strikes the Earth, one fights this epidemic with all available means in order to contain it. But who will contain this epidemic called cars?

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<sup>1</sup> **Lourdes** is a town in the South of France and a world-renowned place of pilgrimage at the foothills of the Pyrenees, at the river Gave de Pau. “The Sanctuaries” with its miracle performing, healing spring; neo-gothic basilica (1876) and the Church of the Sacred Heart (1901). The French sister of Charity of Nevers was born in Lourdes on the 7<sup>th</sup> of January 1844 and died in Nevers on the 16<sup>th</sup> of April 1879 *Bernadette Soubirous*, was canonised. She experienced 18 apparitions of the Virgin Mary in 1858 in the Grotto of Lourdes.

We are dealing with enormous amounts of combustion gases to begin with and they change the whole atmosphere. An enormous amount of exhaust gases are inhaled by the majority of the population at the same time. *People's blood is gradually and virtually being poisoned.* In addition to this are other damaging influences and they have an equally dangerous effect!

- The *healthiest* pursuit of all is still walking, it is vital and it prolongs life. But one is reluctant to walk the shortest of distances these days, one prefers to use the car instead. In addition to this is the unnatural posturing whilst sitting in the car and also an unnatural position of legs and back. Even if the physical damages do not occur immediately, they will become apparent after a certain time in any case.

As I have been able to observe, injuries caused by car accidents have a *chronic* effect on people's health and they are very difficult to alleviate. This observation will not be very welcomed by the car industry and the same applies to our scathing criticism of smoking.

It is an unfortunate fact that your "average citizen", that is to say, the poorest of worker, must absolutely have a car these days in order to not lag behind the rest of the world. This only increases the dangers one faces on the road. But I will not go into all the many, incredible accidents. The way all of these souls end up in the spiritual realm is absolutely unfortunate. Their development has been *abruptly interrupted* through these accidents and they arrive here with us mentally damaged. It sometimes takes years before the damages caused by accidents have been completely alleviated.

- *Many souls reproach themselves bitterly for having acquired a car that was not a necessity and that has only brought about their sudden, gruesome demise.*

If man does not use his legs often enough, he disturbs his circulation to a considerable degree. The heat produced by the engine forms also a part of this. The gas laden air *inside* the car is also not very good. But he, who already has a car and would not like to without it, should eliminate any unnecessary use of it. He should walk if conditions allow him to do so. He should only drive when the distance is *too far*.

Lack of time is does not wash as an excuse. A car user will always find time to do *other*, interesting things. He hurries out of pure habit. This frenzy, this race against time worries us particularly.

- This permanent, stressful rush leads to enormous, mental strains and they will have a *psychosomatic effect via the spinal cord* after a very short time.

The cerebral nerves are overtaxed.

These overexertions will then also affect the activity of the heart and the whole circulation. The result of this is a restriction of the coronary, producing a severe tendency to a dangerous coronary thrombosis. As heart attacks are already a world wide disease, one should take appropriate, preventive measures. But this will only be possible, if one attacks this evil by its roots, namely by reducing the time behind the wheel, because it overextends man and it robs him of time.

## 5. Drugs (Transmission from the year 1971)

*We naturally condemn the use of drugs and call it a crime against man, against oneself.*

The dialectic materialism (Diamat) is not without out blame in regards to this worldwide crime, because it communicates a completely false picture of man's overall existence, assignments and goals. Without the influences of the Soviet dialectical materialism, this evil would only be half as severe. Young people, influenced by their studies, adopt this indoctrination, respectively false indoctrination, as their ideal of absolute freedom of conscience. These influences are particularly dangerous when they are exercised in democratic nations. The influences of the dialectic materialism, that is to say, the *idolatry of matter*, are less effective in totalitarian nations than in those nations where freedom, a *fool's freedom*, is the norm.

One takes drastic measures for instance, when drugs are smuggled into Russia. Its abuse is also severely punished and there are enough informers around to tell the authorities. It is a different situation in democratic countries. Here one does not think that narcotic drug peddlers commit a crime against mankind, but regards them as poor, seduced victims.

Smuggling itself is much too leniently dealt with. It therefore comes as no surprise that drugs already present a problem in primary schools, because children already have the financial means to pay for these drugs. – The results of this can already be seen!

- But the things one does *not* see or guess are *even worse*, because evil will really finds its feet in the spiritual realm. Drug addicts are *not* delivered from their vice after their disembodiment, after their death; *they suffer enormous agonies*, agonies no human being on Earth could ever imagine. This knowledge alone should be sufficient deterrent to keep people away from drugs!

Addiction to drugs is a crime that doesn't just destroy the physical body, but also attacks the soul at the same time; it couldn't be more devilish.

- *The complete lack of knowledge in regards to the existence of the soul has removed brakes here that would otherwise protect people from poisoning themselves in a suicidal fashion.*

But even common place smoking of tobacco products represents a danger to man that should not be underestimated. The difference is that this "pleasure" is more recessive whilst the decay with harder drugs takes place *a lot quicker*.

In as much as smoking in the wider community cannot be stemmed by the authorities, people's addiction to drugs can hardly be curtailed either!

- One either has to fight these vices through *totalitarian means* by *equating* these transgressions with capital crime,  
or one disseminates the total knowledge in regards to the immortality of the human soul.

There is no other way!

## 6. Supernatural illnesses (Transmission from the year 1960)

As you are aware, there is such a thing as *spiritual, psychic* healing. Through prayers and through concentration, GOD'S spiritual realm is asked to help the sick. The otherworldly HEALER concentrates on the patient and provides him with cosmic HEALING ENERGIES or *activates* his organs, nerves and bloodstream. Spiritualists and psycho-scientists no longer doubt the validity of psychic healing.

But the *shady side* of the spiritual realm presents a completely different picture: The way the spiritual, respectively the otherworldly HEALERS, have a certain amount of ENERGY and MIGHT at their disposal to help people on Earth, if they have a *positive attitude*, the otherworldly “vampires”, respectively souls with hatred in their hearts towards GOD, also have their own energies to attack and to ruin the health of people, if people possess a *negative attitude*.

The opportunities and their employment are superlative! You cannot imagine the size of this. *More than two thirds* of this humanity is *negatively polarised*. This means that more than two thirds of this human race is more or less ill. These illnesses mainly exist in an extremely high disposition towards:

- Dangerous infections and blood or nervous disorders,
- atheistic attitudes,
- demonic vices and habits,
- lovelessness,
- insensibility,
- an inclination towards violence and materialism and
- a resistance towards accepting divine LAWS.

Quite apart from other tobacco products, numerous hundred of billions of cigarettes are smoked on this planet every year. The consumption of alcohol is unimaginable. It was only supposed to serve medicine and technology. Recreational drugs and gluttony in every respect, as well as fatty substances, deleterious chemicals and a lot of other things are the signs and side effects of an extremely negative attitude. The divine LAW of *justice and correlation* states irrevocably:

- *Like and like belong together and like inevitably attracts like!*

This LAW already finds application in one's terrestrial existence. This is why we have nations, parties, groups and bands throughout the world. The same situation also exists in the spiritual realm. There are nations, groups and communities there also. There are good, positive groups within GOD'S plan as well as evil, antagonistic, destructive and disintegrating groups and also mavericks with an unimaginably negative attitude; because they believe that they are GOD'S outcasts. These hostile entities, endowed with a fanatic, but extremely high intelligence, are filled with unequalled hatred and are as vengeful as the evil one himself and they are *the most intense concentration* of psychic, mental illness. The negative within planet Earth's humanity *attract* them like a huge magnet and they follow those that sympathise with them step by step – without them being aware of this.

You should therefore not be surprised that you encounter such a lot of people who are *permanently discontented, irritable, nervous* and literally gasped their last breath. Manager's disease, heart attack, atrophy of the nervous system and also cancer, as well as leprosy and leukaemia and whatever they are called, are the results of this invisible danger and concentration and do not represent a micro-world as it were, but they pulsate, inspire, conduct and in turn are directed at all negative people on Earth. This represents the *dangerous counterpart* to psychic healing, namely mental illness, that enervation of resistance that is a million times stronger than any psychic, spiritual healing. – The GOOD will triumph in spite of this, because there can only be one winner, namely GOD!

## 7. Spiritual assistance (Transmission from the year 1963)

You must be aware that in regards to spiritual phenomena, academic scientists, similar to church fathers, are obliged *to stick to their dogmas*. Quite so, science also has dogmas, well, this is what one can call their *solidly established mistakes*, respectively their explanations for natural occurrences. This is the reason why opinions show discrepancies.

- But if there is no honesty and open mindedness present, spiritual results are naturally *very sparse*. When it comes to honest spiritualists, the situation is accordingly different!

But you cannot assume now that academic science is completely without faith and ignorant in regards to spiritual knowledge. University science is *increasingly* more interested in these phenomena. One might still energetically avoid terminologies like *spiritism* and *spiritualism*, but *psychology* and particularly *parapsychology* deals with the potentiality of gaining an insight into the secrets of the soul. In recent times one has even gone as far as contemplating the existence of a hereafter where human souls might reside.

But if one would pay more attention to spiritual laws, respectively the religious demands of a divine EXISTENCE, one would progress *a lot faster*. But one has accepted many scientifically tested spiritual events as irrevocable truths and included them in the scientific thought process, in spite of this.

The English *Society for Psychic Research* has undertaken some very informative experiments and they have partially managed to refute the animistic misconceptions of certain atheists. It is a well known fact that one can get rid of shingles and also warts through religious consultations, respectively, through *intercessions*. These healings take place with the cooperation of the positive spiritual world!

But atheists insist that these healings come about through *autosuggestion*. It was extremely difficult to refute this assertion, because many hypnotic experiments verify that autosuggestion can produce blisters on the human skin, which in turn disappear again after further autosuggestion. These experiments are extremely detrimental to any research into the hereafter and lead to *false* definitions in regards to all factual supernatural phenomena and processes.

The *Society for Psychic Research* in England has now undertaken completely innovative tests *with animals*. One applied the *same religious consultations* with animals covered in warts, that is to say, one influenced them through prayers and through intercessions. To everyone's surprise, the warts disappeared in the self same manner as one has been able to observe with people for years. What

next? – To the great chagrin of atheists, they were now unable to maintain their *autosuggestion theory* or their hypnotic definitions. Animals are not talented enough to understand what intercessions are all about or what the spoken suggestion actually means. The brain therefore does not react to the intercession at all. What now?

- Due to these experiments one has come to the conclusion that *other*, higher FORCES come into play here. This is therefore also the right conclusion!

Plants actually *also* react to these types of intercessions. But these experiments are still far and few between. But one will make progress by pursuing this line of thought. America has now also begun to undertake these experiments. A number of experiments were made with cattle and this produced good results.

- *Praying for an ill person provides the best supplementary medicine available.*

This has nothing to do with superstition!

## 8. Water is sacred (Transmission from the year 1958)

GOD'S SPIRIT is unimaginably sacred! – But this actually means: *Pure!*

The Earth, as physical testing ground for those soul's that are incarcerated in the flesh, is covered with *more* pure water than land. This fact should make you think, because there is *more purity* than filth here on this Earth. And this purity of a fluid nature, springs from GOD'S SPIRIT and it is therefore sacred and of unimaginable POWER.

- All physical life and all organic bodies and entities that possess a conscious spirit come from water. The origin of man, with all his abilities as a serving instrument, subordinated to spirit, owes his emergence wholly and solely to GOD'S sacred, pure water.

This insight hardly rates a mention. But *John the Baptist*, the SON of GOD and many original Christians were *aware* of the prominent sacredness of pure water and they utilised it extensively. The holy baptism is *not* a symbolic action, but is mistakenly regarded as such.

Perfect contact with pure water is not a cleansing from grime in itself and certainly not a cleansing from sins by a long shot. The cleansing from sins may be a symbolic admonition of man, but water is sacred in a completely different way.

*The water of the oceans stands in first place*, apart from its salts and minerals it contains the greatest amount of solar energy and spiritual OD. The enormous surface, bombarded by the sun's energy particles, is a collecting surface of life, that is to say, of that particular ENERGY that doesn't just benefit the organic body, but also that ENERGY that promotes the activities of the soul.

*The water flowing down the mountains stands in second place.* This includes all the springs and mountain lakes that emerge from within the earth or originate from glaciers and that harbour an enormous amount of LIFE ENERGY, which is partially made up of solar and earth energy, because the Earth is also *solidified sunlight*.

*Inland waters* are less sacred in this respect; they are *polluted* and contaminated by industry, shipping or through people and animals.

*Purified tap water* contains *only little* a ACTIVE ENERGY for organisms and even less so for the soul.

*Consecrated water*, through being blessed, has of *symbolic* meaning, but it is certainly not as pure as the above mentioned water and therefore only sacred to a *small* degree.

Now take heed of what we are about to tell you dear children:

- *Pray and meditate in the water of the oceans or the water of the mountains. Pray in natural springs, but submerge your body deep inside this water and beseech the omni-powerful HOLY SPIRIT for spiritual HELP. Remember the miracle producing spring at Lourdes, remember John the Baptist, remember CHRIST, remember GOD and HIS MIRACLES. – This alone is the wonderful holy baptism, the connection with GOD'S invigorating CONVALESCING ENERGY!*

The miracle properties of holy water were recognised many years ago in India, namely the water that came flowing down from the Himalayan Mountains. But this water was *deconsecrated* and *contaminated through fanaticism*. But the enormous OD-ENERGY of the Red Sea sufficed to bring about a great, divine miracle.

*All of you looking for healing and energy, all of you seeking GOD'S blessing, pray within the sacred waters of the LORD. You can perform complete devotions in water; they are more beneficial than a church fete! Look after your cleanliness, look after your souls. Esteem GOD'S natural powers!*

## **9. Questions and answers from the Menetekel** (From the years 1956 to 1975)

Question : Why do good people often have to suffer so much whilst most bad people are well off?

AREDOS : Good people enjoy a higher level of development, whilst unrefined people occupy a lower level. The natural result of this is that refined people acquire a more prominent life situation on this planet of redemption. But this higher life or school situation demands far greater challenges from its pupils, far more patience and greater knowledge and understanding, then is the case in a lower school grade.

- *You may not assess the situation according to material affluence, but according to the acquired maturity of the soul.*

Those that have to suffer a lot are being spiritually *tested to a higher degree* in order for them to *advance* further than others. It is an unfortunate fact that many people do not realise that the spiritual world has found them worthy of undergoing a more difficult test of fate. It isn't any different at school. *Far more* is demanded in higher grades.

- It is therefore a case of not looking at others and wondering about their high standard of living and envy them for it, but *to recognise* that one is spiritually superior to them and that one has an advantage in regards to divine PROVIDENCE.

As you know, life on Earth is the *preparation* for one's TRUE EXISTENCE in the real world of the immortal SPIRIT. People blessed with Fortuna's cornucopia neither gained a spiritual insight nor made any progress that made them more mature for a future life in the spiritual realm.

Question : Are serious illnesses also such an examination of the soul?

AREDOS : No, these illnesses of the body are *not within GOD'S plan*. They spring from CREATION'S duality. But they *also* develop through mankind's blunders. Mankind has lost its natural protection in most cases, that is to say, the natural antibodies against certain diseases have been lost. All accidents are also *neither* GOD'S WILL *nor* HIS fault. But man should guard against illnesses. This is *his* responsibility!

Question : Is the constant taking of medications damaging?

ELIAS : Every physical body adapts to the rhythm any medication is taken. The body will suffer *damage*, if this rhythm is interrupted. Most people make the mistake of getting used to one form of medication and then either change the medication or change the way they take the medication before it begins to have an effect. No physical body can deal with this.

- Unless some form of medication is absolutely necessary, one should *do without* it.
- One's *mental attitude* is a *much better* MEDICAMENT than one anticipates.
- Particularly guard against the tannic acid found in coffee. It is dangerous! Make sure that you prefer a brand of coffee that has been *de-acidified* accordingly. Coffee can easily bring on a heart attack, because it overtaxes the heart. *Never* drink coffee *without* the addition of milk or at least take a sip of milk after.

Question : Many people insist that accidents and illnesses are of a karmic nature. Is this correct?

AREDOS : A lot of nonsense is bandied about, particularly about karma. Karma is a *fate* man has to take upon himself and a fate he has to deal with. But accidents and illnesses or disfigurements of the body are *not* part of anyone's karma!

Question : Are people with visible disfigurements mentally challenged?

ELIAS : A mental disability can only come about through a faulty "relay", respectively, through an inferior physical brain. Other physical disabilities are often offset through very high intelligence.<sup>2</sup>

Question : How is it possible that mankind on Earth falls prey to diseases more and more, even though medicine makes continuous progress? In a lot of cases, even doctors are unable to help. What can we do *to avoid* illnesses and diseases?

AREDOS : Mankind has been *responsible* for inflicting on itself all illnesses and diseases and this for

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<sup>2</sup> The best example of this in this day and age is the famous American professor *Dr. Stephen William Hawking*, the greatest theoretical physicist and professor of mathematics of our time. Hawking suffers from progressive paresis (amyotrophic lateral sclerosis). He lives in a motorised wheelchair. After an operation to his trachea he is no longer able to speak. He overcomes this inability with the help of a communications computer.

thousands of years. There are a thousand reasons for illnesses and diseases:

- *Disregarding* the laws of nature.
- *Disregard* for one's own body.
- The development of a *food industry* within a capital driven economy.
- Health damaging fashions, shoes and other garments.
- Synthetic fibres, rubber and materials with insulating properties
- The utilisation of *tin cans* instead of glass to store food.
- Knives and forks made from metal instead of wood or plastic.
- *Preservative acids*.
- The *spraying* of fruit and vegetables with insecticides.
- The use of *artificial fertilisers* and a lot more.

*Vegetarianism doesn't help either* to gain a normal, that is to say, a healthy lifestyle if the listed trespasses against nature are not eliminated. This humanity has been travelling in *the wrong direction* for thousands of years and it *created all the preconditions* for the evil one, the antagonist, to harm it any way he can.

Question : Are there any entities within the physical creative regions of space that surpass the organic make-up of man on Earth?

ARGUN : Man on Earth is adapted to the conditions of his planet. But ask the SANTINER! They possess an incontestable constitution, but not when they are on Earth, only within their own region. They live within a different atmospheric environment and belong to a different solar system. The SANTINER do not depend on oxygen as much as you do. They have completely different lung tissues. Your lung tissue atrophies, whilst the lungs of the SANTINER are utilised to the maximum. Your lung tissue is so delicate that it easily tears, whereas the lung vesicles of the SANTINER are highly elastic. The degeneration of the lungs of man on Earth has been handed down through many generations and is has been on the *increase*.

Question : Can you tell us the reasons for this degeneration of our lungs?

ARGUN : There are *a lot of* reasons for this: Smoke, soot, tar, gases and many other contaminants have had an effect for thousands of years. Believe me, smoking tobacco does not promote the development of the lungs vesicles! It only leads to shortness of breath. All of mankind suffers from mucilage of the lungs due to this shortness of breath and this brings about a lack of oxygen and changes within the blood; a logical conclusion that hardly attracts attention.

Inappropriate or incorrect breathing has the effect that people *age very quickly* and it shortens people's life span. Incorrect breathing also *leads to heart attacks*. Correct breathing is of utmost importance. The medical fraternity should actually be aware of this! The incorrect design of some of your clothes is also often to blame and this particularly applied to past epochs. Incorrect physical movements and incorrect postures also have the same negative results.

Question : There are illnesses that are closely linked to our fast moving lifestyle. Is it bad to arrange our lives according to the clock?

ELIAS : The assumption that the arrangement of one's life according to timetables leads to illnesses is correct. But without a clock, respectively without timetables, there would be no civilisation. But it is wrong to allow oneself *to be dominated* by the clock. The pressure of time breaks people's spirits, well, under certain circumstances it can lead to death.

Question : One comes across dreadful suffering everywhere. This situation poses the question of whether suffering represents either a blessing or an opportunity for redemption.

ARGUN : Suffering is *self-inflicted most of the time*. But it is very much a case of how such suffering is dealt with. These illnesses can bring about redemption in many cases.

Question : Scientists are of the opinion that all of Mother Nature is permanently fighting a battle of survival. Only the stronger ones survive – one therefore has to play the same game. There is no harmony in this battle. What do you say to this?

ELIAS : There is harmony in this! *Mother Nature regulates itself*. But it should *not be confused* with humanity. Man rates *higher*! But where does this superiority remain in regards to illness and wasting away?

Question : Is it true that in most cases *cardiopathy* represents the second stage of a nervous disorder?

ARGUN : Most cases of cardiopathy are the result of an incorrect lifestyle. But severe cardiopathy can *also* be the result of "mental bleeding". Permanent grief or enduring disharmony can *narrow* the blood vessels and this can bring the blood supply to the heart to a standstill.

- *Heart failure often befalls people who find that life seems senseless.*
- *Hatred* is particularly dangerous; it is deadly poison to the heart!
- The heart is the *most important* organ; this is where the soul *resides*.

One has to give people suffering from cardiopathy hope, namely convince them that life is worth living. Move all of your limbs on a regular basis. Assert a claim on all of your limbs and *move them rhythmically*, this is a panacea. Every motorist's life expectancy drops, because he rushes and he hardly moves. What are presently lacking are medical genii, I mean people like Robert Koch etc.

Question : Can you see the inner organs of people on Earth in such a way that you can make a diagnosis?

ELIAS : Your body seems *transparent* to us. We see right through it. But it is mighty difficult to ascertain an illness of an organ. A terrestrial body appears like a diaphanous colour photograph, like a photographic slide, to us. Only under very specific circumstances can an inner organ be scrutinised more accurately.

Question : Esoteric circles also worry about people born with DEFORMITIES. Are we to accept these terrible aberrations without doing anything about them?

ARGUN : You are horrified when you come across these terrible aberrations of people born without arms or legs and instead of a proper mouth, only have a gaping hole. He, who shudderingly turns away, no longer believes in GOD. The divine LAWS *dictates*, that wherever a human life is about to come into being, a soul *must incarnate*, no matter whether the body normal or deformed.

- The development of the embryo *cannot always be* anticipated even by the spiritual realm!

Through many influences, particularly through loads of human sins, development is *disturbed*. What can happen is that some organs or limbs grow very irregularly. An arm, for instance, can take 20 month to develop instead of the usual 9 month of gestation and this can produce these deformities. *Delays* within GOD'S LAWS of NATURE are the *principal causes*! These LAWS are delayed by:

- *Strontium*
- *Radioactivity*
- *Nicotine*
- *Alcohol*
- *Sexual abuse*
- *Nutritional disorders etc.*

If we are dealing with an incarnation due to some grave karma, it will deal with the body in a come what may fashion, because it has relinquished its PROTECTION. If we are dealing with a *superior* soul, it will be removed from the disfigured body as soon as possible, which means that it will "die". This in turn means that PROTECTION and GRACE have been restored, respectively given. In any case, it is man's task *to learn* and *to mature* through it all. Due to the principle of causality, *no soul ever misses out*, because everything is eventually balanced!

- *You have no business of showing an interest in someone's human karma, because it isn't your affair!*

It wouldn't be right for a patient to go to a doctor who just happens to be an esoteric and this doctor would say: "My dear man, you have karma to deal with and this is why I *cannot* treat you, otherwise GOD could be cross with me".

- *It is man's assignment to protect and to promote life!*

Question : But what is life in a deformed body all about?

ARGUN : As I said before, life in an *incompetent* body is often enough *brought to an end* by the spiritual world. One would now have to accuse us of killing a human life. But the reality is that we only serve the divine PLAN. But why should only the divine REALM show mercy? Why can't human beings also show mercy?

- *If the possibility of a deformed existence can be prevented – and this immediately after this has been established, man would show an enormous amount of compassion, instead of exposing such a soul to years of agony.*

Hell is delighted about every ruthless act committed by man. You calm your conscience by saying that it *might be karma at work*, otherwise the “almighty GOD” would not have allowed something like this. A karmic soul naturally has no direct PROTECTION at birth, but it certainly isn't GOD'S WILL to force it into a deformed body.

- *According to divine LAWS, every anomalous development also undergoes some form of tuition, that is to say, it repeats itself. But if these types of derailments can be avoided, they can then only seldom repeat themselves and they eventually stop altogether.*

When man is troubled by his conscience, he always appeals to the “dear Lord”, who sees everything.

- But man should intervene and act where it is *appropriate* and where he ascertains that GOD will *not relieve* him of his duty.

GOD certainly doesn't have to do the things man can accomplish, that would be asking too much! GOD'S TASKS are so immense that in your wildest dreams you could never imagine how gigantic they are.

Everything in regards to matter can be decided upon by man and this with good will and after some initial research. It is therefore not within GOD'S sector to do the things man can already do or possibly do in future. The most important thing is that it is done *humanely, compassionately, harmoniously and progressively*, borne by *genuine* brotherly love.

Question : Accordingly, all illnesses, which are really due to the disregard of the divine laws of nature, have been *self-inflicted* for generations?

ARGUN : Yes, one can put it like that. Smoking for instance is a great vice and therefore a sin. You certainly do not do your body any favours. The same applies to the consumption of alcohol.

- *The bodies of your children will have to experience the things your own body does not experience due to the long term effect of some things.*

Do you want to depend on GOD to abolish alcohol and tobacco?

No! – This is absolutely *your* own task – because you *can* do it!

- *It is therefore also your task to avoid birth deformities or to eliminate malformations in good time, because you can also do so!*

Sin will always be the things that are *impure, abhorrent* and *imperfect* and the things that are directed *against* a normal HIGHER DEVELOPMENT.

Question : Mankind must be prepared to accept the worst when it comes to the many human birth deformities that are still to be born. In a well documented case, a child with birth deformities was killed. The courts acquitted the perpetrator. Is this correct?

ARGUN : This was a mercy-killing in order to *avoid any further* pains.

- The spiritual realm always decides *according to motives*
- The divine PLAN always wants *the positive!*

In wars governments make *life and death* decisions over millions and millions of *healthy* people. But the things governments arrogantly assert can create problems for individual people, if they act in complete desperation. But man has the duty to be humane and *not* to be cruel.

Question : Can the spiritual realm prevent these types of incarnations?

ARGUN : Incarnations take place according to divine LAWS. This is why they can therefore not be prevented.

- *A living body is entitled to a living soul. – That's the LAW!*

Question : *Magnetic bracelets* and similar products have been on the market for some time. What information are these types of products based upon?

AREDOS : The influences of magnets as well as magnetic waves are not unknown to science. Such a bracelet however offers *no* secure protection against illness. But sensitive people *can* react to it if they are nervous. The effect is in the influence on the nervous system, that is to say, it is an indistinct stimulus.

Question : Should one treat the human body with magnets in the first place, as it possesses its *own* magnetic field?

AREDOS : There are different types of magnetisms. An electrical magnet can be useful with nervous disorders. But these magnets should *not be utilised with organic illnesses*. This field of knowledge needs more research.

Question : Science tries to solve the riddle of the age of a queen bee; one does not know what substance it consumes. If one were able to ascertain this one day, could one, as one might assume, extend *man's life expectancy*?

AREDOS : A human being is a human being and not an insect. – The things insects consume are not

always appropriate for human beings. Therefore, if someone would consume the stuff queen bees live on, he would be *absolutely unable to process it* and it would therefore be *ineffective*.

The substance the queen bee needs to sustain its unbelievable vitality is supplied by her subjects, which produce this substance *within themselves*. If one could offer this bee product to consumers, one could very well utilise the queen bee's longevity to advertise it, but age comes about through *wear and tear*.

Question : What particular *colours* have an influence on the soul or play a specific role in regards to people's health?

ARGUN : Colours have a reasonably *strong influence on people's wellbeing*; they can have a harmonious or a disharmonious effect. Colours influence the nervous system and the soul.

- Blue and white, also violet and green possess a *positive* energy. But dark colours, like for instance brown, dark blue and black have a *negative* effect. A particular role plays *red*, is agitating and makes one overactive.

"Black" is the colour that identifies the negative!

We cannot understand why the church prefers black. Black is neither appropriate at funerals nor at baptisms or sermons, also not when benedictions are given.

- *To spirit forces, colours have an almost magnetic attraction!*

Question : *Nervous disorders* in the USA are increasing at an alarming rate. Do these illnesses have anything to do with this day and age?

ELIAS : Yes, absolutely. – All this chasing and rushing things gives people nervous disorders to such a degree that they *lose* contact with the positive, divine and cosmic ENERGIES. If this is the case, no physician and no medicine will be able to help them. The whole universe, respectively, the cosmos oscillates and vibrates in a rhythm of harmony.

- *Harmony is a COSMIC LAW!*

Enormous chaos would reign without this regulation. Atoms and planets also move uniformly within this rhythm. Everything is subject to this LAW of harmony. But man now makes a mistake: He forcibly extricates himself from this harmony. He blocks and bridles any harmonious influences and turns towards *disharmony*. He ends up *repolarising himself* and becomes disharmonious himself. This is why individuals and the world are so close to chaos.

Materialism and histrionic egotism make people ill and hectic. But those that would take their time would fall way behind their competitors. Those that chase after money go to rack and ruin. If man would *live a little slower* he would *reach his goal quicker*. But heart attacks or other illnesses soon put an end to their endeavours!

Question : Your high-tech world, with its numerous negative side effects, makes people very nervous these days, so that many people become ill and even have to die. What is your judgement

of this situation?

AREDOS : Above all there is *noise pollution* and *the contamination of the atmosphere*. It would be ideal to build the roofs of houses in a way that one could plant things on them. This would improve the air around you.

But noise pollution also makes people contract nervous diseases – and one should not underestimate nervous disorders! Muzak, the constant irrigation of public places with sometimes disharmonious music is also a part of this. One is already looking for sound absorbing potentialities.

- *Contentment and joy are the best antidotes for nervous disorders!*

Political circumstances and political nonsense do not allow people to enjoy themselves anymore.

- He, who cannot *give* does not feel pure joy when he can *take* something. Apart from that, *common courtesy* and proper speech are also lacking. This feeling of disharmony and discontentment *also* springs from these causes!

Question : Nervous disorders not only continue to plague the USA, but also Europe. Everybody blames their nerves. What can one do about this?

ARGUN : I know, but one is often unjustified in blaming one's nerves. It is often the *disharmonious disequilibrium* of the soul.

- Most of the time, nervous disorders are related to *inner discontentment*.

One has to support oneself a little in this by *avoiding* the negative and by *recognising* the positive. One should not waste one's time with trivialities, because they harbour irritations most of the time. The conversion from the Age of Pisces to the Age of Aquarius also plays a role here.

- Take good care: *This conversion will affect children and adolescents first, because this is where the ousted negative tries to gain a foothold to begin with. We are dealing with the desperate decline of an old Age. Only those aware of this spiritual process can meet this fight head-on.*

Question : Do disharmonious situations put more of a strain on the spirit or the nerves?

ARGUN : The spirit can certainly maintain its deportment in regards to physical matters, because it isn't quite as exposed to life's contestations as the nerves.

- *The nerves are the registration points through which the spirit functions.*

Matter, nerves and spirit form a troika, because they are interconnected with one another and dependent on one another.

- Nerves consist of a substance *that is less part of physical matter*, but more something called tele-plasma. Nervous tension does *not* necessarily have to disadvantage physical

matter, *but it will disadvantage the spirit*. The nervous system is the CONDUIT between the body and the spirit. The nerves are a kind of intermediate substance between spirit and matter, because they are partially of an ectoplasmic nature.

The nerves in ethereal people are like a spider's web and they continually vibrate. They are highly sensitive and they may not be overtaxed. Matter on the other hand is coarse and would be completely insensitive without nerves. It can therefore *never produce one single thought*, that is to say, be independently intelligent.

- Intelligence *without* GOD'S ENERGY is *impossible*. It represents a drop out of GOD'S OCEAN.

Question : There are all kinds of *mental illnesses*. Medical science assumes that these illnesses are due to disorders of the brain. Is this correct?

AREDOS : There are many "mental illnesses" that have *nothing* to do with the brain. But people's *mental attitude* plays a large role in this. If somebody is very discontent for instance, and continuously quarrels and lives an unnatural existence, he inevitably attracts lower spirit entities.

These *hoaxing and teasing spirits* can become very dangerous to people, because they actually control their victims to such a degree that they behave like mental cases. If this situation continues for some time, it will eventually have a psychosomatic affect, that is to say, that the organs will be affected by this.

- With *most* mental illnesses, otherworldly entities are *involved*. Medicine has unfortunately not yet accepted this fact!

Question : Is it possible that certain illnesses are related to one's abode?

ARGUN : Yes, this happens sometimes. Only a total renovation of one's home or a change of locality will help here. Demonic thought-bearers are sometimes also *disease carriers* in a spiritual sense. This is why apartments that are very old, that is to say, that have been occupied by many different people, are dangerous in this respect. Negative spirits, respectively negative souls can be rooted to a locality to a degree that they can damage people's health. The same applies to antiques objects.

Question : What can one do to prevent this?

ARGUN : One has to renovate these apartments. But this alone *doesn't always* work. One has to *consecrate* any suspicious rooms. The best way to do so is to:

- *Have flowers in vases,*
- *beautiful pictures on the wall,*
- *play excellent music and*
- *favour positive thoughts and actions.*

Negative influences are then *banned* under these conditions. If one does the reverse in *new* apartments, evil forces are attracted and they will then do their mischief.

Question : Can certain *illnesses from the spiritual realm be transferred* to the people on Earth?

ARGUN : As unbelievable as it may sound, this is *actually possible*. The lower world of spirit has done it *often enough*. But man on Earth must show a willingness to participate. This is the case when he lives an ungodly existence and also when he defies nature.

- *Atheists have a disadvantage in that they lose divine PROTECTION. They are at the mercy of evil forces when this happens. You are able to observe this phenomenon particularly with politicians. The deprived always acts out of base motives.*

Question : How can one guard against this?

ARGUN : By asking GOD for ASSISTANCE. One has to be able to pray *honestly* and *candidly*. Ask that eminent SPIRIT ENTITIES fight evil on *your behalf* and ask then to protect you.

- But you have to *make an effort yourself* by abiding by the divine LAWS.

The otherworldly sometimes like to take revenge. The reasons for this revenge *can reach back for generations*. Such revenge attacks can lead to dangerous mutations and they are not according to GOD'S PLANNING.

Question : Is it true that one can influence the healing process by reading the bible?

ARGUN : This has nothing to do with reading the bible. But if the patient reads *positive, good quality* literature, it can happen that he *adopts a positive attitude* which in turn *opens* him up to positive influences, which will then have a healing effect.

Question : Is *medical science* inspired by GOD?

ARGUN : Yes, absolutely and this through HIS HELPERS.

- *About 50% is DIVINE HELP*, the rest is medical science.

Question : Who are these HELPERS?

AREDOS : These HELPERS were successful physicians and scientists in past lives here on Earth; they continue to plie their trade in the spiritual realm and they help where help *is asked for*.

Question : Where does their incomparable knowledge come from?

AREDOS : It comes from the fact that they *participate* in all scientific experiments everywhere, even though they are invisible. They are absolutely aware of where medicine stands. To add to this is their knowledge about spiritual potentialities. These potentialities are not to be underestimated; they can actually make a decisive difference in many cases.

Question : *Addictions to drugs* take on dangerous proportions. Addicts insist that they are able to

undertake astral journeys under the influence of drugs. Is this correct?

ELIAS : Yes, this is correct, addicts do experience the hereafter.

- *The astral body exits the body through the skullcap, but it retains its connection with the body just the same, even if its freedom of movement is confined to a few meters. This is why one calls this experience a “trip”. This doesn’t just apply to LSD, other drugs can also effect such a trip. “Hexensalbe”, Witchcraft’s Herbal Lore or Flying Ointment is well suited for this.*

Question : As these drug-induced occult experiences are not individual cases, but generally known, scientists would have to take note of them. Isn’t this *tangible evidence* that the soul exists and that it can separate from the body? How do you see this?

ELIAS : As long as scientists are not prepared to *test such a poison on themselves*, they will hardly be inclined to accept the narrations of addicts at face value. Only testing LSD on their own body could lead them to accept this. Every scientist who steps out of his body in a drug induced state will accept this experience. He will be aware that he’s *not* dealing with a hallucination, but with a *genuine* astral journey.

Question : One alleges that LSD addicts have seen hell whilst under the influence of LSD. Is this correct?

ELIAS : No, this is incorrect, they only imagined it. They have probably read or heard somewhere that hell is bright. This is why they confuse a bright sphere with hell. These addict are *duped by a very bright, gigantic play of colours*. Depending on the developmental level of the addict, there are often discrepancies between the colours they describe. But there is at least an invisible connection between the astral body and the physical body during this LSD induced state.

Question : These experiences must surely lead to the conclusion that the soul *consciously* lives on after death. How does the spiritual realm assess these drug induced experiences as a means to gain higher knowledge?

ELIAS : We are dealing with a *negative detour* here that perforce leads to insights. But we would *never recommend* going in that direction. On the contrary, *we definitely advice against it!*

Question : What means are there to dissolve *kidney and bladder stones*?

ELIAS : *Not all* stones can be dissolved. Their formation is akin to the creation of a pearl in an oyster. A bacterium can become encapsulated and it will then form the foundation of a stone that will gradually grow. The formation of these stones is *not exclusively* due to an unbalanced diet.

Question : The production of *cosmetics* is an enormous industry. People believe that they can rejuvenate and beautify their appearance for quite some time with the help of cosmetics. How do you assess these attempts?

AREDOS : People can of course adorn themselves and gilt their appearance, but it depends on *the way* they do so.

- *Negatively inclined people become old very quickly! An ungodly attitude towards CREATION makes people nothing short of ugly. To add to this comes the fact that many people's looks are affected by karma.*

Why are some people not happy that they have been endowed with black hair due to divine INFORMATION and PROGRAMMING for instance? No, they never give the fact that it might be GOD'S WILL one thought, they *rather be blond* and so they dye their hair until they all fall out. The same applied to cosmetic surgery: Is the nose too long, because it is a particular feature of a particular race, it will be cut off without GOD'S permission. And then there are all the various beauty creams.

You have to be aware that every drug and every chemical substance can *enter the bloodstream through the skin*. But the composition of blood is enormously important. The slightest changes can bring about illnesses and indispositions. Well, even an allegedly harmless chemical substance can turn into a poison when it mixes with blood, because it *combines* with hormones and other glandular excretions.

People should be a little more reserved in regards to using cosmetics and not participate in all this nonsense. Cosmetics can of course hide some blemishes, but one's GOD given beauty is more often than not defaced, *painting one's eyelids* for instance; this has an influence on the nerves of one's eyes. – But the beauty industry doesn't want to hear this, because they hope to rake in billions.

Question : Does the utilisation of synthetic fibres in the production of wigs have a damaging effect?

AREDOS : The wig doesn't have a damaging effect if it is made from *genuine* human hair. Wool could also find application here.

- But synthetic fibres *can* be damaging, because the scalp has electromagnetic properties.

Nylon fibres and similar synthetic substances influence the force field around the head. The damage done is difficult to ascertain, because it may appear somewhere else. Vegetative nerves could be influenced for instance. The associated industries don't care if someone falls ill. The same principle applies to any other headgear.

Question : Does the application of chemicals on one's scalp have an influence on the brains activity?

AREDOS : This depends on the frequency of the application. The industry in point of fact forgets that the head has a *very important radiation system*. Frequently colouring one's hair and washing one's hair with chemicals all too often can cause damage to one's nerves.

- *Hair has an electromagnetic purpose.*

The scalp is also part of this. An increasing nervousness can be a sign that one has overdone things a little.

Question : What is the spiritual realm's opinion in regards to *treatments through injections*?

ARGUN : Medical science naturally also makes progress. Injections circumvent the stomach and the

medication enters the bloodstream immediately. This is excellent in regards to medications that could harm the stomach, particularly with sedation. It also shortens the time for it to become effective.

But we have noticed a misuse; even if there are other, *better* opportunities, injections are used *at every possible chance*. In this way, where injections are used all the time like for instance with allergies, important antibodies are removed from the body, respectively destroyed. The body loses its capacity to fight back. This is something medicine should take into consideration.

- *The best injection is still one's body's inner apothecary*, it helps itself if its own self-help properties are not destroyed, if one promotes them with natural, therefore divine MEANS.

Question : What about inoculations?

ARGUN : Great discoveries and inventions are often inspired by the spiritual realm; they therefore represent GOD'S HELP. *There are no objections against inoculations*, if they are done carefully and with consideration. This prevents the spread of terrible epidemics.

Question : Are *yoga exercises* suitable for Europeans?

AREDOS : There are some yoga schools in Europe that are *not suitable* for Europeans. These exercises have often *lead to severe possessions (schizophrenia)*. Europeans lack the spiritual tuition for these types of exercises, namely the harmless *turning within*, that is to say, an inner view. But there are some easier exercises that are absolutely suitable.

Question : Can you tell us what specific exercises you are talking about?

AREDOS : I am talking about specific *breathing exercises*. The solar plexus and stomach muscles must be strengthened in the process. The exerciser must direct all his concentration on the centre of his body whilst he is breathing regularly. One has to try to remain or to become very quiet in the process.<sup>3</sup> Most people's breathing is either too shallow or too fast.

- *A good routine is to stand close to an open window whilst enjoying the morning sun and to breathe slowly and deeply. This should be done every second day and on a regular basis if possible!*

Question : Does this exercise have anything to do with COSMIC ENERGY?

AREDOS : No, it is mainly a case of providing the body with its natural supply of oxygen. This enrichment through oxygen perks up the whole organism. Once the body is fully functional, the soul's energy is rekindled. The correct rhythm is however very important. I suggest:

- *15 seconds of breathing in, then 30 seconds of holding one's breath, then slowly*

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<sup>3</sup> See the book called: "The five Tibetans", Integralverlag.

*breathing out.*

Question : It seems that the civilised section of the human race shows an increasing number of *psychosomatic symptoms*. A lot of people in America already visit their psychiatrist on a regular basis. What are the reasons for this?

ELIAS : These illnesses mainly spring from discontentment, from a hectic lifestyle and from disharmony. As mankind *does not really* possess a *stable* faith, it feels insecure and this uncertainty brings on all these illnesses and diseases. Almost all psychosomatic phenomena stem from such situations.

Question : Medical practitioners will not accept pointers from us. What can one do?

AREDOS : The sad thing about this is that they are so engrossed in their opinions that they do not react to any indoctrination that doesn't stem from universities. If they were only willing, they could learn a lot from us. You can do very little about this. Medical practitioners still regard death a great mystery, as something occult.

Question : We are of the opinion that a lot of diseases are linked to *nutrition*. Why is it that many people suffer from nutritional disorders even though they are very careful and moderate in regards to what they eat?

ELIAS : Man tends to stick with a particular diet, but if he suddenly *changes* his diet, his organism *revolts*.

- It isn't always a case of whether one eats sensibly or not, but more a case of what one is used to.

Any deviation from one's routine can have unpleasant consequences. This is how illnesses come about.

Question : The question of whether the consumption of meat is damaging for human beings comes up regularly. How does the spiritual realm assess this?

ELIAS : *Generally speaking*, the consumption of meat *is not harmful*. But there are a number of meat varieties that are less digestible. Eating meat *to excess* is absolutely damaging. One's organs are then overtaxed.

- The COMMANDMENT: "Thou shall not kill" has been *misinterpreted*. One always has to remain logical and not fanatically adhere to what has been interpreted. It should never degenerate to a situation where nobody is game to leave their home because they're concerned about stepping on an insect. *This divine LAW only applies to killing human beings!*

Talking about something being harmful, there is nothing *more harmful* than preservatives. The senseless use of sodium chloride, namely cooking salt, is an absolute evil for mankind and one of the major causes of many serious illnesses.

Question : "Thou shall not kill" therefore *doesn't* correlate to the fattening and slaughtering of animals?

ARGUN : This LAW mainly applies to killing people, to fratricide. But man should never kill for the following reasons:

- *Out of hatred or because he has been ordered to do so.*
- *Out of lust or the joy of the chase.*

Man is only allowed to slaughter animals to guarantee his own survival. This means that he needs *some of the substances in meat* for his own organism in order to be completely healthy. The souls of animals are very quickly reincarnated and as far as the hereafter is concerned, they have no higher duties to perform.

- *You may not torture animals under any circumstances!*

Question : Vegetarians offer *alternatives to meat*. Should we prefer these types of food products?

ELIAS : These food products also contain preservatives that have a damaging effect.

- *Best of all are deep-frozen food products.*

Question : Due to their non-consumption of meat, are vegetarians immune from diseases?

ARGUN : They have fashioned a doctrine for themselves *without* asking GOD'S REALM for advice. Vegetarians also fall ill and because they *lack* important substances, many of them suffer from poor health. They lose weight and they convince themselves that they are healthy.

- Vegetarianism is to be endorsed unless it turns *fanatical* and doesn't allow the odd exception. Have a look at those that have been vegetarians for years, do they really look that healthy?

I know that a lot of the things I say will not be endorsed by many for dogmatic reasons and due to their own prejudices. But we have been sent to you to TEACH you and your health is just as important to us as your mental state. We therefore cannot show consideration to certain aberrations, we have to eliminate them in the name of the TRUTH. But we cannot stop you from misunderstanding a great number of things, because you thoughts go *their own ways* every now and then.

- *A lack of understanding* comes from studying various literatures!

Dear friends, as you can see, I see inside of you, but I also see that you are of good will and that you will progress as long as you keep your eyes on the positive. The spiritual realm cares about you and also about the many readers of our messages!

Question : Can you tell us more about the consumption of meat?

AREDOS : The laws of nature are always correct! – There are animals that *only eat plants*; they have the appropriate set of teeth to do so and also the appropriate digestive organs. One *cannot* feed a lion grass, he would die. The same applies to man. He is an individual and

according to his set of teeth and digestive organs, he needs meat and plants in his diet. He, who trespasses against this, commits a sin against the laws of nature; unlike the lion, he will naturally not die immediately, but he will suffer a certain amount of damage.

- It isn't right to *force-feed* animals to a degree where they will suffer a breakdown of their metabolism. *This meat is diseased!*

There are animals like cows and sheep for instance that only eat plants. Do you honestly believe that they do this because of some higher knowledge? – This is why CHRIST said: “Take much more care about the things that *come out of* your mouth, because that is the refuse of your evil thoughts”!

The gradual development of today's human body happened over many thousands of years and it developed from a coarse, primitive body. This body has been used to the consumption of meat for all these thousands of years and it is *still adapted* to it.

- *GOD'S COMMANDMENT only correlates to fratricide, otherwise you would not be allowed to harm neither fly nor louse.*

Question : Can rheumatism be healed through a special diet or through fasting?

ARGUN : No, rheumatism is permanent, if you have it, you have it. Dieting is a good thing, but it will *not bring about a lasting* recovery.

Question : Have *cancer and leukaemia* or other severe illnesses anything to do with *karma*?

ARGUN : No. *The LORD is not an avenger!* These types of illnesses are physical attacks on people. Karmic illnesses are *deformities, disfigurements* and *handicapped sensory organs* – but they do *not* inflict pain. Karma always has a *mental effect* on people and this in every respect.

Question : Why are there so few cancer sufferers in India or in Inland Brazil, whilst they are so numerous in Europe?

ARGUN : Cancer is exceedingly a *civilisation sickness*. Almost all food consumed by Europeans has been *chemically treated*. In addition to this are certain signs of the times, like for instance:

- Haste
- Gulping down food
- Motoring
- Smoking
- Certain pesticides, which end up in one's bowels, promote the development of cancer.
- Poisonous oxides are also a main contributor.

One has to do more research in that direction! The people in the above mentioned zones

live under *different basic conditions*. Europeans are very effeminate and they become ever more isolated from *Mother Nature*. Their general structure is no longer robust enough.

Question : Can cancers be transmitted?

ELIAS : *Yes, cancers can be transmitted, but only in regards to leukaemia.*

If two individuals touch one another, that is to say, if both of them have open sores or cuts, a mixing of their blood can take place.

Question : Many people ask themselves the question of why they are not being *spiritually protected*, because they have to suffer so much, as with cancer for instance.

ARGUN : *Cancer is a direct, negative attack by the antagonist!*

He will be successful where the right conditions already exist. These can be *inherited* conditions or they might be connected to *nutrition* or to *vices*. Every human being is aware of whether he or she is good or evil; this is why he or she are also aware whether they deserve PROTECTION!

Question : What else comes into consideration in regards to this ever increasing susceptibility of people towards diseases?

AREDOS : Apart from the already mentioned reasons one also has to look at *nuclear tests*. All of these attacks on Mother Nature promote the retrograde steps mankind is presently taking.

- *Be careful with salt!*

Mankind has *marched along* many an erroneous path. Just think about smoking for a moment.

Question : Can cancer also be transmitted through blood transfusions?

AREDOS : If we are dealing with leukaemia, naturally. If we are dealing with cancer of the cells, then the DNA programming is incorrect. Even if it happens on very rare occasions, one *cannot completely* exclude this danger. If the carcinogen in the blood is in its early stages, it cannot be detected.

The blood of heavy smokers can have negative qualities and they can have repercussions for the recipient. You know that nicotine for instance, can be detected in infants that have imbibed contaminated milk. The consumption of alcohol also plays a major role.

- *I would suggest that the blood of smokers and alcoholics should **not** be used in transfusions.*

If there is a tendency towards cancer, this tendency can naturally be *transferred* to the recipient. But these are only very rare cases. But people possess the right antibodies most of the time. But if you're dealing with the blood of heavy smokers, your antibodies won't help either.

- Let me tell you in any case that man puts his natural defences *out of action* through his damaging smoking. Many are then surprised that one or another disease befalls them.

GOD'S antagonist knows exactly what he is doing! He loves to destroy man's natural defences and mankind opens doors and gates for him to do so. He is then able to destroy all of mankind's health in this way!

- *The abuse of alcohol, drugs and nicotine is more dangerous than you assume, because these vices still have an effect in the hereafter!*

Question : Is it true that grilled meat promotes the formation of cancer?

AREDOS : The fear of cancer is great, in fact so great that one wants to blame this or the other for it. Apart from its fat contents, grilled meat isn't any different from boiled meat.

- *Smoking and breathing in waste gases, like the exhaust gases from traffic, is dangerous.*
- *Smoked comestibles should not be eaten in superabundance; they can have the same effect as other smoke related tars.*

Question : Why is it that cancer can attach itself to someone even though this person *neither* smoked *nor* drank any alcohol ever?

AREDOS : Cancer research makes the mistake of not giving man's *oxygen demands enough* attention. Most people do not have *enough* oxygen in their system. This deficiency leads to a *proclivity towards cancer*, because the natural defence mechanisms slacken off.

Let's take a smoker as an example: His constant smoking prevents him from covering his oxygen requirement. He mainly breathes in smoke, respectively, contaminated air. This eventually brings about a situation where his cells can no longer function normally, therefore naturally. To put this in perspective, they can no longer align themselves according to divine INFORMATION. This situation gives cancer the upper hand.

- Therefore, man has to blame *himself* for the diseases his lack of oxygen brings about!

This is why it is *more likely* that smokers succumb to illnesses. But even the non-smoker is exposed to the danger of contracting cancer, because his fellow men deprive him of the necessary oxygen!

ELIAS : (1958) Talking about cancer, one can mainly blame its spread on the contaminated atmosphere and the smoke filled air you breathe.

- *A lack of oxygen is particularly effective in promoting cancer!*
- *Overindulgence* in regards to citrus fruit and citrus juice attacks the lining of the stomach so that a *proclivity* towards cancer can come about.

The pollution of the environment *isn't given* enough attention to. Therein lays a *genuine* danger for all of mankind. All that money spent on the armament race should rather be spend on cleaning up the world!

Objection : There are a lot of people that do not smoke and they *still* ended up with lung cancer!

AREDOS : To give you another example: Let's take your friend's<sup>4</sup> situation to explain this: He was a pedagogue and *exposed to oxygen poor class rooms*. Due to his profession, his required demand for oxygen was *higher* than that of other people. This situation, lasting his whole life, *also* had a pathological effect on his cells due to the reduced efficiency of his natural defences. Man *gradually* loses his natural protection, his immunity. There is one thing you can clearly glean from what I said:

- *Any deviation from the DIVINE LAWS of NATURE inevitably leads into a mental, spiritual darkness and physically into an ocean of diseases!*

He, who is obstinate and transgresses *against GOD'S PLAN*, has to deal with the negative consequences in the here and now and the hereafter. Ignorance *doesn't* protect against the consequences! You have enough opportunities to acquire positive information. The KNOWLEDGE is available! It is up to you to find it.

Negative causes create negative effects and they appear without fail. Nothing can save you from this, unless you do an about-turn towards goodness. One might be able *to defer* the looming consequences with trickery and ruses, but one time or other the *full consequences* will eventuate. If *the causes* of the decline are *not eliminated*, one's karma becomes ever more severe!

GOD does not forsake you! HE has an ARMY of unselfish HELPERS ready for you. He, who intrusts his faith in GOD, thereby intrusting his faith in HIS positive HELPERS, will be helped, you can rely on that. But the help received doesn't always comply with the way one envisages it. GOD looks *further* ahead and HE knows exactly what represents *genuine* HELP is and what is just a stopgap.

- *He, who has opted for GOD and against the negative, he, who wants to undertake this journey and makes this journey unperturbed, finds that the trodden path will lead him out of all mental, spiritual and physical wretchedness, may the contestation be ever so great. GOD with HIS positive REAM will eventually be THE WINNER.*

Even by contemplating this a little you can learn to recognise this without fail and then come to a decision in regards to *whom* you want to turn to. But your decision must spring from a *genuine desire*. *The slightest hypocrisy will be detected*; it belongs to the negative characteristics and never leads out of any misery.

GOD wants *honest co-workers*! The final "reward" is so overwhelming that you could never imagine it, even in your wildest dreams.

These are no empty promises!

CREATION is full of genuine miracles and you can participate in them. All you have to do is to make a genuine effort. Why do you want to continue your ill-fated journey

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<sup>4</sup> A member of the Medialen Friedenskreis Berlin who passed away.

through this world-wide misery?

Question : What can someone suffering from cancer do *to alleviate* his pain and suffering for instance?

ARGUN : He can do the following:

- *The best thing he can do*, if there are no other opportunities, *is to pray*.
- But he can also try to concentrate on making his body *lighter* and *more weightless* so that he can leave the mundane world behind for a while and all his pains will fall away.

But it is unfortunately only given to a few to make use of this opportunity. It is a very difficult concentration exercise. But a silently spoken prayer can also bring about an easing of the pain.

Question : Are there any opportunities *to protect* oneself from the dangers cancer represents?

ELIAS : That smoking represents one of these dangers has already been recognised here on Earth. But *in spite* of this danger, only a relative few decide to give up this dangerous habit. They simply decide to risk their health. They believe that the associated, dangerous illnesses *only descend upon others* and not on themselves. The oxygen content within the blood plays a special role.

- *The less oxygen in the body, the greater the danger of disease.*

ELIAS : The exhaust gases of automobiles are equally dangerous! It suffices to stay in smoke-filled rooms or in a smoky environment. One doesn't even take the health of small children into consideration in this respect. All the nations that bear *full responsibility* for the health of its people seem to condone it.

Our spirit DOCTOR and HEALER ARMAND recommends to all of you to eat a lot of spinach, because its iron contents is readily absorb into the bloodstream.

- *The iron in food offers a certain amount of protection against cancer.*

Question : How is it possible that ailing cells cannot absorb oxygen?

ELIAS : One's genotype plays a major role in this. Some people are of a very robust nature, whilst others have a more susceptible nature. It is difficult to ascertain whether one is dealing with negative INFORMATION or whether one is dealing with a random act. Such a disease is always negative in any case, because it isn't ordained by GOD!

Question : If somebody has fragile genes, how can he avoid being at risk?

ELIAS : An individual can unfortunately not always select the most preferable area to live in. But he can do something:

- *He can have an impact on his cells with will power,<sup>5</sup> that is to say, he can – many might not be willing to believe this – through meditation and through candid prayers effect that his cells receive a kind of “protective mantle”.*

Question : (1966) A friend of mine suffers from a skin disease. He develops white spots on his skin, they get progressively larger and no medication can help him. What can he do about it?

ARMAND: There is no medication on this whole world that can help him. But dermatology should occupy its time with treating skin with light. The skin must be bleached in complete darkness. It can then be treated with light. This demonstrates one avenue of research for science.

Question : Modern medicine has developed ways to keep *terminally ill patients artificially alive*. Some of these patients are unconscious, but they are still kept artificially functioning for years. What do you say to these experiments?

ELIAS : If such a condition is maintained for many years, the development of the body lags behind. The soul is then either in the hereafter or already reincarnated. The body then simply lives a vegetative existence, that is to say, an artificial existence. It is very difficult to make a judgment here. But in a blatant case like this, we find that to allow such a body to come to rest, that is to say, to switch off its artificial support system, would be an act of grace.

- *But there are cases where a body temporarily releases its soul. This creates a situation where a different soul grabs the opportunity to take possession of this body.*

One is then confronted with an enigma. But if a number of years have already passed, the body is already without a soul and it is in an intermediate state, as if in an embryonic state. No other soul will then have access to this body.

Question : Are we dealing with a derailment of science, if these bodies are kept functioning in such a manner?

ELIAS : Such experiments also have their merit, that is to say, they're informative. But they may not be dragged out too long. It could degenerate into blasphemy.

- *Man is a divine creature. One makes the huge mistake of not giving the soul enough credit, one does not respect it at all. One simply denies the soul's existence.*

Medical science is *only concerned with the body* and it receives all the attention. As far as they are concerned, if the body still functions it *isn't really dead*. Scientists adhere to the COMMANDMENT: “Thou shalt not kill” in this case. One therefore keeps the body allegedly alive.

It is quite possible to experimentally keep a body alive for centuries, but one is only dealing with a physical mass that is run like a machine. There is no sign of life to be found here. The cells hardly undergo changes. There is no further development here.

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<sup>5</sup> See brochure: “THE SHIELD of LIGHT”.

These experiments neither harm the body nor the soul. But we warn against any type of prolonged experiments in spite of this. They are somewhat unnatural. One should take this into consideration.

## Spiritual healing

Question : Can one call a psychic healer a “spirit medium”?

Answer : Naturally, because different mediums have *different* gifts, they are however fed from the *same* SOURCE. If you are a genuine medium for instance, you are not in a very comfortable position, because you have something others don’t possess and they therefore envy you for possessing these abilities. If you are a genuine medium, you also possess the GREAT KNOWLEDGE that comes with it, something that is more powerful than all human knowledge, because you *know* that you have constant spiritual contact with spirit entities around you.

- Those that are *true* instruments of the spirit never have fear in the heart, because they are always *aware* of the spiritual BAND they are surrounded by.

But it is very difficult to make outsiders comprehend this KNOWLEDGE. LOVE naturally plays a huge role here, because he, who is unable to LOVE a stranger can neither be a spiritual medium nor an ADEPT. LOVE provides the medium with all the required abilities to act as a divine INSTRUMENT.

When scientists and clerics doubt the existence of this POWER, it is because they do not have the right mental picture of the enormous POWER of brotherly love in their minds. It is well nigh impossible to convince these loveless people that this divine POWER exists.

Question : Does a prayer suffice, if a patient wishes to be spiritually healed?

ELIAS : *No*, that is not enough, because it also depends on KNOWLEDGE and above all on one’s TRUST in GOD. We are aware that most people suffer from one illness or another and that they suffer because of this. But most of these illnesses are self-inflicted. This is the reason why *remorse also* plays a large role in this.

- The patient *hoping for* spiritual healing may, above anything else, *not become impatient*. Most patients demand that they should be healed *immediately*. Even the psychic healing process can *stretch across years* and might only bring some improvement in many cases.

We are of the opinion that psychic healing must work hand in hand with conventional medicine. But most physicians unfortunately won’t have anything to do with psychic healing, particularly not, because they don’t want to lose any part of their halo. An otherworldly HEALER can transmit spiritual ENERGY.

Question : Does this happen often?

ELIAS : *This happens with all operations anyway, wherever they might be performed.*

Question : Is there another, specific difference between psychic healing and a prayer?

ARGUN : Not really. But there are people who believe that their prayers alone are not enough, that they don’t have enough ENERGY. But he, who *really* believes in GOD’S might and loves GOD, can also confer great ENERGY to his prayers.

Question : Modern medicine talks about suggestion, respectively autosuggestion when psychic healing gets a mention. Why is this so?

ARGUN : Well, let's be completely honest here, autosuggestion does play a decisive role in people's affairs. But one should not *forget* that it *isn't just* autosuggestion that helps, but it is *the healing RAYS* of the otherworldly after all, who go all out to help and to alleviate man's suffering, so that one of GOD'S good children will be helped. The otherworldly BEINGS of LIGHT send LIGHT, invisible to your eyes, to ill people. This otherworldly divine LIGHT heals.

Question : Can the body be healed through the soul?

AREDOS : Prevention is the best medicine. I therefore advice you to develop your own soul in such a way that it *can* become *preventively* active. A human soul of good character will *not allow* that the body about to be healed is subjected to evil influence.

- *The hygiene of the soul is as important as the disinfection of physical matter!*

But one has unfortunately not yet compiled any statistics to ascertain all the many diseases that *arise* with mentally undeveloped people.

Question : Is psychic healing really that radical that it can improve serious medical conditions?

AREDOS : *Allelopathy*<sup>6</sup> and *homeopathy* are healing processes that are basically of great importance, because they are *inspired* by GOD'S ORGANIZATION. Radiotherapeutics supports these healing processes. But these rays should never be utilised without medical advice. Psychic healing is *also* a RADIOTHERAPEUTIC process with the difference that we are *not* dealing with *electrical rays* and also not physical light. The application of psychic healing should also take place with medical advice and certainly never without medical advice. It has been proven that terrestrial medicine *works best* with the support of psychic healing. An ill person should always consult a proficient physician – but he should also turn to GOD *at the same time*, because HE can make a fundamental contribution to the physician's endeavours.

Question : Can you tell us something about the process of remote-healing?

ARGUN : Spiritual remote-healing is an INTERCESSION. The healer has to completely tune in on the affliction and on the patient. He must directly *concentrate* on the patient's affliction. The terrestrial healer must naturally pray whilst concentrating and he must also vigorously concentrate on his request that help should be provided in this case; the better the concentration more promising the attempt. The requirement is that remote-healing is performed in complete quietude and with devotion. Cleanliness is also very important.

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<sup>6</sup> Wikipedia: **Allelopathy** is the science that studies any process involving secondary metabolites produced by plants, algae, bacteria, coral and fungi that influence the growth and development of agricultural and biological systems. The bio-molecules are called *allelo-chemicals* and are produced by some plants as secondary metabolites. When the allelo-chemicals are released into the environment, they inhibit the development of neighbouring plants.

Question : What is psychic healing, questioned by physicians, based upon?

AREDOS : It is mainly based upon *the power of faith*. A powerful conviction mobilises all the ENERGIES within the body so that the many glands can produce *their own medication*, this medication *cannot be artificially produced* by science. The healing therefore takes place in a very natural way.

Question : A television program showed us how unbelievably difficult operations were carried out with relatively simple means in connection with the spiritual realm, making many physicians turned all their attention towards spiritualism. What do you say to these completely successful healings?

ELIAS : Without our assistance, that is to say, without our co-operation, psychic healing is *impossible*. But the greater your faith and your hope in our concurrence, *the easier* it is for us to help you through spiritual MEANS. We certainly induce the human apothecary within the physical body *to be activated* so it can produce the right kind of medicine, the medicine we have selected for the patient.

Question : Is there a scientific acknowledgement of these phenomena?

ELIAS : The new insights one has gained in this field grabs to attention of scientists. But the scientists and leaders *at the forefront* believe that a general acceptance could *divert their attention* from physical research. This is the reason why one is not game to take a step forward in that direction, because the existing state of affairs could *topple over*.

Question : Is it actually true that healing energy emanates from one's hands and that it can heal?

Answer : This is absolutely correct. The great teacher CHRIST already indicated this. A mother can pacify her child with her hands. The power of the SPIRIT can flow from hands. Physicians are unfortunately not aware of how important hands are in the healing process. But when a human being LOVES, he becomes sensitive and immediately recognises the importance of caressing hands. This form of influence can be enormously developed. But physicians unfortunately prefer the scalpel.

Question : Can one learn the art of psychic healing or is it a gift from GOD?

Answer : *Almost every human being possesses the gift of healing.*

Mother's hands alone already verify this healing energy with children. These latent bestowals can naturally be *developed* and even highly trained.

- *He, who recognises that he has this aptitude, should absolutely foster it.*

Every psychic healing will only be effective in an atmosphere of sacredness; *only then* can the metaphysical ENERGIES be *absorbed*. These ENERGIES can be transferred to another human being by the simple act of laying-on of one's hands.

- Carried out in church, it is a *meaningless* ceremony.

Human instruments already charged with this ENERGY and developed to such a degree

that they are also *able to receive* this ENERGY, are able *to transfer* this ENERGY to *another* instrument. The amount of ENERGY that *can* be absorbed depends entirely on the capacity and the accretion of individuals. Proceed slowly. Nothing can be forced in this regards. May the learner be patient and may he absorb as much as is possible.

Question : Reviews have up to now had the best results with shingles. Are we dealing here with psychic healing?

ARGUN : Man's psyche can actually be approached through all of his senses. This is why it is possible to have an effect through the sense of hearing *also*. One can *heal* illnesses through harmonious music for instance; but one can also *trigger illnesses* that are only waiting for an opportunity to strike, through discordant music. All sensory perceptions like taste, touch and vision lead directly to the soul. All of these possibilities are hardly known.

Question : The taste of medicine would then have to play an important role, wouldn't it produce a discordant reaction if it was bitter?

ARGUN : You will find this amazing, but a bitter tasting medicine has a *better* effect than a sweet one. The patient convinces himself that a bitter medicine would have to have a more potent healing power. His reaction to it is immediate. One may not underestimate the power of suggestion; it plays an important role, particularly in regards to healing or illnesses. Suggestion can kill for instance; but it can also allow a terminally ill *to recover* under certain circumstances.

Question : Would this explain the success of some of the *miracle healings* of the past?

AREDOS : Yes, some of them anyway. *But this has nothing to do with psychic healing*. Prayers can mobilise enormous ENERGIES. But these ENERGIES cannot touch man, *if he blocks them*. They will have no effect at all. In order for these healing energies to have an effect, man must *open up* to begin with. But only positive, that is to say, genuine and pious people will be successful.

Question : What can a cancer sufferer do to alleviate his pain?

ARGUN : He can do the following: If there are no other alternatives, he can pray, it's the best approach. But he can also try to concentrate on making his body *lighter* and *weightless* so that he can mentally leave the mundane world behind, this will alleviate all his pain. But unfortunately only a few have the talent to utilise these practices. This is a very difficult concentration exercise. But a heartfelt prayer can bring about an alleviation of one's pain.

Question : A medium in the Philippines causes quite a stir. This man operates without surgical instruments. I am talking about the lay doctor Antonio Agpaoa. He is able to open up a body and then close it again with his fingers. Can you please tell us how such operations are possible?

ELIAS : We are dealing with the same ENERGIES Christ also UTILISED. Antonio Agpaoa is not the only psychic surgeon in the Philippines.

- *What is required is an unshakeable faith in the power of metaphysical healing energy*

*and also in the co-operation of otherworldly physicians. Agpaoa is acutely aware of the help he receives. But the patient must also show an imperturbable trust, otherwise the magic circle cannot be closed, something that is absolutely necessary.*

The whole mystery shows a lot of parallels with the healings that take place at Lourdes. The afforded PROTECTION is of vital importance.

- A healing *will not come about without* spiritual PROTECTION.

The ENERGY comes from the cosmos and it flows through the hands. It is akin to a laser beam. Experience and routine are naturally a part of this.

Question : What happens if the patient does not have a lot of confidence in this type of operation?

ELIAS : This type of psychic healing *can* turn into something *quite dangerous* in such cases. The patient could bleed to death for instance, because the applied autosuggestion plays a supporting role.

Question : Can you explain this to us in more detail?

ELIAS : Of course. Autosuggestion works like hypnosis, it supports the circulation. Autosuggestion is absolutely imperative, because it replaces a whole medical team. The blood flow is stopped. The particular location on the body to be operated on is anaesthetized and sterilised at the same time, because the body's own defence mechanism begins to function.

Question : But how is the skin opened up?

ELIAS : It is similar to spiritual teleportation. *The location* on the body is *dematerialised* and this exactly to the directives of the otherworldly physicians. The skin is closed in the self same way after the operation through dematerialisation.

This is beyond the comprehension of physicians, because they have been trained at different universities. A spiritualist or a spiritist is *more likely* to understand this process, because they are more aware of spiritual potentialities.

Question : Can one learn this kind of healing?

ELIAS : Only in a round about way; a student of this must first become acquainted with and respect spiritualism. A student doesn't instantly become a yoga master.

Question : Is a particular aptitude required for this type of healing, a maximum portion of psychic ability for instance?

ELIAS : *No, every single human being could achieve this if he or she would endeavour to do this.*

But who is as selfless as the spirit healers of Brazil or the Philippines? To do this requires a lot, a whole lot, actually *a maximum* of LOVE for one's fellow man!

Question : Is it true that there are spirit healers that can carry out around 300 of these operations a

day?

ELIAS : There are no limits. A spirit healer can naturally perform one operation after another. A Michelangelo Buonarotti could also paint the ceiling of a chapel, with the help of spiritual FORCES, day in and day out. CHRIST also healed many lepers in the same way.

Question : It has come to our notice that the lay-surgeon Antonio Agpaoa from the Philippines is supposed to be a trickster. How does this concur with the question we asked in order to find out how such an operation comes into effect?

ELIAS : There are actually surgeons that utilise psychic ENERGIES. These types of operations have created a sensation for years in Brazil. I have been trying to explain to you how these types of spirit healings have come about. This explanation doesn't only apply to Agpaoa.

Question : Is it true that Agpaoa is a fraud?

ELIAS : This is difficult to answer, because he can be credited with a number of successful healings. But that he also utilised trickery is a fact. This alone creates an auto-suggestive effect that should not be underestimated. The body activates substances within that have a beneficial effect in regards to its illness.

Question : Is it true that this closes a magic circle?

AREDOS : Most of these types of fraudsters have emerged from being genuine psychic healers. But their abilities suddenly declined and lapsed completely. But they don't want to admit that they suddenly fail to deliver and so reach for trickery and underhandedness. Their suggestive powers achieve many improvements. Agpaoa is one of these people.

Question : How does the spiritual realm assess this deception?

AREDOS : Our FRIEND ELIAS already told you that autosuggestion plays a major role in this. Agpaoa is also a consummate suggester. For as long as no direct damage is done, we refrain from intervening, but we could not actually prevent him from carrying out a fraud.

Question : Doesn't this do great damage to a lot of people's faith when something like this is revealed?

AREDOS : This might be right, but if we were to judge everything, even if good intentions are prevalent, we would spend an enormous amount of time condemning things, because you will not find one single physician that doesn't make use of suggestion and that doesn't use trickery of one form or another to get results. He might prescribe completely harmless pills or he might talk the patient into taking a so-called wonder drug – which might *actually* improve the patient's health.

Question : ELIAS told us that such a psychic healing process can also be dangerous, that the patient might bleed to death. What are we to make of this?

AREDOS : When such a suggestion takes effect, a patient can naturally still die from internal bleeding. It is well known that hypnosis can have a great influence on the circulation.

Question : We asked how the process of opening the skin works.

AREDOS : The practice of opening the skin through psychic means is known in the Philippines and in Brazil. I assume that ELIAS explained the process of opening the skin through psychic means. These operations have been captured on film and they shocked the whole medical fraternity of Brazil.

Question : Are there also tricksters in this field in Brazil?

AREDOS : Certainly. But there will always be genuine and false mediums. Agpaoa is an extraordinary healer just the same, even though he did work with special effects. We certainly do not condone these types of effects!

Question : Can you tell us how many psychic healings rely on autosuggestion?

AREDOS : I cannot deny it, but a lot of what takes place in Lourdes is also based on autosuggestion.

Question : Did Agpaoa really heal people?

AREDOS : There are many thousands of psychic healers throughout the world. We cannot investigate every one of them to see whether they are fraudsters or not. *Our assignment is to teach.* Therefore, when you want to know *how* a psychic healing process works, we do not ask *for the name of* the healer, but only *explain the process* of such an operation. The way ELIAS has explained this operation is correct. Just who can perform such an operation is a different story. I believe that enough has been said.

Question : What effects do the healings by the “Christian Science” have?

Answer : The type of healing is important, what happens in many cases is that *the available positive finds expression* and that this banishes the disharmony that sporadically appears. This is achieved by the unseen, eternal spirit; the POWER at his disposal banishes the illness that had gained the upper hand. This is *one* type of healing process.

The other type of healing process consists in making the patient feel *quiet and receptive*, so that the spiritual forces *gain access* to the patient. This turns the “Christian Scientist” into a psychiatrist. But it doesn’t matter what you call it, as long as a healing takes place; because when healer and patient share the correct, receptive frame of mind, the spiritual FORCE has access *to both of them*, it doesn’t matter whether those who prepared the right conditions call themselves “Christian Scientists” or not.

- *Every other positively inclined person can become a healer; he then becomes an instrument in the hands of divine FORCES and they manipulate him accordingly.*

Question : Is it good and proper for a patient to assert a claim on direct treatment and remote healing at the same time?

Answer : It depends on whether we’re dealing with one healer or with two *different* healers who tend to the ill person. This course of action would be wrong in this case, because this would interfere with the important VIBRATIONS at work. It is as if a patient was treated

by two different doctors, whereby one doctor would not be aware of the treatment given by the other doctor. It is never appropriate to give a patient two different types of medication. The patient might not suffer any adverse reaction, but it is probably more a case where his suffering will be exacerbated.

I can see no reason to deny a patient treatment from a competent healer, be this through direct or through indirect attempts. But if the patient is exposed to IRRADIATIONS from *different* healers, the real alleviation that could be the result will be negated in most cases.

Question : The members of the German Medical Society resist any undertakings by psychic healers. Do you believe that this is the right thing to do?

Answer : It happens of course that charlatans play the field; it isn't easy to expose them. One seems to have more experience in regards to the spiritual in England. The community of spiritualists is relatively large there. This community has managed to achieve a situation where a tried and tested healer may be consulted by a patient within the hospital, if the patient asks for additional help. The success rate is remarkable.

Question : What can one recognise a genuine healer by?

Answer : The way he manifests his faith to begin with. Also on the size of the fee he's asking. CHRIST never asked for remuneration. He healed because of HIS LOVE for HIS fellow man! Genuine karma might interfere with psychic healing. The spiritual forces may not intervene in that instance and all endeavours of the healer will be in vain.

## Protocol (1989) of the former Medialen Forschungskreises Schwalenberg. (Psychic Research Circle Schwalenberg, Germany)

Theme: Illnesses and healing

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Question : Wherein lays the difference between a prayer and meditation? When should one select either one of these in order to receive HELP in case of an illness?

Answer : Well, this is basically very simple. Let's take an example: Somebody has constant hip pain. Unaware of the reasons and experiencing these pains for the first time, one will undertake a trip to the doctor. The doctor makes a diagnosis on the severity of the problem in each individual case: Is wear and tear, a strain, an inflammation or nervous tension the cause of it? There are numerous reasons that could cause this pain.

- The affected person can make his or her own *preparation* to assert a claim on spiritual HELP by *saying a helping, pleading prayer on a daily basis at an appointed time*.

Question : Can this appointed time be freely chosen?

Answer : He may select this time freely, because the GUARDIAN ANGEL will convey these things to the positive spiritual realm. If these payers come from a pure heart, if they are *genuine*, an examination of the situation by the spiritual realm comes into force to see *where* the body *and* the soul can receive help simultaneously. Correspondingly, when the diagnosis has been made, help from the HEALING ANGEL will follow. The soul and the body will gradually realise how this process silently takes effect. There is something we would like to say upfront:

- One single prayer is *not* enough!

Question : One therefore has to continuously plead for help?

Answer : Request with endearing words, not beseechingly and not incensed, but in a harmonious voice, for oneself, quietly or out loud, until the pain has subsided.

Question : Can it happen that the pain does not subside due to karmic causes, because you are not allowed to interfere?

Answer : Yes.

Question : Would some kind of intervention *to alleviate* the pain be admissible?

Answer : This also varies a lot. That the body *wants* to experience such levels of pain might *also* be due to karma! We advice that you ask us more questions, if no improvement is recorded or if the pain gets even worse. But the physical body is able to ask for help *of its own accord*.

Question : When should one ask for something through meditation?

Answer : One should make an attempt through meditation when the soul *intimately senses* that it

would like to devote *more time* to the spiritual realm than just the time it takes to say a prayer. Saying this, I would like to indicate that the development of every soul is different.

- Meditation is not suitable for every human being. Everyone who is a novice in regards to spiritual things ought to stay with praying to begin with when they're dealing with an illness.

If one is still determined to *entertain more intensive contact* with the spiritual realm, one should then concentrate on meditation, because in the course of time, PROTECTION is gradually established around the body.

Question : Just what effect has one's own feeling of trust, so that a healing can be effective?

Answer : This trust *has to be absolute*. – I certainly take that for granted!

Question : The bible states: "Everything you piously ask for in prayer..."

Answer : Yes, I already mentioned: One has to be *absolutely honest* and not just sit down and say, "I will give this a try" or "I was once told...", let's see if this really works. It *doesn't* work like this!

Question : How can one find out whether help from the spiritual realm is forthcoming?

Answer : Through meditation, through inspiration, through telepathic contact that can eventuate from this, all of this can emerge from this, it all depends on the way the soul feels about it.

Question : To what degree is the laying-on of one's *own* hands on one's painful areas an advantage?

Answer : An initial *self-healing* is possible by beginning with asking the divine HELPERS for positive ENERGIES and by laying-on of a hand on the said area. This should happen at *intervals of minutes*, between two and five minutes, and the hand should be flicked in order to get rid of the negative currents it picked up.

One has to bear in mind that the pleas directed at the HELPERS should *come from deep within one's psyche* and to quieten one's own spirit, a meditation of ten to fifteen minutes should be undertaken. One should repeat this over again according to one's own inner instincts until the body signals an improvement. – It is possible!

Question : Which hand should be active when self-healing is applied?

Answer : The right hand and the left hand, both in turn so as not to break the circulation of the ENERGIES.

Question : Are both hands applied at the same time or is one of them free?

Answer : Place one and keep the other free, but open (the palm of the hand facing up) in order to receive ENERGIES. ENERGIES will then be channelled through from one hand to the other and back again to the affected area. This can also be done alternatively.

Question : Do the hands then act like an “antenna” to receive the healing currents?

Answer : Yes, when engaged in laying-on of one’s hands on one’s own body, these ENERGIES must be channelled through the body.

Question : I learned from experience that before going to sleep, one can virtually give one’s soul the “assignment” of dealing with the illness one suffers from and of allowing itself to be advised by the HELPERS in the spiritual realm. The soul will carry this out and either next day or later on, one will feel that it has helped in one way or another. This is my personal advice and I give this to anyone who endeavours to heal himself.

Answer : Yes, healing the soul is also possible, particularly when the body is at rest and when the soul visits the spiritual realm. The soul can bring a lot of ENERGY back to then introduce these ENERGIES to the body. It always depends on the severity of the illness and on one’s inner desires to be healed.

Question : The soul sometimes directly waits for this “assignment” so that it may become active.

Answer : This is correct. Whilst in the spiritual realm, the soul receives instructions for its physical body, ENERGIES for its physical body and a lot more.

Question : Would you like to say a few parting words on this subject?

Answer : Well, we would like to recommend to everyone who bears the divine LOVE within, who senses and feels accompanied by this divine LOVE, to utilise his or her potentialities, so that they are in a position *to heal* the afflictions affecting their own body *themselves*. But the prerequisites for this are:

- *Self-trust*
- *Discipline*
- *Exactness*
- *A divine and healthy life*
- *A discriminating diet*
- *Trust in the spiritual realm.*

If an attempt to heal oneself should have no effect and shows no improvement, we would like to ask the parties involved and as far as they are aware of us, to inform us about this in order to find out from the view of the spiritual realm, where the blockages are that prevent an improvement. But if we’re dealing with karma in regards to one or another person, we recommend other therapies.

Question : The bible states: “The ways of the LORD are mysterious”. Is this correct?

Answer : The ways of the LORD are *not* mysterious. They only represent a mystery to your *terrestrial thought process* and they are very extensive. But they lead step by step, with

every thought, towards the LORD and a little further in one's own understanding. What is meant here is that terrestrial souls find it difficult *to grasp* GOD'S ABSOLUTENESS here on Earth.

## **Literature:**

Berthold A. Mülleneisen: Healing prayers, health from one's own inner energies.

Yogananda : *Scientific healing meditations, application of concentration.*

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**The End**