

# PSYCHO-SCIENTIFIC FRONTIERS

**Selected publications from a variety of subjects of psycho-scientific research. Editor: Rolf Linnemann (Certified Engineer) \* Steinweg 3b \* 32108 Bad Salzuflen \* Tel. (05222) 6558**

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Protocol extracts from the *Menetekel* from the years 1956 to 1975.

Theme : **Illness and healing**  
(With answers to vegetarianism)

## **1. Addenda** from the years 1956 to 1968

The following text to this theme was psychically received by the Medialen Friedenskreis Berlin (MFK), a Christian/Spiritual community, between 1956 and 1975. The transmissions form a part of the Menetekel, a collection of protocols of around 4,500 A4 sized pages amassed over 20 years and they have recently been restructured. All of these mediumistic messages were left in their original form, even if similar questions were repeated. The work of the two automatic writing mediums, Monika-Manuela Speer and Uwe Speer, 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**

Whilst people are healthy, illnesses are not a topic to them. Nobody asks why one *could* become ill. One takes one's health for granted – regards it as a natural state. One can be healthy, young and successful these days. Illnesses and death have been totally pushed from the minds of people living a life of youthfulness. This however unjustly so, because illnesses and death are a part of life, like the kernel is part of a nut. – Even whilst only dealing with *harmless* illnesses, one avoids asking *for the reason*. One talks about “coincidences”. Even with *chronic* illnesses and lifelong medications, all further questions are often supplanted. The question of “why did I get ill?” is only asked when a life-threatening illness makes an appearance. – “Wherein lays the sense?” – “Is this illness as senseless as my whole life?” These and similar questions come up with ill people even if they do not talk about it.

During the *1<sup>st</sup> phase* of a *life-threatening* illness, the *point in time* and *not* the illness with its consequences is the major factor. The first question is always: “Why did I have to get sick *now*? ” – The *2<sup>nd</sup> phase* raises the question: “Why did I get sick?” One's own personality now takes priority and with it the question of one's own valency: “I was not a bad human being?!” One now begins to contemplate one's life up to this point. Faced with the severity of one's illness and the possibility of one's imminent death one now asks about the *meaning of one's existence*. All prior thoughtlessness has come to an end. One has *recognised* the possibility of one's imminent demise and deals with one's life and one's situation *more seriously*.

If an unexpected improvement takes place at this point in time or even a cure, a *total change of attitude* within these people takes place. A previously loveless, cold and uncharitable person suddenly becomes the complete opposite. The illness and the chance given by the remaining time is now more meaningfully utilised from now on.

Bad Salzuflen June 2008

*Years 1956 – 1958 (incomplete)*

## **Questions and answers**

Leader : We have one more question for you about the Dutch *psychotherapist Hoffmann* in regards to her integrity at the Royal Palace (Holland).

ELIAS : Dear friends, everyone in your world is immediately harassed when trying to perform a Christian act. This woman risks her reputation, her whole existence and future. She does so out of love and an inner compulsion to help this human being. She is absolutely not possessed. You can believe this. We hope the LORD will bless your work and we hope that you succeed. Amen.

Question : Can one take on some personal characteristics of the spender with *blood transfusions*?

ARGUN : Well, something can be transmitted, namely OD-ENERGY. It can have an *extremely regenerative* effect on the other organism.

Question : Can someone's psychic abilities also be transmitted through a transfusion?

ARGUN : *Psychic characteristics can be taken on board in this way.*

Question : Does the text "Therefore be aware that our soul resides in the blood" have anything to do with it?

ARGUN : Naturally. The human soul is enmeshed with the whole body during one's lifetime, ergo particularly with the blood that mainly consists of water anyway and as you know, water has quite a number of attributes.

Leader : Dear ELIAS, I would like to come back to the experiment carried out in England in regards to using colours in the healing process.

ELIAS : *Blue, violet and yellow* are healing colours. It is also our endeavour to heal with colours and through concentration.

Question : What can you tell us about *rheumatism*?

ARGUN : There are organic and muscular rheumatisms:

*Organic rheumatism* lames all organs so that neither lungs nor heart can continue to function. This can make a sudden appearance and it usually happens between the ages of 60 to 70 years. It is usually fatal.

And in contrast to this is *muscular rheumatism*. This malevolent illness can affect all stages of life, it can already make an appearance in infants. Dampness and coldness promote it. It is conditional to carelessness and threadbare clothing and susceptibility. It is purely a muscular disease.

Muscles consist of muscular fibres. These are tied together to form a muscle. When this muscle is subjected to coldness it will become taut and this can result in a torn muscle, a very small tear to begin with, but it will continue to progress like cancer. If one does not seek the correct medical help or if common sense does not make one dress warmly, the pain will get worse over time. Rheumatism these days is mainly the result of what happened during the war. Remember the winters of 1946 to 1947, the lack of nutrition and the lack of coke in your cellars.

Leader : Dear ARGUN, would you please recommend an expedient treatment to us?

ARGUN : Regular massage of the body parts that are used the most protects against rheumatism, as well as heat packs or hot water bottles, the rubbing in of oils or creams and do not forget woollen undergarments, they are most important.

Question : Can rheumatism be karmic?

ARGUN : No.

Guest : Inherited?

ARGUN : No. One can be susceptible to it, but not inherit it in spite of this.

- *Rheumatism is the result of a disturbance in the equilibrium between acids and bases, particularly brought on by a one-sided diet. It has the same basic symptoms as rickets.*

Question : I am of the opinion that one should be able to overcome illnesses through mental efforts.

ARGUN : It depends on the illness. If we are dealing with organic illnesses like the measles, scarlet fever or anaemia, illnesses that make people apathetic, a positive attitude plays a very important role and miracles can happen, because will and faith are the only determining factors that decide whether the patient will recuperate or not. –

But even the most powerful will unfortunately has no effect with diseases that affect the bones. Particularly with diseases of the spine, these are hopeless cases. The pain can be alleviated to some degree, but even convincing, devout prayers can unfortunately not get rid of this pain.

Question : Are important elements like fluoride, calcium or silicon lacking?

ARGUN : Yes they are, - but once they are destroyed they can no longer be replaced.

Question : Can people call upon GOD when they're ill or in distress?

Answer : Absolutely my friends, and the *more imploring* they call upon HIM, the better the chance that this call will telepathically reach HIM. All human beings think in different amplitudes, ergo with a different capacity. Therefore, if a thought directed at GOD is very weak, it will be picked up and send on by positive otherworldly BEINGS, similar to what happens in the USA when radio signals are broadcast and picked up by other stations and then sent on down the line. GOD'S ENERGY is also distributed amongst people as well. GOD'S spiritual CIRCULAR CHAIN.

Question : What would you suggest we could do to prolong our terrestrial existence?

ARGUN : You can certainly do this:

- *Stop your haste and discard your disquietude.*
- *Learn to forgive so that your anger does not eat you up.*
- *Go to bed early so you can get around 10 hours of sleep.*
- *Relax every now and then or at least at midday. Every company should introduce a system where everybody rests for half an hour after their midday meal.*
- *Eat the right amount and not too much meat.*
- *Learn to breathe correctly.*
- *Going for a walk keeps the body mobile between periods of relaxation, but do not rush things and chase after things.*

I know that it is difficult to abide by these suggestions. All I want to do is indicate to you how one can gain health and a long life.

Question : Can reading sacred passages from the Old and the New Testament help the healing process considerably?

ARGUN : Positive literature will in any case.

*February 1958*

Question : I had to go to hospital twice during the last few years, once because of *damaged intervertebral disks* and once for a bout of *sciatica*. It got better in hospital, but once I was back at home, the pain returned immediately.

ARGUN : Your complaints are probably anchored with your place of residence. A change of scenery – a change of tenement would be good for you.

Question : Are certain illnesses GOD'S will?

ARGUN : *Not* cancer or consumption. *Small* illnesses are sometimes a test. Epidemic plagues used to happen in the past; these however brought not just dread but *also* positive

results, because many people became *insightful* and *found their way back to GOD*. Planet Earth is after all a planet of redemption. All of you require a stricter upbringing. You only have to blame yourself.

Question : What's the situation with killing someone when there is a danger of being killed oneself?

ARGUN : It is different here. It depends on whether the one that is attacked loves or hates the other. We can assess this because we know him – his heart, his LOVE, his character.

- *Take notice that the law “an eye for an eye and a tooth for tooth” is invalid. Such a law does not exist in GOD'S realm, but one of forgiveness and non-retaliation does.*

Question : There is a brochure called “*Prophetic picture*”. Its content is supposed to be a psychic message from Archangel MICHAEL who is supposed to have utilised a medium in Austria.

ARGUN : Archangel MICHAEL can make himself known by using a medium, but this happens *only on rare occasions*. We are dealing with a COMMISSARY in this case and not MICHAEL.

Question : Can this proclamation be seen as a revelation?

ARGUN : Yes, it can.

*September 1958*

Question : Does it always require an intermediary in the form of a spirit being when dealing with remote healings?

ARGUN : Not necessarily, but *most of the time*.

Question : Dear ARGUN, we know that the WORLD of SPIRIT has the opportunity to heal people on Earth. At the same time I have a suspicion that the WORLD of SPIRIT can also make people on Earth *ill*, like for instance through base spirit beings. Am I right with my assumption?

ARGUN : You can believe me when I say that the *baser* world of spirit had done so *on numerous occasions*.

Question : What diseases are we dealing with?

ARGUN : *Cancer*.

Question : Can you better explain this to us?

ARGUN : *Cancer is a satanic creation* and a lot of base spirit beings, being part of the satanic creation, *concentrate on a mutation* that will then lead to a cancerous disease. Amongst these base spirit beings are often souls who knew the person concerned from a past incarnation and who cannot forgive them for inflicting some grief on them in

the past. Because anything base like that will usually act according to base motives.

Question : How can these people best protect themselves against such base attacks?

ARGUN : By asking GOD for ASSISTANCE and by imploring EMINENT SPIRIT BEINGS for help, so that they might take up the fight against evil on their behalf. But not every illness has its origin in evil! People on Earth made a lot of these illnesses possible and effected them through their ungodly behaviourism. The origin of this goes back millennia. But new mutations are added now all the time.

Question : Could one achieve divine HELP by giving our fellow men a lot of LOVE, if one trespassed against them in a past life?

ARGUN : Certainly. – I have to tell you that you delighted us a lot today.

- *Ask GOD and HIS helpers, but never ever renounce the artistry doctor are capable of, they are also often inspired.*

Question : What you told us about the genesis of cancer would fit in with *Professor Enderlein's* doctrine that states that cells were already infected in mummies. As people were forced to replace fruit with meat during the ice age or in colder regions, they ingested the basic agaric (basic information) from carrion eating animals. This is where the bacteria developed in man via cells and viruses. Is this assumption correct?

ARGUN : *Exactly, that's it!* Cancer has been around for a long time. That fact that it exists from the day of its development is a *satanic mutation* in itself, but evil forces go even further by influencing people carrying the respective viruses already within to a degree that allows the cancer bearing tissue to rapidly spread and become active in people.

Question : Is it a case where cells, bacteria or viruses receive mental IMPULSES they react to?

ARGUN : These cells and viruses have no consciousness, but they are directed by FORCES just the same, virtually *remote-controlled*. To cut a long story short:

- *The mutation can come about through changes within the atomic structure of the bacteria. Positive and negative FORCES have the opportunity to regroup atoms or to give them a different impetus. They can increase or reduce atoms' rate of oscillation.*

You can see where this can end up?

- *Every mutation acts against the divine principle.*
- *Mutations interfere with GOD'S LEGALITIES.*
- *They are always of a baser origin.*

We call *mutations demonic* – and say that a *positive* change within the parameters of divine LEGALITIES should *no longer* be called a “mutation”, but a *creation*. – The hybridisation of roses or improving breeds of animals etc, carried out by *man*, are *not* part of unlawful changes, but part of development.

Question : Dear ARGUN, is it possible for us to receive further information about this?

ARGUN : We will try to engage a DOCTOR who resides in our REALM, because only an intellect with a HIGHER KNOWLEDGE than your researchers will benefit you. You are quite advanced in regards to cancer research, but then again not.

Leader : In the interest of terrestrial mankind we asked you to leave no stone unturned. We thank you on behalf of everybody.

Comment: It clearly shows over again that otherworldly beings have their own intellect that has nothing to do with the medium or the participants of the séances. All of them are illiterate in regards to the MESSENGERS of LIGHT fields of knowledge that are so clearly delineated from their spiritual perspective.

Question : Are there stimulating rays that promote *cancer*?

ARGUN : This is minimal. *Nicotine* on the other hand is *far more dangerous!*

Question : Is the point of the compass important in regards to the direction one sleeps in?

ARGUN : Certainly, one should have *one's feet point at a window*.

*November 1958*

Question : What can I do about my many ailments?

Leader : What illnesses are we talking about?

Participant : 365 illnesses a year trouble me.

ARGUN : My dear child;

1. Do not drink so much coffee, it would be better to drink hot milk with honey.
2. Try to give up smoking.
3. Try to take contrast baths.
4. Drink a cup of valerian tea every now and then before going to bed.
5. Do not overexert yourself, particularly if you know from the start that you will not manage something.
6. Spend a lot of time in the fresh air.

My child, I hope I have managed to be of some service to you. I would however recommend that a lot of people also follow my advice.

- *Nerves are actually like fine wires, hardly perceptible, but easy to tear.*

December 1958

### In regards to a new skin diseases

ARGUN : The itching blister disease that makes an epidemical appearance these days is the direct result of a contaminated atmosphere. The causes of this contamination are the numerous nuclear tests, respectively nuclear explosions.

- *A cosmic jumble of rays leads to all kinds of mutations and microbes, bacteria and viruses are affected by it first.*

Cells of the skin are poisoned by them. To put it more succinctly: Various bacteria change their vitality and their structure and also become ill. They will then have a contagious effect and transfer their pathological poisons to the cells of the skin. This condition last until the human body develops antidotes to fight these pathological poisons.

- *These mutations of bacteria are unfortunately only the beginning of further dangerous changes within organic life.*

Dangerous mutations in insects will ensue and ants as well as all fungi will also be affected. If nuclear explosions do not cease soon, a veritable chain reaction of all kinds of mutations will ensue that the blood of all creatures will be exposed to. – We repeatedly warned you, but we are unfortunately callers in the desert.

Comment: In the brochure “Before the Landing” it literally states:” See GOD, I have done this to you! On this planet, which was selected for the redemption of your children, only human monsters will live in future.

The year 1959

### Questions and answers

Question : Do all human beings possess HEALING ENERGIES they can employ for others?

MARZELLA: People have generally speaking their own HEALING ENERGIES. They mainly emanate from the hands. People hardly know something about this, but correctly act *subconsciously*, because their instinct of self-preservation tells them so. They for instance do the following:

- When they have a headache, they lay a hand on their forehead. –
- When they contemplate things and no ideas form, they place their thumb and index finger at the base of their nose.
- When certain parts of their body ache, they also place their hands there.

You do, without knowing it, make use of a metaphysical ENERGY.

Question : New apartments are mainly built of concrete. To what degree does this damage our health?

ARGUN : In so far as the rooms are not cold and damp and the wallpaper is agreeable, there are no objections. Concrete does not arrest positive RAYS.

Question : Why do most people die from illnesses in connection with a lot of suffering? Why does their life not simply blow out like a candle?

ARGUN : GOD'S aim is to have everybody live until they're old and until they did all the things GOD expected of them so that when they're old and experienced the fullness of life, they will peacefully go to sleep. –

But GOD can unfortunately not prevent everything from happening. HE can only do HIS BEST according to his own LAWS. Bear in mind that *most* people are to blame for their demise anyway. – Pain is an absolute necessity in regards to the conservation of one's life. If this wasn't so, most people would deal very carelessly with their life.

Question : How does spiritual healing work? Can everybody be healed spiritually?

ARGUN : Everybody can be spiritually healed, some a lot easier than others. It depends on their attitude and their physical constitution. Do not forget what a prayer to the CREATOR from the depth of one's heart can achieve in spiritual healing. It will not be left unheard, even if this seems to be the case sometimes.

Question : We would like to know more about the *miracle cures* taking place at *Lourdes*. I am sure that you heard us discuss this.

ARGUN : It pleased GOD at that time to show people HIS favour. HE used a medium, namely the canonised *Bernadette*.

- *The spring there is enriched with tiny, microscopic healing PROTUBERANCES (emanations). This miracle spring is also magnetised. Great, invisible spirit HELPERS have been there right from the start.*

Objection : Non-believers can also be healed. But scientists did not find anything in its water.

ARGUN : I know that when I say "microscopic" this maybe unfortunately expressed, because they are *even smaller* than one could possibly see. We are actually dealing with DELICATE VIBRATION here. We use different notations from yours. It is difficult for us to make you understand things correctly. How can we explain things whose names you're not familiar with, because you know nothing about these things? – Have I told you about the ENERGY that resides within your own hands? This is an ENERGY that is especially there *for you*.

Leader : With the laying on of hands?

ARGUN : Yes, that's it. MARCELLA gave you these messages. You might think that this is superstition, but:

- Chewed rye bread has a wholesome and healing affect on nervous areas of the body, also painful areas (no open wounds), after it has been exposed to the air for 10 minutes. It virtually received a “sugar coating” and certain healing properties secreted by the body through its saliva glands. Combined with oxygen, these substances have a positive effect on one’s metabolism.

Question : Doctors do not always understand that people must be looked upon as *a unit of body, soul and spirit*. A lot of them lack this prerequisite.

ARGUN : Unfortunately! – Without these three units, all their expertise is only piecework.

*May 1959*

Question : How does the spiritual realm assess the community called “*Christian Science*” which extols itself of having brought about certain healings?

ARGUN : There are so many trends in this field. The main thing is that we all meet up with one another in front of GOD’S throne.

Question : Are there some trends in this field that rather *move away* from GOD’S throne than towards it?

ARGUN : Many people and trends require a certain *developmental period* until they accept the fact that they are on the wrong tracks. They then turn around and start again from the beginning. But it would be wrong *to impose* a different conviction on them, because they then no longer know where to turn and despair completely.

- *For as long as people search, they sense GOD’S SPARK within. But woe the time they stand still, because EVIL will then approach them.*

*December 1959*

Question : It is asserted that *eating pure butter* can be damaging to one’s health. Are you aware of something like that?

ARGUN : *Younger* people can savour butter *without care*. But *older* people, I mean people over 50 years of age, should *not eat too much fat or butter*. - It is however different with alternative fats: *Young* people can digest good fats like for instance margarine without suffering any adverse effects. But *older* people can digest these alternative fats with difficulties – and they cause some damage. It is better for them to eat animal fats *moderately*.

Question : Can you give us a reason for these adverse effects?

ARGUN : Yes, it is found in the *hardness of these alternative fats*. This is why I recommend using good olive oil. I also recommend the consumption of *grapes*. A glass of *red wine* also does no damage, because red wine detoxicates the blood and purifies it from bacteria. – Pure yellow *cod-liver oil* is very good for all bone diseases.

Comment: Otherworldly MESSENGERS of LIGHT very often warn about all exaggerations that could easily lead to fanaticism, which in turn is then a very negative occurrence that gives evil FORCES plenty of scope.

Question : Is there a possibility to prevent or effectively combat *parodontitis* (loss of teeth)?

ARGUN : We are dealing with a so-called *lifestyle illness* here. The body ingests poisons and substances that have a very detrimental effect on the gums. An unhealthy or poorly nourished gum provides bacteria with a good agar. A dangerous fungus destroys the rest.

- *The blood lacks a substance that confers stability to the tooth and the tooth bed. This important substance is destroyed in vegetables that have been cooked too long.*
- *Teeth, respectively gums, must be cleansed a number of times each day; this doesn't always require toothpaste, a thorough brushing with water suffices too.*
- *Everyone that cares about their health aught to eat a slice of hard bread every day.*

*February 1960*

Question : Do you know the cause for all that damage to people's *intervertebral disks*? This vertebral disease makes an appearance in many countries.

ARGUN : There is no doubt that this disease is an *after-effect of the last war*. The vertebral columns of women were superhumanly stressed. The health care sector is loathed to admit that they are dealing with the effects of war here, because these people were forced to carry heavy loads, either as children or later, in many cases as soldiers or also professionally. Excessive strain on the spine is always damaging, even if the damage appears years after.

- *These diseases can be inherited and future generation will therefore have to suffer greatly from its effects.*

Question : Do you know of a means that treats intervertebral disks effectively?

ARGUN : New avenues have been pursued, but they have not yet been sufficiently tested. What is important is that the inclination to suffer damage is *recognised in time*. This disease must be preventatively treated before the actual pain arises.

*August 1960*

Question : There are unfortunately a lot of *clairaudient* people that are *wrongly assessed* and locked up in mental institutions. Are these people spiritually unprotected?

ARGUN : They abrogate their *own PROTECTION*, because they promote their occult connection *themselves*. These people concentrate all of their senses on the hereafter and tensely wait for the slightest sound so that nothing may escape their curiosity. But when they no longer hear or perceive anything, they yearn for otherworldly PERCEPTIONS with all their energy. If a psychiatrist successfully stops them from their nosing around in the hereafter, they are very indignant about the fact that they no longer have these perceptions. – There are however thought phantoms one really can call *schizophrenia*. But not a lot of doctors can differentiate this, because they are either ignorant or do reject this field of knowledge. If doctors would trust the

otherworldly WORLD more, they could soon concentrate on other, more important assignments.

- *The spiritual realm is particularly at the disposal of positive doctors with all possible available means.*

Question : What healing energies are used by the otherworldly WORLD to help terrestrial people?

ARGUN : We are dealing with VIBRATIONS that are very similar to *cosmic radiation*.

Question : Is there a possibility that these HEALING RAYS can also be developed *in this world*?

ARGUN : These otherworldly HEALING RAYS are equipped with a SUBSTANCE in our world that has an effect on physical matter. These RAYS are however also influenced by certain dangers, for instance an increase in the radioactivity within the atmosphere. Technological maldevelopment here on Earth has already caused a lot of damage. You utilise all of GOD'S gifts, but you are *too self-assured* and therefore *waste a lot*.

- *All those exhaust gases alone cause a lot of damage to people's health and are for instance promoting cancers.*

*September 1960*

Question : Do *blood transfusions* have consequences for us that we are not aware of?

AREDOS : To a lesser degree with direct transfusions.

- *But in regards to conserved blood one completely disregards the fact that this blood must be protected from electric and magnetic radiation influences! A lot of patients have to battle the reversion of polarity.*

*October 1960*

Question : How do you assess the utilisation of *hypnotism*?

ARGUN : *We cardinally reject it*, because the soul is placed under alien constraint. This is why hypnotism does *not* help the healing process, but leads to illnesses. *Imagined* help causes major damage to the soul.

Question : We are confronted by certain dangers during the development and refinement of our soul. Is taking medication during meditations damaging?

ARGUN : Ill people often do not have an option but to take medication. It has *no influence* on one's spiritual development or on meditating. Medication is *positive*, because it helps people, it helps the healing process and the preservation of physical matter. The situation is completely different with nicotine or similar drugs. These *also* damage *the soul*. Nicotine *promotes* the growth of cancers.

*January 1961*

Question : Can you tell us something about *leprosy*, because this disease is so terrible that it makes many people doubt GOD'S compassion?

ARGUN : Leprosy is an *invention of the devil*. It represents a scourge of mankind. Praise GOD that this disease is no longer so prominent these days.

- *Negative people become victims of satanic diseases much easier than positive people and this is why these terrible deforming diseases mainly affect primitive tribes.*

GOD'S realm certainly inspires researchers and helpers to provide protection and help against attacks from GOD'S antagonist. The endeavours of the WORLD of ANGELS are far greater than people actually assume.

Question : Can we make a contribution towards supporting the endeavours of the WORLD of ANGELS.

ARGUN : As a preventive measure against illnesses I recommend that you take *two table spoons of quality honey daily*. Besides, do not get agitated about the negative conditions of your terrestrial situation. You should not take it too much to heart, but show *more trust* in GOD'S PLAN of SALVATION instead. This is how you can best support the endeavours of the WORLD of ANGELS.

Question : In regards to *remote healing*, can people make a contribution that are *not* tried and tested as healers?

ARGUN : Every human being can be an advocate. But every human being, respectively every healer participating in an advocacy, *must concentrate on the affliction of the patient*. It is not enough to just concentrate on this particular person; one must have the affliction in all its extent accurately in one's sight. This is why people who suffered afflictions and pain themselves are *better* healers. Such an advocacy is *devotion on behalf of a suffering human being*. It is not bound to time, but certainly bound to perfect rest. The state should spend more money on suffering mankind. But it's not up to me to say anything. –

*February 1961*

Question : Are the *insane*, bereft of opportunities for further development, *prematurely* recalled from their life on Earth?

ARGUN : *No*, because the insane provide other people with the opportunity to recognise that spiritual LAWS exist and that their environment must get used to the idea that the intangible is *after all* fact, so that mankind can gradually recognise the spiritual coherencies these teaching subjects provide them with.

- *There are actually also invisible NERVES in the BRAIN that consist of a kind of TELE PLASMA.*

Question : Do people's hair fulfil a function that has been unknown to us up to now?

ARGUN : Hair has magnetic energies. Short hair is a disadvantage. This is why the SANTINER wear their hair long. Hair is important for cosmic ray associations. Long hair therefore offers better health protection.

- *Overexertion of the nerves of the eyes and the head lead to baldness. But there are also other causes.*

Question : Is *uncooked vegetarian food* particularly beneficial?

ARGUN : Raw fruit and vegetables as *supplementary* nourishment are *very beneficial*. But as with all other exaggerations, it must *not exclusively* serve as nourishment, because this diet will destroy the gastric juices through its acrid juices.

Question : Does cooking food bring about a depreciation of its value every time?

ARGUN : It always depends on the product itself. Let's take cereal products as an example: No active agents are destroyed here. It is different with vegetables. Valuable substances are destroyed when cooking vegetable for a long time. The very moment vegetables are cooked correctly cannot be observed in most cases, particularly when vegetables are cooked with meat. The moment vegetables reach the point of being cooked correctly, they must be removed from the fire.

*March 1961*

Question : Do colours have an effect on harmony?

ARGUN : *Absolutely positively so.* - Colours play a very important role. Colours are also of great importance in the hereafter.

*White* belongs to the higher spheres.

*Black* is the exact opposite.

(Comment: Why do priests and nuns wear black robes?)

*Blue* is to be highly rated.

(Comment: In spite of rising costs we print everything in blue.)

One has to be able to make an exact distinction with *red*. *Garish red* is not so good. But *crimson* is also positive.

*Green* is reasonably acceptable.

One has to be careful with *yellow*.

*April 1961*

Question : All the various mental disorders are increasing all the time. Everybody blames their nerves. What should one do?

ARGUN : I know, but one's nerves are all too often blamed *unjustly*. It is however often the disharmonious equilibrium of the soul.

- *Nervous breakdowns are mostly connected to an inner discontentedness. One has to provide one's own support to some degree by avoiding the negative and by acknowledging the positive. One should not waste one's time with trivialities, because they are almost always an annoyance.*
- *Besides, the great conversion from the Age of Pisces to the Age of Aquarius is taking place. Please be careful! This conversion first grasps children and adolescents, because the displaced NEGATIVE tries to get a hold there first.*

This is the desperate collapse of an old age. Only those that *know* what this spiritual process is all about know how to deal with this combat correctly.

*January 1962*

Question : Are *hysteria* or *mental nervousness* negative characteristics?

ARGUN : I cannot answer this question the way it has been put. One first has to ask: Where does this hysteria originate from? – Is it due to discontentment or is it someone's nervous disposition? – If it's someone's nervous disposition it must be classified a *disease*. But if *discontentment* is the cause of it, it stems from *negativity*.

- *When people are mentally ill, they easily lose their objectivity.*

Discontentment makes discontented people let themselves go even though they are acutely aware of what they do. The nervous system is connected to the soul.

- *One should ignore trivialities to a higher degree, because this maintains one's nerves robustness longer.*

Question : Is it true that one's *nerves* represent a kind of “antenna”?

ARGUN : Yes, that's right, they are linked to the cosmos. Nerves must also be nourished. They obtain their nourishment predominantly from space and this is why they need *harmony* above everything else. Nerves are therefore exposed to cosmic pressures, like for instance radiation and the climate. The problem is that this “antenna” is anchored within human beings and that it cannot be adjusted.

- *The Age of Technology destroys this “antenna”.*

Question : Does the enormous amount radio traffic on this planet have an influence on one's nerves?

ARGUN : The *Age of Electricity* has already *changed* everybody in this world *considerably*. One's whole character and *mentality* are impaired by it. Apart from this, *noise* is your constant companion. Noise even besets you when you sleep. People might acclimatise to everything, but they do suffer damage from it.

- *A developing child is already being damaged by noise, even though it cannot yet hear. The noise is transferred via the mother.*

June 1962

Our spiritual GUIDE ARGUN expressed his views on *vegetarianism* surrounded by his vegetarian friends during our *séances in Hanover*. He directed the following verses at the leader of the vegetarian movement:

ARGUN : My friend, as you are in my circle, a true friend and very wise, I am happy to give you an answer to your problems: Your intentions are good and I admire your courage, you know that people's minds dull and this is why they eat a lot and get ever closer to the grave. But enough of this, we require time to show you the light.

I would like you to know that *I absolutely accept vegetarianism*, but I like to point out that it will take quite some time before individuals achieve the spiritual maturity where they consider a meatless diet as vital. The climatic conditions, individual races and one's ETHEREALITY and coarseness are of great importance. -

There is a LAW that says that life was created to survive and not for one's amusement.

- *One may not kill out of pleasure or as a sport!*
- *The consumption of meat has no influence on one's soul. Everybody can find their way to GOD, thus one's heart and one's feelings are decisive factors.*

This is where vegetarians draw a line and renounce culinary pleasures. This is a great sacrifice and it takes a lot until people's spiritual attitudes have progressed to that point. This is where vegetarians show a great portion of goodwill and this is something the WORLD of SPIRIT rates as positive. It is a great endeavour, because it is a goal, an insight one is prepared to serve. It is devised piece by piece and I admire those that arrive at this insight.

- *The positive realm is against all fattening, killing and tormenting of animals.*
- *Fish are man's basic food.*

This has been determined by GOD. HE presents mankind with the abundance of the sea. Fish, bread and water are vital. Above everything else, fish provide everything necessary for the construction of bones.

One of GOD'S LAWS states that fish should not be beaten to death, but that they will die when they're out of their element. One has to distinguish between going fishing and fishing: *Going fishing is a sport – fishing is a profession*; because fishermen risk their lives for their daily bread and yours. I appeal to your power of discernment.

One should certainly reject meat, but fish is *absolutely vital*. You have to eat because the LAW demands it, but only to maintain your viability.

I may say this:

- *CHRIST was not a vegetarian!*

The LAW says:

- *Only kill for self-preservation, but never for fun.*

The death of an animal should never trigger a feast of gratification like for instance the *death of a tormented bull* or within the negative cult of native tribes. This is absolutely negative and outrageous.

People must obtain some of the necessities for the preservation of good health from animals, because plants – who in turn have their own assignment – *cannot* replace all of *these* substances.

- *Strict vegetarians should also not miss out on eating fish, particularly fish from the sea like salmon, cod and others. A fish dish once a fortnight is of greatest importance for the thyroid, because, as generally known, fish contains iodine. This substance cannot be artificially replaced.*

I am of the opinion that vegetarianism is very positive, particularly because it promotes resistibility, it is however *not* appropriate for everybody. A physically thoroughly coarse human being will never become a vegetarian. He will formally ask for meat and his diet will be made up of 80% of meat. Most people engrossed in very physical activity at work cannot convert to vegetarianism, because they are heavy workers. I am in favour of everything that promotes one's health.

- *One should not fatten animals in order to kill them as juveniles.*

I am *against* veal, young chicken and roosters or animal juveniles of any kind. They are not born into this world to die immediately. This is not the meaning of their existence.

- *I am also against killing any species of animal because of its pelt.*

But I can tell you my friends that you can put your head against a wall here. People are *too superficial* in this respect. They are *too egotistical* to worry about this. This is why they progress two steps forward and sometimes three steps back. People like to distance themselves from all responsibilities, because they are afraid that they might have to change and this doesn't suit them whatsoever.

Question : Would out and out vegetarians improve their health if they would eat fish every now and then?

ARGUN : Yes, they would, because fish is *much more important* than meat. Fish are the most important and greatest gift GOD bestowed on you. Fish in itself as a fertiliser is indispensable for mankind.

- *Fish is incredibly versatile and endowed in a way that it always maintains its nutritional values whether it's cooked or raw.-*

Environmental conditions must also be taken into consideration. An Eskimo can *never* turn into a vegetarian. – It depends on climatic conditions and on the availability of

nutriments. The question is: What grows where? And people have to be guided by this. One cannot simply go against nature.

There are many more vegetarians than you think. Most of them are living in Africa. This continent offers little food, a lot of greens, but not a lot of cereal. Every country has its own laws in regards to food production. You find that all Nordic nations are fish eaters. Fish devour plankton and this is vital for mankind.

(Comment: Our spirit friend ARGUN certainly doesn't express his own opinion here, but the opinion and insight of the positive spiritual realm.)

ARGUN added during another contact that he did not object to vegetarians sticking strictly to their diet if this did not harm their health. But the health of strict vegetarians, who do not allow exceptions to their diet, is *not as good* as one erroneously assumes.)

*August 1962*

Question : Is it good for people to *fast* sometimes?

ARGUN : There is a big difference between fasting and starving. Many people believe that they should starve for while when talk turns to fasting. *This is a mistake!* – One's inner organs may not rub against one another.

- *Proper fasting is not starving, but largely moderation in regards to eating and drinking.*

Real hunger can create all the requirements for cancers to grow. Overexerting one's organs is also dangerous. It is important to adhere to the *correct moderation* to maintain one's health – *no lopsidedness in one's diet.*

With all people, organs are of a different sensitivity. The corruption of natural foods leads to hypersensitivity. Bleached flour, sprayed fruit and artificial colouring and canned meat, they all attacks man's sensitive organs.

- *Those that eat in moderation do not have to fast. – But those that really want to undergo a regimen of fasting should not starve in the process.*

Food's healthy look is mostly achieved to the detriment of one's health. Diet should be taught as a special faculty.

*November 1962*

Question : Does the spiritual SIDE support the positive *consultation of illnesses*?

AREDOS : Yes, because there are spiritual DOCTORS in the hereafter that react to a religious plea for help.

- *Not every illness can be spiritually healed. This is why terrestrial doctors must be included in the healing process as a matter of principle.*

Question : Is it true that one can normalise the vibrations of organs that have veered from their correct normal vibration due to an illness, through the deployment of specific sounds?

AREDOS : Yes, this is sometimes possible. Harmonic, undemonstrative music is particularly appropriate.

- *Disharmonious sounds can trigger certain illnesses!*

Question : Do ley lines (underground water ways) have a damaging effect on people's and animal's health and can houses be decontaminated through certain gadgets?

AREDOS : Yes, that's correct, but *conventional* gadgets have no effect. The decontamination can only be effected with the co-operation of moon rays.

- *One should not build houses over underground water ways.*

Question : How can one recognise good, spiritual healers?

AREDOS : By their *selfless, humble* mannerism. Above everything else, they should *not* be *ravers*.

Question : Can everybody of good will heal by calling upon the WORLD of SPIRIT?

AREDOS : All mothers can do this with their own children. – Otherwise only psychic people can do so. But a doctor still has to monitor the illness just the same. Extreme cleanliness is of great importance!

Question : Next to various *yoga techniques* to raise the spirit, certain chanting exercises are also utilised next to physical exercises. Are there certain prayers with an *advantageous* effect?

AREDOS : *Chanting exercises* only have an effect *in a group of people*, because of what use is any resonance if it doesn't trigger a concept in the mind?

- *Physical exercises must aim at the complete relaxation of the body. Only once this has been achieved will the effect on the spirit begin.*

Question : An ancient saying states that a *healthy* mind can only reside in a *healthy* body. Is this correct?

AREDOS : No, this *doesn't* apply. But inner *and* outer cleanliness plays a major role. But when an ill person lets go and fails to bear his or her affliction with dignity, this proverb *then* applies.

Question : I read a book that lists a lot of poisoned groceries. Is it true that most diseases are the result of this?

AREDOS : The human organism is very adaptable. But one has to make a distinction between coarse and ETHEREAL. *Not all* diets are appropriate for everybody.

Question : Can you tell us what kinds of food make people ill the most often?

ARGUN : *This mainly happens through the consumption of meat and meat products.* These are consumed in great quantities. They are usually in stores for some time and are therefore *rich in bacteria*. Apart from this, salts and spices are also very damaging.

Question : Has the state of health in civilised countries improved?

ARGUN : Yes, very considerably so.

*April 1963*

Question : In *Catacocha*, in the *Province of Loja* in *Ecuador*, diseases of the heart are unknown and all cardiac cases heal very quickly when they arrive there. What is the cause of this?

ARGUN : We are dealing with an area where earth rays have an advantageous effect. Special RADIATION is at work here akin to that of a mineral spring.

*May 1963*

Question : Why is it that *intervertebral diseases* are so much on the rise?

AREDOS : They have always been around. One thought that one was dealing with rheumatism or arthritis in the past. One is however aware these days that it has something to do with vertebrae and their disks. There are therefore fewer people suffering from rheumatism, but more that suffer from intervertebral diseases.

*1963*

Question : The world of medicine talks about “technical surgery” these days. Is this the right path to pursue?

ELIAS : If technology continues along these lines one will eventually miss the actual aim if one fails to consider that people’s PERSONALITY must remain the main thing.

Question : One thereby strives to *prolong people’s life* and this has to be achieved under any circumstances. Is this right and does it fit in with GOD’S PLAN?

ELIAS : One will naturally make significant progress in that direction. But those that profit from this will be those that had a lot of money in the first place. Every individual will also profit from this later – much later.

Question : Does this development take place within the compliance of GOD’S PLAN?

ELIAS : The development is not directed against GOD, but one should undertake things that will help *everybody* and not just the rich. Every human being on Earth has the right to live. The question of whether somebody should be operated on if doctors are of the opinion that the patient’s chance of surviving for a relatively long period of time, hardly arises. Our opinion in regards to this is that not doctor can predict the length of

time a human being can be viable with certainty. This is sometimes possible, but serious mistakes can be made.

Question : Can you tell us something about the birth of deformed babies? As you are aware, we are dealing with the very contentious problem of *Contergan Babies*. What does the HIGHER REALM have to say about this?

AREDOS : The positive WORLD of SPIRIT is aware of all these things. Mankind on Earth, living in a physical world, possesses little insight into its *real* existence and therefore also only limited insight into what death is *really* all about. The Bible does in no way suffice in regards to explaining the problem of human deformities that occur at birth.

- *As the highest rational being, man is obliged to make sure that all disorders within divine natural processes are avoided or eliminated.*

People should really be aware that their terrestrial existence is not solely determined by GOD. The opposing, antagonistic FORCE of the vast otherworldly regions is *always* prepared to annihilate and malevolently destroy things. But people are not excluded from participating in such derailments of Mother Nature.

An ossified church dogmatic approach cannot help here either. – No appellation to the divine OMNIPOTENCE can help either; because *people themselves* bear the responsibility for their life in a physical world!

- *Mankind here on Earth represents GOD'S physical arms. But mankind can also represent the arms of the devilish POWER.*
- *According to the well-considered opinion of the spiritual GUIDING INTELLIGENCES of the otherworldly regions, the people on Earth would be obliged to eliminate or arrest the development of all of life's disorders. Doing so, people are participating in the divine ORDER of things and act exactly according to the divine PLAN of development.*

The laws within the Holy Scriptures however oppose this. It must be mentioned here that the “Ten Commandments” do *not* coincide with the original text transmitted to man. The commandment “thou shall not kill” naturally means all senseless killing. This includes killing because of *avarice*, for *pleasure*, *jealousy* or for *political reasons*.

- *Killing for progressive reasons is not affected by this. Meaningful killing is not murder! If this wasn't so, all vermin and all of the demonic POWER'S poisonous creations would be reprieved.*

Man on Earth has it in his hands to be the ruler of this planet. But he must rule *progressively* and *meaningfully*!

GOD'S antagonist (Lucifer) all too often plays a role when it comes to birth deformities. You must remember that the devil also possesses a certain amount of creative power. GOD indeed has this greater POWER in HIS hands, but that does not exclude his CREATION from being *attacked* with enormous force.

Do you really believe that it is within GOD'S PLAN for an unviable birth disorder to be born here on Earth? – *No!* If this was the case, every creature would have to lose its trust in the CREATOR.

Do not portrait GOD as a cruel tyrant! – HE created LAWS. These LAWS of NATURE connote the *perfect order* throughout the whole universe. HE therefore cannot interfere with physical derailments that have completely different causes and are *not* of GOD'S doing.

- *If GOD were to interfere here, he would have to change his LAWS that hold the whole universe together.*
- *It is never GOD'S WILL that such births take place. They take place beyond his CONTROL and must therefore be eliminated outside of all divine considerations.*

One can observe in the animal kingdom that animals act according to these factors. Human beings on the other hand live in *fanatical* religiousness thereby *rejecting* all sensible INTUITIONS.

Viable life must naturally be promoted, but this *doesn't* mean that the world should be overpopulated because of sensual pleasures.

- *If common sense demands that nonviable life should be abridged, man has the duty to make sure that such a life remains unborn; because once it is born, it is entitled to a communal existence.*

Human beings were endowed with a mind that makes it possible for them to decide just what furthers mankind - and what brings about its downfall.

The spiritual realm is of the opinion that every birth deformity represents a great encumbrance for mankind. It goes *against* the divine laws of nature and it therefore has to remain *undone*! As GOD and his HELPERS do not have the corresponding influence over organic matter, this assignment is ceded to mankind. Life, as you know, is *not directly* in GOD'S hands. I am thoroughly convinced that this problem will be resolved to everybody's satisfaction in the future.

- *The midwife is responsible that the deformed human being does not utter its first cry in this world.*

As far as the incarnated soul is concerned, no human expertise can kill it. It returns to the great REALM and awaits a *more favourable* opportunity.

Comment: This answer was also published in the journal “*Die andere Welt*” (“The other World”), pamphlet No.4, April 1963.)

*February 1964*

Question : How do you assess the strange disease called *toxoplasmosis* that has already infected a lot of people?

AREDOS : This infectious disease shows a lot of similarity to the notorious malaria. As we are dealing with an *infection of the blood*, the blood has to be improved above everything else. Means that have a positive influence on the activity of the glands are particularly appropriate.

*April 1964*

Question : Can people create *spirit PHENOMENA* with their thoughts that can come back to haunt them?

ARGUN : Yes, this is possible. These PHENOMENA are then connected to their creators. They however only exist in the spiritual realm. These FABRICATIONS can afflict people to quite some extent. They are however not viable for any length of time, because they are controlled by their creators. They are often (falsely) attributed to *schizophrenia*.

*June 1964*

Question : How is it possible that an *operation on the brain* can change a person's character? There are cases where the patient turned maleficent, well actually to a degree where they were capable of murder.

ELIAS : Something like this is a rarity. But it *can* happen that certain brain cells are damaged and that they can then guide the actual thought processes along the wrong tracks. This will produce a malfunction that can trigger corresponding effects.

Question : Do otherworldly HELPERS utilise people for their healing ENERGIES when dealing with patients?

ELIAS : Otherworldly HELPERS do *not* utilise the ENERGIES of somebody else for healing purposes, this would otherwise be something akin to vampirism.

- *Otherworldly HEALERS take, respectively activate, the patient latent ENERGIES. These ENERGIES are added to the spiritual, respectively mental ENERGIES of the otherworldly HELPER.*

But it is something entirely different if otherworldly souls bestow their own ENERGIES *voluntarily* to the healing process. It then depends on correctly employing these ENERGIES. Every human being can *awaken* these ENERGIES *within for themselves*. It can even be *amplified* through training.

*January 1965*

Question : Is it always appropriate to ask for our sick friends to be healed?

Answer : Yes, naturally. You should always endeavour *to guide* healing ENERGIES towards those that need them, even if healing *always* takes place *automatically* in every case. The purpose of the RAYS that are drawn from our world is also one of drawing the attention of those entrusted with the care of the physical body to the fact that there is a POWER that can play a great role in the healing process, if *correctly* understood.

- *We would not like to push those aside that have devoted their time to the healing of ill people (doctors), but we like to show them that GOD'S SPIRIT places up to now unknown POWERS and ENERGIES at their disposal, which represent a large part of the great VITALITY.*

Where suitable instruments are available, this POWER, this ENERGY, these RAYS can flow through them and effect healing in the patient. This is why it is only fair and reasonable that patients are brought within the radius of these spiritual, healing ENERGIES.

*February 1965*

Question : There are those that are of the opinion that all illnesses are condoned by GOD. Are they tests?

ARGUN : *Minor illnesses can be tests.*

- *Dangerous diseases like for instance cancers, tuberculosis etc have nothing to do with GOD testing anyone. They can however bring discernment to many people. – Suffering in itself is not a refinement, but it can lead to refinement. It all depends on individual people.*

Atrocious epidemics can also have some *positive consequences*. One can discern a form of grace in many diseases, because they sometimes *change* a hardened person. – But as everything is still undergoing development, many diseases will be conquered over time. People must however be *at the disposal* of divine INSPIRATION and REVELATION! They are HIS terrestrial instruments. You must *place your trust* in your spiritual, invisible FRIENDS.

Question : Should one express one's trust *mentally* or should one *verbally* talk to one's SPIRIT FRIENDS?

ARGUN : We understand you mentally *just as well* as when you talk to us verbally. Pure thought is easily perceived by us (telepathy).

Question : Do these thoughts first go via the personal GUARDIAN ANGEL or are they comprehended by many at the same time?

ARGUN : Your thoughts are comprehended *simultaneously* by *many* otherworldly beings most of the time, something akin to a group of people listening to a presentation.

*March 1965*

Question : Apart from warts or shingles, can other illnesses also be eliminated through *spells*? Can one for instance remove a bone at the base of a toe in this way?

AREDOS : *Talking an illness away* (Example: “wart old, wart cold, wart away”) is recommended for all afflictions that *developed through the nervous system*. Bones cannot be changed and intervertebral disks hardly ever. But *allergic* afflictions can also be treated in this way, because they are more of a mental nature. (Comment: Important for naturopaths!)

*April 1965*

Question : Is it true that some people are *sent* an illness for specific reasons?

Answer : The word “sent” is inappropriate. You live in the self same world of LAWS as we do.

- *An illness is the result of a disharmonious relationship with these LAWS.*
- *An illness is part payment for a deficiency within your development.*

LAW and equalisation are in place. Everything that takes place has both, namely advantage and disadvantage. Experiences that appear to be *incredibly advantageous* from a *physical* point of view can be *extremely disadvantageous* from a *spiritual* point of view. It is connected to the growth of the spirit and the tasks successfully fulfilled.

Many avenues are available to pass these tests. The best are the hard school of pain, acrimony and difficulties. This fortifies the character – or at least it should have this effect.

- *The greatest spiritual assignments are often recognised whilst in the grip of an illness.*

One’s whole life consists of light and shadow. It is on no account monotonous. The spirit can grow through joyousness as well as pain, develop through health as well as illness, promoted through sunshine or storm, through harmony or disharmony, because GOD can be found in *all* living things and in all their ramifications.

*May 1965*

Question : What is your view in regards to pots and pans made from *aluminium*?

ARGUN : I do *not* regard them suitable, because aluminium produces a powder that is harmful to one’s health. I would advice against it.

Question : I heard of cases where this powder was placed on wounds of soldiers during the war. Does this powder have some sort of healing property?

ARGUN : *No.* This was during a war and wars reduce people to numbers. Health or illness, what’s the difference! Each meant death anyway.

- *I recommend the use of glass pots. They are better for one’s health.*

Question : Can you tell us whether the use of *artificial fertilisers* is appropriate?

ARGUN : In the process of mass-production, yes. It naturally doesn’t have the same value as natural fertilisers like compost or stable dung. The harvest lacks certain compounds. But the radioactivity in the soil caused by nuclear tests is *more damaging to one’s health* than artificial fertilisers, even if no research findings are available.

- *Radioactivity cannot be buried deep in the soil. It will always rise to the surface after a certain period of time.*

Question : Compared to the past, *cancers* have *increased* in a most forbidding way. Medical research only makes slow progress. It has been ascertained that progress in this field of research does not keep pace with the spread of cancerous illnesses at all. Cancer remains the winner. Can you tell us what is behind the spread of cancers, because it appears *more often* nowadays than in the past?

ARGUN : We also keep an eye on this dangerous development, but we can see deeper than you. We can therefore ascertain numerous causes.

- *We are convinced that it is connected to the increasing spread of radioactivity. Cancer is a demonic disease from Lucifer's negative creation.*

The globe is contaminated. It is affected by rays the sciences have no idea that they exist, because one *cannot measure* them. This negative radiation gives cancer pathogens an impetus that makes them *more energetic*.

- *These pathogens consist of negatively charged IMPULSES. These force the cells to mutate. Under the influence of certain radiation, caused by man in the first place, pathogens that in themselves are not really living entities grow and agglomerate.*

Such energised *pathological impulses* have a destructive effect on all living organisms.

- *They lose their effectiveness in areas of geographical altitudes, whilst their effectiveness increases in the lower regions.*

But *not every* physical body is receptive. A lot of people are immune against it. Physically more robust people possess a *greater* resistibility against them. The more ethereal body is more labile and more susceptible to them.

Question : How can one best protect oneself from *possession*?

AREDOS : Best through:

- As much as possible through *normal behaviourism, particularly with one thoughts.*
- *No fanaticism*, particularly not in regards to *religious views!*
- *No discussions with supernatural VOICES.*
- *No pious fussing about*, but *complete concentration* on one's *terrestrial existence*, the life you came to live in this world.

*June 1965*

Question : Can you see the inner organs of a terrestrial human being to a degree where you can make a diagnosis in regard to its health?

ELIAS : Your body appears *transparent* to us. We can see right through it. But it is quite difficult to detect an ill organ.

- *A terrestrial body appears like a diaphanous colour photo to us, a colour slide. An inner organ can only be accurately viewed under very specific circumstances.*

*July 1965*

Question : What is *fear of life*? – Why are so many people scared of everything?

ARGUN : A fear of life is most of the time a psychosis, born out of the uncertain times you live in. These people are afraid of the present, because it harbours uncertainty – and they are afraid of the future, because it promises them – they way they see it - nothing good.

- *Instability based on a lack of knowledge and particularly a lack of faith in regards to religious things.*

Those without faith see themselves lost and damned for all eternity. This is a terrible mistake. - Indeed!

*November 1965*

Question : What is your opinion of the *yoga exercises* taught here in Berlin?

AREDOS : Training the body is important, but *the spirit has to be trained also*. Most of these types of general exercises miss the mark most of the time.

- *Control over the body – in connection with divinely inspired meditation – is the way to healthiness.*

But those that do *not* believe in GOD might as well forgo all physical exercises.

Question : Are Indian *yoga masters* well received in the spiritual realm?

AREDOS : Yoga teachers naturally have their followers and friends in the spiritual realm also. This has *nothing* to do with the SPHERES.

- *When they refined their spirit they are naturally entitled to a good sphere.*

Question : What do you mean by *refining the spirit*? – What are the conditions for this?

AREDOS : CHRIST was very articulate about this. As some of his doctrines are in print, you can read all about them.

December 1965

Question : We were very surprised to hear that ASHTAR SHERAN *rejects pork* as nourishment. What has the spiritual realm to say about the matter?

ELIAS : Even though pigs are harmless, they are part of *negative* creation. But in regards to human nutrition and the way pigs behave, respectively what they eat, ASHTAR SHERAN is right. Pork is not eligible for human consumption. Their glands are *pathologically ill*. The effect of this on human beings *cannot* be avoided.

Question : Is it true that GOD'S antagonist uses the pig as a weapon against man?

ELIAS : Yes, that's correct. – But people should *not necessarily* live as vegetarians. They should, if they have to eat meat, eat *moderately*, but *avoid fatty meat* in any case. One should however not overdo those so-called fruit days. Fruit is certainly good, but it should also be enjoyed in *sensible quantities*, if one does not want to arrive at a situation where the absorbing capacity of the stomach is severely diminished.

- *Vegetarians (vegans) make the mistake of excluding vital proteins from their diet. Proteins are the most important component of the human body.*

The protein present in the human body is *very individual* and it is the most difficult factor in regards to transplantations, because protein cannot be transplanted. One has to try to make protein *adaptive*.

- *One has to ascertain where the difference between the various groups of proteins is, this will give one the key to further research.*

Question : Is such research under way?

ELIAS : No, not yet. –One however found out that the human hair is far more individual than assumed. Hair also has various special groups, like for instance finger prints.

- *Hair will play a very special role in criminology. A tiny hair will suffice to identify a criminal.*

Question : The healer Schäfer Ast, could diagnose an illness with the help of a hair. How is this possible?

ELIAS : This already has nothing to do with a *usual diagnosis*. *Clairvoyant* abilities play a role here.

Question : Can somebody else's blood also transmit alien, mental characteristics through a transfusion?

ELIAS : Blood is very individual. Apart from OD ENERGY, it also contains the RAY ENERGY that bears mental characteristics.

- *Mental characteristics can of course be transmitted.*

- *A mental characteristic from a piece of jewellery worn for a long time next to one's skin can be transmitted via OD ENERGY in this way.*

When blood transfusions take place a number of times, so that we're dealing with blood from different sources, even if it is of the same blood type, the mental ELEMENTS contained within the OD ENERGY are blurred. The way a tape recorder records and stores tones, the OD ENERGY also records mental VIBRATIONS. But in spite of all of this, blood transfusion represent an important step forwards in medicine.

Question : Can a blood transfusion change the character of a human being, like for instance when receiving the blood from a negative, respectively anti social person?

ELIAS : This factor is also kept an eye on in the spiritual realm.

- *The personal GUARDIAN ANGEL then has the task to attenuate such a change. This is an important assignment.*

There is a great difference between whether these influences stem from one single person or from a number of them. Individual people have a more powerful influence, because it is similar to radio reception. If one hears all stations simultaneously one cannot understand anything, but a *single* station is easy to understand.

- *Influences entering people from external sources are more dangerous than those from blood transfusions.*

How often are large masses assembled somewhere – this environment has hardly an influence on individual people.

- *The mental influence transmitted from one soul to another individual within a room is far more dangerous. The effect of causing a mass meeting to concentrate on one single thought would be enormous.*

Question : Is it true that one can recognise cancer sufferers by a very specific odour coming from their mouth?

AREDOS : This only applies if specific organs, like for instance the liver, the stomach or the intestines are diseased. If we are dealing with cancers of the rest of the body, like for instance limbs, the cancer *cannot* be ascertained by odour.

*January 1966*

Question : One asserts that horse chestnuts are an effective means against *rheumatism*. Is this really so?

ELIAS : Yes, that's true. Horse chestnuts have a characteristic that has a similar effect to cat skin. We are dealing with RADIATION here. But chestnuts *no longer* work once they are completely dried up. They must be cut into thin slices, but only when they are *fresh*. One then has to place slice by slice on a cloth and cover them with a cloth or with paper and then place the whole thing underneath one's sheets. The body should however *not be in direct contact* with these slices.

*March 1966*

Question : Is having a sauna good for people?

ARGUN : Having a sauna is a benefaction *for the healthy*, but it is quite *dangerous* for the ill. A sauna helps to maintain one's health, but it does *not* promote the healing process.

Question : Does the use of *artificial fertiliser* like alkali etc have disadvantages for us?

ARGUN : As far as we can see, artificial fertilisers do not have a damaging effect on food. The situation is completely different with radioactive radiations. These are still damaging for the next generation. But the nutritional values of food grown with *natural manure* are *considerably greater*.

Question : Some *vegetarians* maintain the view that vegetarianism is one of GOD'S commandments, the one that pertains to "*Thou shall not kill!*" Is this correct?

AREDOS : We do not condemn vegetarianism. But it is *not* one of the LORD'S commandments, but the result of man's *free will*. Every human being has his or her own free will. Everyone must know what's good for them and what's not.

- *The commandment "Thou shall not kill" mainly pertains to killing people.*

Human beings received their bodies from GOD. Their set of teeth was however *also designed to eat meat*. Let's assume that the people on Earth would have lived as vegetarians over thousands of years, their organism and their appearance would have *changed* accordingly. People would have *adapted* to this diet.

We mentioned once before that those in physically demanding jobs would suffer damage to their health if they would suddenly turn vegetarian. There are however people who are not interested in vegetables. But we also know that for instance heart patients would suffer terribly, well could even die, if they were to eat flatulent cabbage and peas.

What I am trying to say here is that vegetarianism *cannot be generalised*. What is however certain is that vegetarianism alone cannot *guarantee* one's passage to heaven. It does *not* improve the soul!

- *For some strange reason some people adhere fanatically to one of the LORD'S commandment whilst being immune to all the other commandments.*

I believe that we can now close this theme. We are certainly against all *cruelty to animals* – it is unfortunately still the case these days that animals are *indescribably tormented* for the purpose of providing human food. But this is another story.

*April 1966*

Question : As we just heard, we are going to have a spirit HEALER amongst us. What effect will this have?

ELIAS : He will participate as a neutral observer to begin with. He will then approach you with advice later. You can ask him medical questions. The new healer is called ARMAND.

- *ARMAND is of the opinion that there is not one single human being on Earth one could really say that he or she is completely healthy. This is mainly due to wrong diets.*

Human beings can cope without certain substances for quite a while. There is however a difference between the protein of animals and plants. Human beings however *require* the protein from *animals* to maintain their health. Therein lays the problem. Mankind has not been able to produce animal protein *synthetically*.

And then there are vegetarians who want to abide by GOD'S commandment by not killing anything. It was however *not* in GOD'S PLAN to turn human beings into vegetarians. Mankind might one day succeed in producing a protein compound with GOD'S help that matches animal protein. But when one omits meat completely from one's diet, one's alleged health is only imaginary. The reality is that one lives a life of illnesses in spite of this.

- *It very much depends on the kind of meat one eats.*

This is why I will not dissuade vegetarians. If it is not too much trouble to them, they should continue to live like this. But it is not everybody's cup of tea. One cannot generalise anything. A lot of diseases stem from one's *mental condition* (psychosomatic). Interplay between body and spirit takes place.

- *People should never kill because they want to revenge themselves, they should also not kill to acquire something. People may only kill if they require meat to survive, to maintain their health or when animal numbers increase to where they represent a danger to mankind.*

Question : Is it within GOD'S plan that human beings have to eventually change to a different diet?

ELIAS : Yes, this is correct. But a long period of time has been allowed for this. Human beings were *originally pure* meat eaters. They gradually included plant food into their diet. It is quite self-evident these days that people do not live from meat alone. They ought to gradually move towards eating a diet based on fruit and vegetables – but over a long period of time, because the body has to gradually adapt to this.

Question : Would vegetarianism right across society mean an advantage for mankind?

ELIAS : This goal is still in the distant future. In about 2,000 years from now, mankind will enjoy a completely different diet, one mainly based on artificial sustenance. Man's complete organism will have changed in the mean time. I do believe that one will then no longer eat meat. Once people *have* changed in this way, the consumption of meat will then be severely damaging. There are already absolute vegetarians amongst us who would suffer negative consequences if they were to eat meat. One should however never forcefully strive for such a change. This is a bad thing to do.

Question : You told us not too long ago that vegetarians make the mistake of not eating enough protein. How can we make sense of this?

ELIAS : People must take *a lot of time* for such an enormous and important change, for such a conversion and development. Just one life on Earth does not suffice for this. But there are a lot of vegetarians that do *not wait* for their body to adjust to such a change, but try to *wantonly enforce* such a change. This is why we can observe that – something many vegetarians do *not see* – that many vegetarians are *not what they believe them to be*. Inner organs take generations to adapt to a different diet.

It is however a lot worse when women smoke, particularly during pregnancy or when breast feeding. This is the reason why they are sick children everywhere. – A different example: It would be *far more* damaging for somebody to suddenly give up smoking than to continue to smoke, if he or she smoked all their life up to a fair old age. These people *also require quite some time* to deal with the change.

Question : Does the consumption of meat produce substances within the human body that are damaging to one's health or are we simply dealing with the commandment of "thou shall not kill"?

ELIAS : The *extreme* consumption of meat is damaging! Organs are overtaxed. But the commandment: "thou shall not kill" has been *falsey summarised* and *falsey interpreted*. One has to remain logical! From a logical point of view, nobody would then dare to leave their home in fear of squashing an insect underfoot.

- *The commandment "thou shall not kill" only refers to murdering human beings, because murdering people was also the order of the day 5,000 years ago.*

The *preservatives* in all meat products do by far the greatest damage. But *vegetarian replacements* also contain these preserving agents. These answers do not stem from me. I answer on behalf of your spirit healer ARMAND.

- *The real dangers for mankind are presently to be found in the contaminated atmosphere. Industry and the exhaust fume of all the many cars are the major factors here! Mankind can thank the state of the atmosphere for the wide dissemination of cancers.*
- *But that this dreaded cancer develops from pork meat, well generally speaking from any overindulgence of consuming meat, is also a fact.*
- *Overindulgence in the consumption of citrus fruits attacks the stomach to a degree where it becomes susceptible to cancers.*

Question : Does it help, if a patient participates in an ongoing healing process?

Answer : This would have to be a good thing in most cases, because it *supports the feeling of harmony*. This is a contentious issue, but my view is: An old rule states that *more is achieved* when there is more *knowledge* than ignorance. When the spiritual flow is *coordinated*, when one end is in the hand of the instrument through which the healing ENERGY streams and the other end is in the hands of the one the healing ENERGY is

directed at, *both* side are connected to the same SOURCE of ENERGY and easier and better results are forthcoming.

One could interpose here that excellent results were obtained in cases where the patient *knew nothing* about what was taking place. But this can be ascribed to the fact that a lot of excellent results appear when in a *sleeping* state, where access to the spirit BODY is *easier* facilitated.

Question : Do thoughts become effective during remote healing, respectively during a healing prayer?

Answer : Thoughts are *one* means to be successful when healing an *absent* person. But you must bear in mind that they are regulated through the spirit's mediation.

- *Very few people in your world understand how to deal with the mental equipment of each individual, because this is after all a part of the next phase of development.*

Thoughts should be *useful forerunners of the deed.* – Your actions should be the result of well-organised thoughts. – But many of you can hardly concentrate their spirit on one single thought for five minutes. Only a few are capable of this.

*May 1966*

Question : Medical science knows with certainty that *smoking* is damaging to one's health. Why does the state put up with the destruction of its people's health?

AREDOS : The government is *very interested* in collecting taxes. For as long as doctors *participate* in this dangerous vice, no politician will take smoking as serious as they *should*.

- *Doctors ignore the dangers by giving a bad example. If doctors would consequently give up smoking because of its inherent dangers, people would find it easier to follow their example.*

All narcotic drugs have the characteristic of *weakening* people's will. Nicotine also belongs to this group.

- *Heavy smokers are certainly not highly principled people. A thick cigar is therefore no positive distinguishing mark for people that occupy positions of responsibility.*

Question : We know that JESUS CHRIST had the assignment of explaining GOD'S PLAN of SALVATION. He probably didn't manage to conclude his assignment. Can you tell us something about GOD'S PLAN of SALVATION?

ELIAS : The *psycho-scientific doctrine*, that is to say *spiritualism*, is naturally the *core* of this PLAN of SALVATION. *Healing illnesses* is also part of the PLAN of SALVATION. I will therefore write on behalf of ARMAND. He is able to make a contribution in regards to physical and psychic healing.

ARMAND: Well my dear friends, the healing process represents a great problem in this world.

Medicine certainly makes great strides in this respect and it will continue to be of invaluable value for mankind. But certain circumstances are still sidelined, even though they are *of greatest importance*. Physical matter still triumphs over the spirit, even though the opposite should be the case. The spirit ought to triumph over matter! – The spirit, the will, the soul, the ego-awareness ought to be in control of the physical body. The spirit, the will, if I may call it that, can develop the ability to dominate, respectively to influence the physical body. To refuse to acknowledge an illness is the wrong way to deal with it.

(Comment: The association “*Christian Science*” chose this path. (Mary Baker Eddy))

The spirit can go into battle against an illness that is of a physical nature. But one has to distinguish between illnesses caused through *mental influences* or those illnesses that developed through *physical influences*, like for instance infections or a faulty diet. The human body is a chemical laboratory:

- *The body contains almost all the elements found here on Earth. This gives the body to ability to produce almost all chemical compositions within itself. Well, the body can even produce substances that could never be produced artificially.*

If the will is strong enough, a mental COMMAND can act upon the body in such a way, *that chemical reactions take place*. This happens automatically. The activity of the human laboratory makes the illness slowly disappear. This may sound utopian – and will remain so for quite some time – because you will not be able to change anything about this from one day to another.

The medical sciences do *not* give the chemical and physical activities of the human body *enough credit*. Scientific research should pursue the path we indicate here. This would not make all previous insights die a slow death. This here shows a path that is of great importance in the battle against diseases and it promises *great results*. Things must naturally occur hand in hand.

- *Medical experiences and the activation of the body's self-help capability must be brought together. This will include man's spirit in the healing process.*

At any rate, there are great ENERGIES hidden within human beings that can still be discovered by medical science. These ENERGIES must be activated and included in the healing process. But the will is *very crucial*. The will must be strengthened and trained; it will then actually be able to move mountains.

But where there is no trust, there is no will. – Trust in GOD is naturally *the greatest* and *most important* thing in all of this. It is therefore quite obvious in what way a healing can take place.

Strange to say that doctors parry against spiritual healing, even though hypnosis and suggestion are also part of spiritual influencing, therefore also part of spiritual healing. This is surely a contradiction!

But diseases like *cancer* and *tuberculosis* etc need to be combated. People must *lie down* when fighting a disease; ergo they must rest a lot. Patients are unfortunately

often *no* left in peace. This can even produce fevers, because the chemical reaction within the body, the result of the battle taking place within, lames the organism temporarily.

The SANTINER have reasonable command over their body in order to control it, may I say, to commandeer its functions. Above everything else, the SANTINER show a *lot more trust* in GOD than the people on Earth. They are able to conduct their thoughts to a degree, *where they turn into a ball of ENERGY*.

Ancient *Egyptians* also knew about such secrets that helped them subject body and physical matter to their will.

Ancient *Indians* (India) were experienced in similar things.

Sung *Mantras* (a series of sounds) had a great effect. Above everything else, mantras practiced by a lot of people *simultaneously* create a wonderful harmony. Harmony is actually the most important prerequisite in all healing processes.

- *Trust in God paired with trust in oneself, harmony and concentration are the most important factors in psychic healing.*

Some people have the ability to replace a lack of trust found in other people (patients), by applying the ENERGY of their very powerful will and the cumulative ENERGY of their positive thoughts in the healing process. These are however exceptions.

Mankind on Earth is not really healthy and when somebody asserts that there is nothing wrong with them, *they are absolutely wrong*. With people's present lifestyle and diet there is *nobody* that could say that they are healthy. A lot of diseases do not show conspicuous symptoms and are therefore difficult to recognise.

Question : I believe that we must differentiate whether an illness's origin is mental or physical.  
How can a doctor recognise this?

ARMAND: By *expanding* his or her studies to include the *humane disciplines*, respectively specifically the *psycho-scientific* doctrines.

Question : Can illnesses of a physical nature, for instance rheumatic illnesses, be healed psychically?

ARMAND: Much worse diseases have been healed spiritually, for instance *leprosy*.

Question : Dear ARMAND, there is a great interest here to be trained by you. How can we best initiate this?

ARMAND: As you have to develop the ability *within you* to control your body with the help of your will and your spirit first, I suggest something different to begin with: You do *not* concentrate *whatsoever* on your illnesses and *also not* on your body. Such mental concentration would give you headaches. You are really completely untrained in this.

- *But when you lie in bed before you go to sleep, take a deep breath and direct your thoughts towards the MOST ALMIGHTY and HIS HIERARCHY – and ask HIM in thought and prayer to have the divine UNIVERSAL ENERGIES have an effect on you, so that they make your body produce the necessary healing compounds within in order to alleviate your suffering.*

The body can produce its own special medicine! No doctor or chemist will be able to refute this. Assuming that you have sufficient trust in GOD – you will reach your aim through HIM.

ELIAS : ARMAND will now say good-bye to you. I can assure you: He knows a thing or two!

Question : A hearty thank you ARMAND! – Dear ELIAS, are all healers suitable for all patients?

ELIAS : *No, only when cooperation between the patient and the healer eventuates. Close trust between the two must exist, because otherwise the healing ENERGY cannot go onto action. The thoughts of the healer can have a concentrated effect on a patient that can be far away from the healer, ergo a purely telepathic process. The effect can be that the patient starts to think along the same lines. These parallel thoughts can support the healing process. The direct way is however the best, that is to say, when the healer is directly next to the patient.*

- *All cures are time specific and impatience can be very interfering.*

The sense of time can be very different. A second can turn into an eternity. These factors must be taken into account when you are waiting for a cure.

- *Impatience is often the reason why a cure is retarded or completely impossible.*

Time gets lost in eternity. You make the mistake of assessing the period of time of an important event by the clock.

Question : Are you telling us that the sense of time is out of synchronisation in most patients?

ELIAS : Yes, that's exactly what I mean. To classify time by hours and minutes makes you ill anyway. It is all a case of development.

- *Human beings are destined to be in control of everything. They will become powerful, so powerful in fact that they will be god-like and all illnesses and diseases will be a thing of the past.*

But all of this can only be achieved when people *believe* in GOD and in HIS LAWS! Human beings unfortunately *retarded* their planned development *severely*. They could have already attained a *completely different* level.

Question : Fruit bearing trees and edible plants are increasingly treated with *insecticides*. Is this problematic?

ELIAS : The constant treatment with poisons gradually brings about *immunity* within the world of insects and the various poisons will no longer be effective. We are of the opinion:

*Do way with these poisons!* A better method would be *irradiation*. Irradiated pests lose the ability to reproduce. Not enough is done in this direction, but it is the way to go.

Question : Why is being suddenly awakened when one dreams so detrimental to one's health?

(Comment: One undertook pertinent tests with cats.)

AREDOS : Whilst people are asleep, they can extricate their ASTRAL BODY from their physical body. If they are suddenly woken up, the ASTRAL BODY must return to the physical body at *lightening speed*. This can develop into damage to one's health.

Question : Are doctors that work the nightshift particularly at risk?

AREDOS : Like everybody else, doctors are also human beings. They are subject to the same LAWS. When they're asleep and continuously woken up, they also suffer the consequences. It *isn't* however the case that their ASTRAL BODY implicitly extricates itself *every time* they sleep. It will gradually desist from doing so under these circumstances.

Question : Are there those that can never be healed due to a LAW of KARMA?

Answer : Yes. This natural LAW is *always* active, because all must leave planet Earth one day. The predominant, pertinent universal LAW implies that the physical body is subject to boundaries. The physical body must be discarded one day. The fact that it isn't capable of fulfilling its proper functions in many cases is tragic. Too many people are still too inadequately equipped to face the GREAT LIFE that awaits them.

You can find improvement or healing for all the diseases that befall you. But the natural deterioration of the body makes an appearance one day, namely when it is at a stage where its destiny is *approaching its fulfilment*.

- *Human beings that actually managed to further their development will discard their bodies without suffering pain or being ill once it has served its purpose.*

Question : Can KARMA arrest a spiritual healing?

Answer : These are just words. You say "KARMA" – I say "THE LAW". We all mean the same thing. KARMA stands for the LAW of CAUSE and EFFECT that is imposed on successive incarnations. I try to express myself as plainly as possible.

(Comment: This answer stems from the guiding spirit SILVER BIRCH. We bring you these answers to show you that all great spirits throughout the universe emphasise the reincarnation independently from one another. No spiritualist or esoteric should ignore this fact. The doctrine of reincarnation is of *utmost* importance.)

Question : Can an *ill* person be a healer?

Answer : Yes, why not? The significance of the healer lies in the fact that they are the *means* through which the POWER of the SPIRIT can work. The healer suffers from one illness or another in many cases. Their suffering sometimes hinders their psychic abilities, but there are also cases where it actually *promotes* them.

- A healer is a human being who is organically equipped to express certain natural gifts.

A healer is *born* and not made. The GIFT can be close to the surface but it can also repose deep within. It must be unfolded there, where it is hidden.

- The primary factor is that we are not dealing with an ENERGY that is directed inwardly, but one that flows through the healer in order to reach other people.

*July 1966*

Question : What can the patient contribute towards the *spiritual healing* process?

AREDOS : The patient can do *quiet a lot* towards it.

- The patient must remain calm and adopt a state of ease and harmony.
- The patient should then meditate.
- Once this has been achieved, the patient can make an appeal to the spiritual realm and by also turning to JESUS CHRIST.

A patient in a state of unrest and disharmony or in a *disharmonious surrounding* is naturally very difficult to influence. This patient *cannot* be spiritually healed.

- An affirmation of life, respectively the joy of life should not be underestimated. Even an atheistically minded doctor knows that.

*October 1966*

Question : Do doctors entering the spiritual realm have the opportunity to help their patients from there?

ELIAS : This question is not all that silly. Good doctors, who took their profession serious, can *inspire a terrestrial doctor* if that doctor also has a *positive attitude*. This can happen immediately after their demise.

*February 1967*

### **Theme: Cancer**

Some time ago, we presented our otherworldly TEACHERS with the question of whether *cancer* is contagious, that is to say, whether it can be transmitted from one person to the next? We published questions and answers in the *Menetekel* brochure. It states that cancer can be found in people's blood. We are dealing with a demonic *pathogen* that can be transmitted from an open wound into the bloodstream of another person.

- We can gather from this that cancers must have a direct pathogen. One can therefore infect somebody if it enters the bloodstream of another person though an opening.

The answer of our otherworldly FRIENDS finds affirmation now after quite a number of years. The *virus theory* was debated at a doctor's congress in Tokyo. Russian and American cancer researchers arrived at accordant results.

- *Cancer viruses could be detected in the blood of leukaemia sufferers.*

We see this as a confirmation of our publication. This also verifies that otherworldly MESSENGERS of LIGHT can come up with many correct predictions in very complicated fields of knowledge. They possess a great superiority in every respect.

Cancer research must however also take the *DNA factor* into consideration, because every cell, and this includes the minutest of viruses, reacts to the DNA information, even if this information is not necessarily based on an acid.

- *This INFORMATION is based on spiritual PROGRAMMING found throughout the whole universe. All types of viruses abide by this information.*
- *With tumours, the cells under attack lose their connection to the DNA INFORMATION; this means that they no longer react to divine INSTRUCTIONS. Apostasy from GOD however means chaos!*

As all divine INFORMATION is stored throughout the whole universe, its range is suddenly not limited. It must reach at least as far as the expanse of the universe. We can analogously determine that all life forms found on planet Earth are also present where the same or similar conditions for their existence exist. It can naturally also be true that INFORMATION is active somewhere in the universe we on Earth are not familiar with. But one has to assume in any case that *equal* conditions absolutely create *equal* life forms.

- *It is important to remember in regards to cancer research that a cancer pathogen exists and that it is transmittable. Cancer therefore does not arise of its own accord.*

From a spiritual point of view, the question arises of what environment cancer pathogens are *most comfortable* in. The answer according to our research results can only be:

- *In a negative environment.*

Negative environments are all kinds of metastasises, like for instance hospitals; as well as health harming behaviourism like for instance smoking or excessive drinking. We do not have to elaborate further on what other kinds of negative environments exist. In regards to the dangers of infection, cancers are on par with syphilis. – It is extremely deplorable that the major Churches do not make use of spiritual CONTACT OPPORTUNITIES. But it is equally deplorable that the sciences also make too little use of this in regards to important research questions. A certain amount of scepticism is naturally appropriate, but it should not be exaggerated. Human beings live within the cosmos and they therefore have the right to *assert a claim* on it.

## Questions and answers

Question : One recently formed the opinion that *hormone treatment* with oestrogen can rejuvenate the body of females. Is this treatment effective and is it recommendable?

AREDOS : This treatment is *not without dangers*. Summarising one would have to say that the disadvantages arising from this exceed the few advantages.

- *There is no direct rejuvenation.*

One likes to exaggerate in regards to the advantages. They do *not* conform to the promotions.

- *Those that are diabetic may not be treated with this kind of medication. Moreover, all heart and circulation patients are endangering themselves when they use this type of medication.*

These hormones can only be used in a few cases, not to rejuvenate someone, but for those with afflictions of old age that are not directly connected to sexual problems. This decision can only be taken by *enlightened* doctors. Doctors that know very little about this or have limited experiences in this cannot make decisions about this.

Question : A drug known as “LSD” is increasingly being used. We see this as a great danger for mankind in as much as this drug is relatively easy to obtain. What do you say to this?

AREDOS : LSD is a *very dangerous* chemical. One assumes from a medical point of view that this drug represents a *vitalisation* or an *uplift of the human vitality*. This looks entirely different from an otherworldly point of view and this in a way the medical fraternity does not want to acknowledge.

- *The drug called LSD temporarily separates the soul from its physical anchorage. This will make the soul ASTRAL LIKE. This is also often the case with alcoholics.*

The soul often leaves its body under the influence of LSD and hovers around it. People so poisoned feel astral. The condition enables them to feel and see things usually only the disembodied, that is to say, the deceased are able to see. A departed soul can for instance leap out of a window or walk along the edge of a roof without dire consequences. A departed soul can also walk through a moving car.

But woe to LSD addicts if they believe that they can do all of that too! Their physical body can engage in their mental intentions and a catastrophe is unavoidable.

- *But when a soul leaves its body during an LSD binge, an evil possession spirit can easily take control of the soulless body. The consequences are then beyond comprehension. Therein lays the greatest danger, namely that someone under the influence of LSD can commit all kinds of crimes.*

The drug LSD *must* be declared illegal. It is as bad as *morphine* or *cocaine*, well maybe *even worse because of the extra danger of possessions*. Doctors have unfortunately no real concept of what possession *really* is. It is about time that they inform themselves about this!

April 1967

### **Addendum to the message: “About the power of faith”**

We would like to supplement the message from April 1966. A female reader of our *Menetekel* gave us the following account:

“I was ill for many years. No doctor was able to accurately prognose my illness. I went from one hospital to another. A cure seemed hopeless.

Chance put a *Menetekel* brochure in my hands. – I began to also closely study all new issues. Everything suddenly seemed to be clear and comprehensible to me.

I suddenly realised *that I was healthy!* – My illness consisted of aberrations that ate me up inside, of doubts that gnawed at me – and above everything else a lack of HIGHER KNOWLEDGE.

I immediately left the sanatorium I was in. The doctors there were quite astonished.”

This case is as clear as a bell so that we can dispense with any further explanations. The predominant majority of mankind suffer from *psychosomatic* illnesses. The POWER of KNOWLEDGE could help these people.

There is no need for prayers or religious or cultic acts.

- *The studying and the logical contemplation of spiritual, experienced knowledge suffice to effectuate a miracle.*

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### **Questions and answers**

April 1967

Question : What means can you use to effect a cure?

ELIAS : Spiritual healing is mainly based on an *inspiration of the mind*. The mind is actually the centre of the physical body. It influences the body's function.

Question : When are spiritual healing ENERGIES most effective?

ELIAS : The best time for an effective influence through otherworldly HEALERS is the moment *before one goes to sleep*. The soul is then very receptive.

Question : Why is it that diseases of the teeth are on the rise in civilised countries?

ARGUN : This is mainly due to sugar. Sugar is a *dangerous robber of calcium*. This is particularly dangerous in children.

- *The sugar industry promotes these diseases from an early age.*

June 1967

Question : Apart from its spiritual value, does *meditating* also have a physical benefit?

AREDOS : Yes, certainly. Meditation is a *very significant mental MEDICINE*. Meditating is however not all that easy:

- Firstly, one should *profoundly contemplate oneself*, naturally completely without compulsion and without self-reproach.
- Secondly, one should *contemplate GOD and his creation*, but *not behold HIM as a human person*.
- Thirdly, one should *strive for inner peace*.
- Last but not least, one should be aware that *spiritual HELPERS can assist with one's meditation*.

But you expect *immediate* results most of the time. Meditating also requires a *lot of patience*. One can however also meditate with the help of nice, harmonious music, whereby chanting is also suitable.

*But take care that the air is clean!* – Highly developed spirits, HEALERS are also amongst them, require clean air even though their lungs are astral. The otherworldly can perceive all physical odours. Many attempts at healing *fail* because of this fact! Your expectations from them are too high.

Question : One assumes that meditating makes people tired. Is this correct?

AREDOS : Meditating does *not* make you tired, if it is carried out *informally*, that is to say, *unconstrained*. Tiredness also appears *without* meditation. It is usually the result of a CONSUMPTION of ENERGY. Tired people should partake of *a little* sugar unless they are diabetics. But they should not partake of snacks all day long. When the body asks for something, it usually means that it *lacks* something. Things are only really okay when they are agreeable to the body.

Objection : One can get used to a lot of things in one's diet.

ELIAS : Someone might have a sudden craving for salad and this usually means that he or she *lacks* some of the substances in salad. Some might have no appetite for anything and this rightly so, because they do *not lack* these substances or they possibly have *too much* of them.

- *This someone convinces him or herself to have a craving for something out of habitualness and regularly eats the same over again. Herein lays an unrecognised danger for people's health!*

There are those that eat chocolate evening after evening. A lot of people *have taken to* snacking sweets or salty treats whilst watching TV evening after evening. *The saline treats are however the more dangerous of the two.*

- *The danger lies in the regularity. A varied diet is hardly ever damaging. But a habit like that has destroyed the health of many.*

*July 1967*

Question : A doctor in Italy treats cancers with a medication designed for *amoebas*. Is this treatment appropriate?

AREDOS : This medicine will *not* eradicate the cancer, but its symptoms can be influenced. The same can be achieved with radiation.

*October 1967*

Question : We hear a lot of reports about an Asian medium that carries out difficult operations *without* using a scalpel. Is this really true?

ELIAS : Yes, these are not lies. Such operations also take place in Brazil. Scientists have observed these psychic operations, but they have no explanations for them. We have no issues if good mediums are involved. The process is akin to that of fakirs who shoot a bullet through their hand without leaving a wound behind.

- *Eminent CAPACITIES who help mankind from the hereafter assist in these operations.*

The terrestrial medium must naturally also be a capacity. The way an otherworldly DRAFTSMAN requires an artistically talented medium in order to draw successfully, a medically talented medium must also be available for such operations.

Question : Is it *imperative* that a terrestrial medium is available when an otherworldly SPIRIT HEALER wants to undertake a healing?

ELIAS : This generally applies. But there are also exceptions. The great danger of doing something wrong lurks here also.

Question : We have our otherworldly healer ARMAND in our circle here. What exactly takes place when ARMAND wants to undertake a healing?

ELIAS : ARMAND can also work *without* a medium. This happens most times actually without the patient being aware of it. This then is pure spiritual work. But if ARMAND were to find a very suitable medium, he would utilise this medium. It is not that simple to find such a medium.

- *The consequences can be life-threatening for the patient when a medium of a lesser quality is used.*

Question : Is religious faith imperative for a psychic healing to be successful?

ELIA : Yes, *faith is required for a healing to be possible.* – But when somebody visits a healer in order to be healed in this way, he or she is never completely without faith,

even if doubt in this type of healing process exists. The attempt in itself verified that the patient thinks that this type of healing process is not completely without merit. This spark of faith can be decisively sufficient. The patient thereby fulfils the most important prerequisite. *A faithless person would not attempt this in the first place.*

Question : Can you tell us the direction cancer research should take in order to get results?

ELIAS : The dreaded cancer has *many* causes: You could be dealing with viruses, but also interfered with DNA molecules (information). Cancer cells can also develop through pressure and stimuli effects.

- *The major causes are the inhalation of smoke and exhaust gases.*

Traffic constitutes a danger here. If one wants to eradicate cancers, one has to remove the main factors first. This would be the desired direction to go. But what do passionate smokers say when one indicates this danger to them? – But I can prophesy that civilisation's most loathsome disease will soon lose its terror. This disease is a chain reaction between degenerate cells.

- *One will be able to put a stop to this chain reaction through researching DNA molecules.*

Question : Dear ELIAS, do you hold the opinion that vegetarians are *less* likely to get cancers than non-vegetarians?

ELIAS : The type of diet has nothing to do with cancers *apart from those* comestibles that have been *severely smoked*. Tars and soot are damaging to one's health. But do not panic! You shouldn't get the impression that everything can lead to cancer. There are however things that are *specifically* conducive to produce cancers. I said could and not must. One should really avoid these factors, *particularly tobacco*. (Smoking is unnatural!)

Objection : Unless all doctors give up smoking, all admonitions are useless.

ELIAS : How much interest can these doctors show in other people's health, if they do not respect their *own* health? – Some of them however think that they belong to the glorious exceptions nothing will happen to, because they detect no specific symptoms. But within a few years they will be surprised about all the things that can happen. Smokers smoke with mixed emotions like *fear, spite and lability*. But nobody believes that it is *not just the body* that suffers *significant* damage, but the *soul also*. They do not shy away from using the weakest of excuse to defend their sins and vices.

- *Another fact is that negative souls are particularly attracted to smoke filled places, like for instance pubs. These souls exert an evil influence on terrestrial people.*

*January 1968*

Question : A newspaper report states that one can achieve results in the fight against cancers with the help of petroleum?

ELIAS : These results also include major *side effects*. Petroleum is a *dangerous* product for human beings, even if included in a liniment!

Question : Is there an agent that promises good results?

ELIAS : There is a whole series of such agents, but all of them have *side effects* that then demand their pound of flesh. But it will be possible to successfully confront cancers in the near future and this with the help of *radiation*. This radiation will be the discovery of the century. It is faced with a great future. This invention will be more of a blessing for mankind than a curse.

- *The future belongs to the blue laser beam whose energy is more powerful than is the case with the red laser beam.*

The blue ray is more powerful than the rays from the sun. This has already been verified in space. Such successes and experiences will also be inspired here on Earth in the future.

*March 1968*

Question : I read somewhere that an eye operation was carried out on a patient by an OTHERWORLDLY SOURCE. This interaction was supposed to have taken place whilst the patient was asleep. Does something like this really happen?

ELIAS : It is possible for us to undertake such healings and also certain operations.

- *We can better approach the soul whilst the patient is asleep. We however only heal those that will then have an effect on the physical body through their interrelation.*

(Comment This explanation is important to every doctor and healer. Healings taking place during suggestive sleep or under hypnosis gain greater importance.)

*April 1968*

Question : Do the doctor's mental attitude and mental development have an influence on the patient?

AREDOS : This factor is of *great pertinence*. Mistrust can actually be dangerous, because it can produce *negative* reactions within the body of the patient. The LAW of HARMONY always contributes towards a healing. Brotherly love is also an important healing factor. A lot of doctors and medical assistants unfortunately fail in regards to this requirement. *Spiritual insights are lacking.*

Question : The various psychic healing methods are scientifically very controversial. Does psychic healing really come into play when all medical artistry fails?

AREDOS : There are of course miracle healings where all medical artistry failed. But these are exceptions and usually tied to locality, like for instance *Lourdes*.

- *Most illnesses stem from people's mental constitution, ergo are psychosomatic.*

The psychic healing process effects a removal of inner tensions and disharmonies in such cases. This turns human beings into pharmacies that *produce their own medicines*.

Question : Is it appropriate for older people to drink *milk*?

ARGUN : Older people may also drink milch. But they have to be mindful of not drinking large amounts, because this will overtax their circulation. This also applies to other fluids.

- *This is why we always recommend an easy to digest diet, because difficult to digest food bear the main blame for many illnesses.*

Question : The chairman of the Berliner Naturopath Society reject the consumption of eggs altogether. Is he correct in this?

ARGUN : Is he possibly a fanatic vegetarian? – Eggs contain everything that serves human nutrition. They contain important vitamins, calcium, salts and many construction substances. Eggs are therefore healthy unless one exaggerates their consumption.

- *To eat eggs is not a sin, because eggs are not living things, they are only potential life forms.*

But eating 10 eggs a day does not do the body any favours. On the contrary! We assume that the daily intake of eggs should be at 1 to 2, because eggs constitute an important *supply of lecithin*. This quantity is healthy for all ages.

Question : How do you assess *cosmetic surgery*? – Does it represent an abuse on human beings?

ARGUN : We do not reject it. A correction to one's beauty pleases us. But there are operations we do not condone, for instance making the face look like a mask.

Question : We received a letter that stated:

“If the spiritual realm would heal my ill husband, he would probably be more inclined to believe in GOD.”

The letter comes from a bona fide spiritualist. What do you say to this attitude?

ELIAS : I do believe that her husband's conditions will get worse in this case.

- *People that balk at believing in GOD are psychically and physically bad candidates for spiritual healing.*

*August 1968*

Question : Infants are increasingly vaccinated against *a number* of diseases these days. Is this procedure alright?

ELIAS : Inoculations managed to eradicate diseases and epidemics in lots of cases. But one should be a little more careful with infants. It is however not right to inoculate these

delicate children against a whole series of illnesses in one session. The body has to *develop an antidote* for all the diseases one tries to fend against and this is too much to ask of such small bodies. It cannot produce antidotes for numerous diseases simultaneously without suffering some damage, something that might not be immediately apparent, but something that might surface *after years have passed*. Something that is already *too much to ask of an adult* cannot be dealt with by a small body.

Question : *Vegetative disorders* are strikingly increasing. But as they are difficult to diagnose and mental causes play a part in their development, it has become common place to utilise so-called sedatives, tranquillisers (suppressants). These medicines are supposed to harmonise people's state of mind. What does the spiritual realm think about this?

AREDOS : Vegetative disorders have already seized all of mankind. The ever increasing anxiety over one's existence and general unrest are to blame. World politic with its armament and its threats to the viability of the whole planet are the originators of mentally *induced illnesses*. These illnesses cannot be *eradicated* with medicaments, only *through influences*. The original components remain existent within the subconscious. We are therefore dealing with medication that has to be handled as carefully as any other healing poison.

Question : A lot of the illnesses of modern times are based on *function disorders* within individual organs. We are mainly dealing with tensions. Can you give us some practical advice of how to best confront such tendencies to become tense?

AREDOS : There are two types of tension, namely an *exterior* and an *interior*.

*External* tensions, that is to say, muscular tensions that also include the blood stream, can be eased through methods of movement. Correct breathing form part of it and yoga exercises are very good.

*Inner* tensions should not be easily dismissed. They do in fact act *psychosomatically*, that is to say, they spread throughout the whole organism.

- *Atheism in itself, false religions and complete ignorance in regards to supernatural things lead decisively towards inner tensions.*

People *lack* the detachedness from uncertain, fateful and unavoidable things. Only the disciplined self-training to be good and positive, only a genuine search for the truth can help in these cases.

- *The more positive one's attitude, the better one's thoughts work and the more intense to contact with SPIRIT FORCES will be.*

Some doctors prescribe medication that does not suit the patient so it simply gets thrown away. There is also a medicine for inner tensions that does however *not suit* most people. They do not accept it. We are dealing here with SPIRITUAL KNOWLEDGE, something regarded as "nonsense" or "empty promises".

Spiritualism verified that a lot of people were *instantly de-stressed* once they recognised that their life is *not over* with their demise, respectively that they *retain* their consciousness, all their feelings, opportunities to perceive things and remembrances.

Question : Our water problems are growing bigger and bigger. Water pollution is out of control. What can one do about this?

AREDOS : This disastrous situation has already been correctly identified. An agreement that deals with this problem has already been signed.

Question : Does *mixing chlorine with water* diminish its quality?

AREDOS : This completely depends on the dosage. Human beings can generally speaking tolerate a little chlorine.

- *But when one exposes water to the rays of the Moon – specifically under a full Moon – the water receives certain HEALING ENERGIES. This can also improve the water one gives to flowers. Such radiated water is very good for all kinds of poultices. One should undertake dermatological tests with this.*

Question : What does the spiritual realm have to say about feeding babies and infants meat at too early an age, the way it is already practised in the USA?

AREDOS : Convenience turns ever more *against* what's natural. Industries don't care.

- *Eating meat is generally speaking not all that healthy; but human beings are already completely accustomed to it.*
- *Babies and infants should not be given meat or at least not until the milk teeth have been replaced. Only after these teeth have been replaced - this process must have been completed - will people produce the stomach and intestinal secretions to deal with a diet based on meat without suffering major damage.*

Question : The mothers of babies do no longer want to feed their children in a normal fashion. They depend on industry produced products that are supposed to contain all the required substances. What can you tell us about this?

ELIAS : It is true that industry delivers some very good products, but mother's milk contains *a number of substances* that have not yet been discovered and analysed by science. These substances are however *extremely valuable* for the whole life of a human being. Apart from that, *spiritual ELEMENTS* also play a major part in nurturing.

- *We can only continue to advice mothers to not solely rely on industry in this respect. Artificially nourished children are susceptible!*

Question : Infants are predominantly dressed in *synthetic* clothes. Is this damaging?

AREDOS : This is without doubt *damaging* to these delicate creatures.

- *The best for this is still wool and after that cotton, natural fibres are generally better for their health anyway. Man-made fibres change the electrical field around people, but electricity also influences the soul.<sup>1</sup>*

Question : You once explained to us that hair represents some kind of protection to man. Is it therefore more appropriate to wear one's hair at half length, as it is custom with the SANTINER (extraterrestrials)?

AREDOS : Yes, that's correct. The SANTINER *know no baldness* as is the case with you. But a wig does *not* possess cosmic characteristics, because its hairs are not attached to the skin. In regards to loafers however, we are against all uncleanness, because it does *not* guarantee a good spiritual ASSOCIATION.

Question : What is the function of underarm hairs? A lot of people shave them away.

AREDOS : Underarm hairs offer the glands there protection. If one shaves these hairs away, the glands no longer work as efficiently as before, that is to say, they detoxicate the body to *a lesser degree*.

Question : Can *damage to intervertebral disks* be causatively treated?

AREDOS : This is possible with younger people, but with older people, those over 40 years of age, as good as impossible. Those cases can only be temporarily alleviated. This is mainly due to the *inability to produce cartilage* that can be transported to the damaged area through the blood system.

- *Intervertebral disks and cartilage cannot be improved through sport. Only the muscles around the disks can be strengthened.*

Question : We get the impression that civilised humanity turns *increasingly psychopathic*. What could be the cause of this?

ELIAS : In order to answer this question we have to continue to revert back to the answer that civilised humanity does not possess a reliable religion.

- *All psychopathic occurrences stem from this ignorance.*

Question : Are there certain indicators that betray just who is psychopathically ill?

ELIAS : It comes in various graduations, but fanaticism is a stronger, that is to say, *more pronounced* form.

- *This form can be recognised by somebody opening their eyes wide open or raising their eyebrows every now and then when they talk.*

There is no point in arguing with psychopaths, all one achieves is that one adversely affects them and that one gets annoyed into the bargain. They are difficult to recognise

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<sup>1</sup> In the USA, psychiatrist Dr. Wickland verified that electricity influences the soul.

most times, because they seem quite normal when in a balanced frame of mind. But once they're agitated, they are abnormal to a point where all common sense completely fails.

Question : Can psychopaths be ingenious enough to occupy responsible positions?

ELIAS : The whole world is predominantly populated by psychopaths. Almost every human being on Earth is affected by this illness. I already mentioned that they seem completely normal when in a balanced frame of mind; but one has to take this into account, that is to say, into consideration, when they're provoked from all sides – particularly by people in authoritative positions. Due to their *very pronounced egotism*, they can completely lose their objectivity. It is the same with irascibility; it can also be dealt with.

Question : Psychopathy is dangerous, particularly when these people have a lot of power in their hand. What can one really do about it?

ELIAS : One may not confront them with loud, hectic arguments. One must *remain completely calm* in their presence. There is no danger that the psychopath will go off the rails if he remains calm. This is hardly taken notice of in high politics and this is why *no real* results are achieved.

It would be a good idea to touch upon the subject and list a number of examples in the presence of psychopaths without giving the impression that one actually means *them*. This might encourage psychopaths to contemplate their own behaviourism. Psychopaths must always hold the opinion that one is talking about *other* people. This is how one can show them a way to work on themselves. This is how they might be taught, further more – they might offer their own opinion, even come up with good advice, because they know themselves very well, but do not realise that they have been found out.

- *Psychopathy is the most wide-spread mental illness and it influences the existence of all nations on Earth.*

Question : Does the spiritual realm really possess the power to heal the sick?

Answer : There is no doubt about it. You can observe this for instance with so-called miracle healings. Healing ENERGIES can come to the fore in people with a *positive* attitude. We are dealing here with a very large and comprehensive act with lots of minute parts and the most varied aspects. I can well understand that a lot of this sounds somewhat confusing, but it is the astonishing truth and the moment you realise this, your life is changed.

- *But doubts challenge all spiritual HEALINGS, that is to say, they render them ineffective.*

*September 1968*

Question : Are psychopaths fully responsible for their actions?

ELIAS : No, not in a real sense, because those that aggravate or challenge a psychopath are accessories. The negative attitude of a psychopath can have devastating consequences.

- *All wars can be attributed to the negative behaviourism of psychopaths. They are however provoked by politics.*

Question : How does one approach psychopaths when they enter the spiritual realm after their disembodiment?

ELIAS : The spiritual realm always endeavours to balance and to heal all mental illnesses.

Question : Do such character traits have something to do with the SPHERES?

ELIAS : Naturally. But *which SPHERE* they will end up in is determined only *after* their treatment. Only then will one know whether somebody was *really* ill or *maliciously* psychopathically inclined. The SPHERES of RECUPERATION are “overtaxed” due to the generally sinful and vicious behaviourism of terrestrial mankind. This is actually a terrestrial expression, because there is never really a capacity overload in the spiritual realm. I just wanted to indicate that the spiritual realm is very busy because of these circumstances.

*November 1968*

Question : If human beings are not allowed to kill under any circumstance, they would surely have to live as vegetarians. Is this conclusion correct?

ELIAS : Vegetarianism naturally also has its advantages like fasting from time to time. But food derived from animals is *not forbidden*. This is a biblical mistake, a dogma. Human beings should *not kill* animals *senselessly*, like for instance to dress themselves with their hides when other materials are at their disposal that fulfil the same purpose. They can however kill when the animal kingdom represents *a danger*. Human beings can only gradually change their diet to one that consists of plant food only.

Question : There are vegetarians that assert that they changed their diet *instantly* without having suffered perceptible damage. What do you say to this?

ELIAS : Such damage might only show up in their children which might then display signs of degeneration. With the help of their intelligence, human beings are capable of creating food products *artificially* that will then make meat superfluous. The SANTINER have already reached that stage.

- *Human beings will be able to control and influence the climate in the future so that their diet will take a completely different direction.*

The sciences believe that the human race has already reached a very high level of development. But this is a mistake, because the technological age has only just begun. You are still at the start of this development. Apart from this, the opportunities of applying magic, towers *way over* technology, something the ancient Egyptians and the Mayas confirm. – A super technology in the hands of *sensible* people accomplishes

miracles. You can not yet comprehend what super technology is all about. It borders on magic.

- *Telepathy, teleportation and telekinesis will become something very common place.*

Question : Would the behaviourism of mankind markedly improve, if it were to adopt a generally vegetarian diet?

ELIAS : The path to GOD, ergo RELIGIO (Latin), is not found through a specific diet. People should begin by looking at themselves; they always start at the wrong end. The people of the distant past would not have understood sophisticated words, they preferred an *uncomplicated language*. One tends to express oneself *more highfaluting* and *more complicated* these days and therefore understands one another less and less. I call this quibbling. The vocabulary constantly grows even though this is *not necessary*. But there, where it really counts you *lack* the applicable words. The SANTINER are way ahead of you in this respect and this is why they take an interest in *underdeveloped* worlds. This Earth is still *very, very underdeveloped*, but its technology is well advanced in spite of this, *too far* advanced compared to your *spiritual* development.

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