

PSYCHO-SCIENTIFIC FRONTIERS

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Anny Baguhn

Messages from our Older Brothers

Anny Baguhn, born in 1901, was the daughter of the machinery manufacturer Carl Baguhn from Hamburg. She showed a great musical and artistic talent from an early age. In 1920 she married the architect Frido Wald who died later as a prisoner of war. Mrs. Baguhn was a co-founder of the "Deutsch-Indischen-Gesellschaft" (German-Indian Society) and later its long serving leader. With *Mrs. H. Zehmke* she founded the "Parapsychologische Gesellschaft Hamburg" (Parapsychological Society, Hamburg) in the sixties. From 1985 onwards, she belonged to the "UFO-Forschungsgruppe Hamburg" (UFO Research Group, Hamburg) founded by *Dr. Teichmann*. – In 1961 she started a remarkable experiment: A New Zealand contactee gave her and the sensitive *Herta Schachner* an appointed time when they were asked to prepare themselves to receive a telepathic message. It was the first of around 100 messages that Mrs. Baguhn published in her legendary "Blauen Heften" (Blue Notebooks). During a SWF program (SWF = Südwestrundfunk) on the 22nd of April 1978 she explained to the SWF journalist *Klaus Langer*: "I am convinced that we are just at the beginning". – Her UFO archive was probably the largest on the European Continent, but it was unfortunately irretrievably lost. When Mrs. Baguhn had to go to hospital at age 87, her nephew used the opportunity: He disbanded her flat, sold her antiques and destroyed her archive – she ended up in a nursing home. Mrs. Baguhn passed away on the 19th of May 1992 aged 91.

Preface

When the first volume of altogether eight volumes was published in 1961, it immediately found favour amongst a broader, interested public. It therefore came as no surprise that the following seven volumes, each with an initial edition of 1'000, were quickly out of print. A second, smaller edition that I had printed some time later also found its buyers very quickly. This series with the indoctrinations from our OLDER BROTHERS about the cosmic expansion of consciousness triggered a wave of enthusiasm, something that hasn't ebbed to this day. The high quality of the messages gained fame and people therefore continuously approached me with enquiries and requests for a new edition.

The persistent, great interest shows that the messages from the OLDER BROTHERS are *timelessly valuable*. To show my depth of gratitude I decided to have a third edition published for all my interested readers.

Anny Baguhn

Hamburg, November 1984

Prehistory

When the news reached Europe in *September 1960* that two INTERPLANETARIANS had made contact with a New Zealander, one could not have foreseen the significant consequences this event would have.

On the *4th of July 1961* two interplanetary FRIENDS approached their contactee in New Zealand with the request to announce the following to UFO circles:

All people of good will and those that trust the INTERPLANETARIANS are asked to concentrate on the SPACE BROTHERS *every Sunday at 1 pm* for a short period of time in order to possibly receive messages.

The sensitive *Herta Schachner* from our “Hamburg UFO Research Group”, a longstanding member, received the first message on Sunday the *29th of August 1961*. This was followed by constant indoctrinations and messages from our OLDER BROTHERS, presented in a loving fashion. They provided us with indoctrinations designed to expand our cosmic consciousness.

What has been transmitted in the “Blue Notebooks” over the years eclipses the bulk of what’s known so far. These are doctrines of rare depths – words that do not just appeal to the mind, but also the HEART.

Ever since their appearance from 1961 onwards, the “Blue Notebooks” have become legendary, a trade mark as it were. The fact that numerous enquiries arrive at the publisher verifies their *timeless validity*. For wisdom – and nothing else is taught here – there is no use by date.

Specifically now, at a time of monetary crisis and insecurities, the “Blue Notebooks” offer a *guideline*, a path to the long-awaited New Age, that will also be a Cosmic Age at the same time. These points of reference appeal to *each and every one* at this time of change into a New Age and we suggest that you gratefully accept them.

With blessings for the readers

Anny Baguhn

Hamburg, November 1961

Note

The term “HEART” in the “Blue Notebooks” does *not* refer to the physical heart that is part of physical matter, but to the SPIRITUAL HEART in the centre of the chest of the ethereal BODY of the SOUL.

Volume 1 of the Blue Notebooks, Hamburg

Transmissions from the 29th of August 1961 – 12th of November 1961

29th of August 1961 – 1 pm

Question : Are you here?

Answer : We are always at your disposal, but you must demand more from us.

Question : Is what our circle does to help everybody correct? I feel kind of *drawn* towards this, this must surely have a reason.

Answer : Yes, it has a reason. All that belong to this small, chosen circle are called upon and must follow that call.

Question : Do you have something else that you want to tell me?

Answer : Those that are here because of a craving for recognition are a hindrance – only those with an *urge* in their HEART to join this circle will be useful and gain the highest insights. Continue to work like this and specifically *work on yourselves*. Cultivate your SENSORY ORGANS so that you reach a higher sphere of vibration and so that you can control everything that approaches you from a *higher* level. Listen to your INNER VOICE every day. We, your OLDER BROTHERS, are always prepared to help you and to advance you, but we cannot put anything into a *full* bowl. You are loaded and filled with the junk of superfluous thoughts and you do not hear our loving, but urging voice. – Go now and do your duty.

3rd of September 1961 – 10:45 am (No questions asked)

We can *only* tell you *the things you understand* and you can do something with. The more you train your *psychic senses*, the more that you work on yourself, the better you will understand us. Of what use is it for somebody to talk to you in a language that you do not understand? – We always talk to you, but you don't hear it because you are so loud, because you are like children in regards to *spiritual* things. When your tyrants like radio, television (At the lowest level of its development) or cars etc. the things you encumber yourself with, constantly capture your attention, you have no reception for our messages. It's not things that should own you, *you* should own things. They are there to serve you, but you allow the demons you have given birth to, to rush, to chase and to torment you. Everything is given to you to serve you, to make your life easy and beautiful – but what do you do? You nourish and even fatten them up!

Free yourselves and assert your right as children of the HIGHEST. Matter rates far *below* you, it is ordained to decay. You however are *eternal!* Recognise that you are *spiritual* BEINGS whose body is only a *revelation* of the SPIRIT. Open up to the DIVINE-COSMIC STREAM and you will gain all the things you like to know. You will then be happy, radiant and content the way we are!

12:30 pm

We have revealed things that lots of people ridicule, to a lot of people who *were prepared to listen*, because their spiritual EYES have not yet opened. Listen to us and sit “*still*” as often as you can, you can do this anywhere. Practise this! The noisy world can then no longer drown out our voices. You will then always do what’s right and we will envelop you with our love – wherever you are.

6th of September 1961 – 1:50 pm

Question : You who are talking to me, who are you?

Answer : Why are you asking for my name? The fact that you ask for names verifies your great inexperience. You have to give everything a name, classify things. What is in a name? Ask a plant whether its name is Olga or Anna, It will smile at you in its gloriously scented beauty and say to you: “I blossom in order to blossom, I smell in order to smell and I am beautiful for the sake of beauty. I don’t know any more than that, I have no name”. – We remain nameless to you. We are love, joy, beauty and we want nothing more than to give you all of this and to teach you to accept all of this.

10th of September 1961 – 12:30 pm (Sulky weather, chilly. – I have to write.)

We know about the hostile FORCES at work, trying to destroy all life on your planet. Be alert and do not become instruments in their hands by not immediately converting fear, animosity, hatred, envy and all poisonous thoughts into thoughts of love. You must *practise this daily*, because only your thoughts are the FORCE you can use against these ENTITIES.

Always think of the people that lead your nations with love and constructive blessings. Give their souls from your immeasurable ENERGY. Stream good, friendly thoughts and images into their minds so that they will be able to hear us. They are the willing instruments in the hands of evil ENTITIES, those that wreak their pernicious mischief with you. *Recognise this!* – Evil is already *spread far and wide* on your planet, but it is up to you as open minded people, to guide the New Age in. Everything old and hardened must naturally fall by the wayside before the *new* can unfold, but all of this can happen slowly and without the *total* destruction of everything. Only have *positive* thoughts! We ask this of you.

1 pm

Think of us *at least once a day* and quietly listen to our voice that will then speak INSIDE of you and give you courage and strength. You should *show* your fellow men *how to live* and be an example to them. You can do this when you are in harmony with the COSMIC STREAM and when you reject everything ungodly with the POWER of your divine nature. – Do not allow anything negative to approach you and try over again to help and free poor captured people from the demons they nourish through their ungodly thoughts. *Guard against* all fanaticism!

Call upon us, we are ready within seconds to give you the correct answer. We are with you every second of the day and you will always do what’s right and what’s necessary – but never let go of the RIBBON of ENERGY that connects you with us. It is a strong RIBBON, one that all of you that are open to us can consolidate more and more. You are not individual entities the way so many unenlightened people think, you are one single, common community. But more about this some other time. – Go now and do your duty.

1:30 pm

Above everything else, never become pedantic. Open yourselves to COSMIC EXPANSION more and more and leave everything that's small minded and that walls you in behind. *Do not despise anyone that thinks different from the way you think.* Never be arrogant, if at all possible remain simple and humble – but full of ENERGY and the will to do good.

12th of September 1961 – 11 am

We continually say to you: Lift your thoughts! Bless all life! Do not disengage yourself from the DIVINE-COSMIC STREAM for one second by falling prey to *base* thoughts and thereby to *low* vibrations. Mind your thoughts! – Practise this!

13th of September 1961 – in the morning

Why do you want to prepare questions? We know the concerns you have before you even ask and this is why you always receive the correct answer, without having asked us directly. You assess everything from *your* point of view, from *your* present level of consciousness. All of this is behind us and the way parents lovingly advise their children and convey their experience and insights to them, we also do with you. You might laugh, but that's the way it is. We know exactly *what* you would like to ask us and this well in advance. You can actually only ask the questions we expect from you. We would dearly like to give you and tell you infinitely more, but you wouldn't be able to grasp it and it would confuse you. But you should indeed grow, very slowly but surely. A plant can only bear fruit, if it has grown from a seed, has flowered and was fertilised.

Therefore work on yourselves – and always remember to *still* your mind every day and as often as you can. We will then tell you everything you require to raise yourselves higher and higher in SPIRIT, because *this* is the *meaning* within creation, namely to become more like the CREATOR every day. But you live in the physical and you are on this planet to learn and comprehend all kind of things. You are here to *mature*, but not through piling up material possessions and hoard things greedily, but by *recognising the SPIRIT behind* physical matter. Your great archetype JESUS told you: “Seek the KINGDOM of GOD and HIS JUSTICE *first*, everything else (The material) will then come your way.”

14th of September 1961 – 2 pm

When one puts a plant that has been growing in the wild in a hothouse it will wither. The exact same happens to a hothouse grown plant that is planted in the mountains. Human beings however can *withstand everything* once they have *recognised* their divinity. When you are on the right path and when you solely *want what's good*, you will absorb from everything you *see, read* and *experience* only the good and the beautiful to then *emanate* it amongst your fellow men to its full extent. Nothing base and vulgar will be able to get near you. – We know *every soul* and we see exactly where a soul begins to glow – and even if this glow is ever so delicate and small, we will perceive it and help you so that it can get larger and more powerful.

10:30 pm

Learn the *art of forgetting!* We exhort you to sit *still* as often as possible! We tell you that we can only put something into an *empty* bowl. This bowl is your HEART, where your DIVINE SPARK lives. You must *cleanse* and *empty* this bowl of everything that is nasty, ugly and evil. Therefore

practise *to completely forget* everything that is useless, everything superficial and everything in the past, because all of this encumbers you and makes your life unnecessarily difficult. Call upon your OLDER BROTHERS for help, you will find that you can do so and you will see that it works!

When evil, unpleasant memories and emotions enter your mind, immediately think of something beautiful, sing a song, listen to music or venture out into nature, but push all that happened in the past from you. Do not allow it to have an effect INSIDE of you!

You live *now* and the past is the past. So many of you miss out on life because they *live and think* in the past, thereby missing out on the present. *We* on the other hand only live in an eternal *now* and we are happy and radiant. All thoughts of past unpleasantness drag you down, slow down your vibrations and hinder your ascension. Do understand this! *Throw away* everything that hinders and burdens you, this will gradually lighten the ballast that you drag around in your HEART, your subconscious.

11:30 pm

Why don't you wake up and decide between what you *really must* do and *must* have to fulfil your present duties here on this planet and what you do and want to have, because others have it or because it is "fashion" or because mercenary people want to force you through their advertisements to desire it. Realise that you'll find grinning demons behind all of it who try with all means and great intelligence to drag you away from the DIVINE STREAM so they can gorge themselves on the substance of your soul. They require VITAL ENERGY in order to survive and when you turn towards the COSMIC-DIVINE, they will starve and die of thirst and collapse into nothingness. We can *see* this cruel game and we would like to hold you and preserve you. – A lot could be said about this!

Constantly try to extricate yourselves from this confusion so you can be *in charge*! How do you live? – You are *being* lived! You do not live like GOD'S free creatures. You are slaves to physical matter. Look at all of this from a higher vantage point. Are the things you seek and lust after not sad and parsimonious? Didn't JESUS, your great master who is still with you, say: "Do not collect things that rust and moths will feed upon." – Stop these demons in their tracks. Take their nourishment away by turning to us, by trying to live within the DIVINE STREAM. You must recognise all the things that are hostile and ungodly. You could have a paradise in Earth, if only you *wanted* to. We will never stop to affectionately remind you – but you must listen to us!

16th of September 1961 – 12:30 pm

Always imagine *yourselves* in your mind as a deep, pure and radiant bowl, *open* towards the cosmos, but *standing* on Earth and solidly *barricaded* against the world at large. The DIVINE-COSMIC STREAMS flow into your bowls and they make the DIVINE SPARK within shine and glow. This glow then penetrates to the outside and it must flow over everything that lives in a consecrating manner. It is a wonderful, eternal giving and taking, an eternal cycle that may never be disturbed through your damaging, negative thoughts, because all of this can only function as a blessing for everything that lives, if your HEART is *pure*. – "Blessed are they that are pure of HEART, because they will see GOD." – All of this is *so simple* but still so difficult for you to understand. This is why we only tell you the things that your LEVEL of CONSCIOUSNESS allows you to understand. The great adepts incarnated on your Earth know much, much more!

17th of September 1961 – 11:35 am

Life can develop everywhere throughout the universe and this in incredible forms. Each cell and each atom has intelligence, because intelligence means life and life is GOD. No development and no life is possible without this ONE SINGULARITY. This is why your life, all life, is the most precious thing that exists. – Think about this and learn to love all living things.

All of you should listen to us, there is such an infinite lot to learn and we can give each soul different information, but it all stems from the same SOURCE. But you must learn to see and to hear, *without* your eyes, *only with the soul* – and we can then help you progress a lot further.

But every soul must formulate and comprehend everything *by itself*, everything is otherwise just useless ballast.

18th of September 1961

You ask us *how* we live. – This is very difficult for you to understand, but you will also live completely different than you do now. Everything that's narrow and petty falls away, everything *expands* incredibly for you. We care very little about clothes, a residence or food. Everything is there when we need it and this as much as we need at any given time. Everything is adapted to our constitution and nothing is bothersome or a hindrance to us. We – don't be mad at us – feel sorry for you the way you stick your poor bodies into strange armour and the way you squeeze your feet into strangely shaped instruments of torture. But you will also learn how to protect one's body from changing influences. We do indeed wear clothes, but *different* from yours. I tell you this in passing, because you asked me. Everything here with us is *harmonious* and *beautifully coloured*. The fabric we turn into clothes breathes and irradiates – and we allow them to disintegrate when they no longer please us to then create something new. We also have only the one “garment” as you like to call it, because we do not burden ourselves with useless things like you and this is because we can create something new at an instant.

We are creatures that are incarnated in a physical body, however with *higher* vibrations and a *different* mental attitude. Due to the fact that we possess higher insights and a more developed technology, we are in a position to recognise and to answer the thoughts you direct at us – if we are interested in doing so.

But there are an infinite number of CREATURES in the WORLD of SPIRIT, some destructive and some extremely eminent BEINGS of LOVE. And when you send out your questions, they come – all according to your mental attitude – these ENTITIES, *mostly* the not so good, and mock you. This is why you must be very cautious and *not accept everything* that you *hear* and *see* at face value. You must therefore watch your thoughts and try to gain ever *higher* vibrations, because unwholesome ENTITIES cannot approach a *pure* soul. And when *illumed* ENTITIES from the WORLD of SPIRIT talk to you, you'll find that it is just as good as if we were telling you this, because we were also taught, and are still taught, by these HIGHEST of ENTITIES.

Living beings also exist on planets in other solar systems with an unimaginable high technology and culture. But they are – we would say – “soulless”. All their energy flowed in the direction of technology and culture. Imagine that you were capable of landing on another planet, what would you do? Look for treasures, examine everything and try to take it with you. You know what I mean. These “soulless” entities would do the same here, but they are *far away* and they have no interest in you and we are able to keep them away with our thoughts of love. More about this at a later date.

Everything, and I mean everything, is evermore spread out, every idea, every thought, every invention, but you must discover them yourselves because they would otherwise be of no use to you. Electricity for instance always existed, but for how long has it been utilised by you? You are however indeed at a point in time where incredible things are revealed to you, but do use these insights only for positive purposes!

Do not discuss this with people that *do not yet understand* these things. Their thoughts are also powerful ENERGIES and they can cause a lot of damage! Utilise your insights and try to guide them forward in a gentle, unperceivable way through being an archetype. – Understand this!

19th of September 1961

Question : Why don't you tell me *something new* and not only all the old things that we already know here on Earth?

Answer : Have you actually understood “the old”? – Nothing at all is new, because everything that actually exists is *known* by the DIVINE SPARK in your HEART. You look everywhere on the outside when everything is actually on the INSIDE, it's just that you have no knowledge of it as it were. Search *inside of you* and everything will become known to you, revealed to you. But you have to *cleanse* your HEART and you must do that *yourselves*. All we can do is to support you through our positive, loving STREAMS of THOUGHTS we always send to you.

Master Jesus gave you the clearest instructions about how you should live, what you should do and think through his parables during his *Sermon on the Mount*. Why don't you abide by his advice and his radiant archetype? He proclaimed eternally existing DIVINE-COSMIC LAWS that every soul can realise. Learn *to recognise* the truth and the truth will set you free!

20th of September 1961 – 10 am

You ask, what should you *do*? – We continuously remind you about what you should do: To keep you bodies firmly planted on the ground, because they belong to the Earth – and to constantly breathe, inhale DIVINE-COSMIC ENERGY with your soul and this as much as you can. Always remember that it is this very ENERGY that maintains and fosters all life. It is always present, for everybody and for everything that is alive. Absorb it – crave it!

1:30 pm

You are surprised that you have either heard or read about everything that we tell you somewhere before. This is how it must be, because many ask and all of those that are on the *same* level of vibration must receive the *same* answers and because everyone that asks receives the answers from *the* LEVEL he or she capable of reaching into. Answers from the *lower* LEVELS are rejected by them, better still, they do not get anywhere near them. They do not reach the *higher* LEVELS that stretch into infinity – not yet anyway. These are simple LAWS and you must recognise them. The higher you progress through the work you do on your soul, the *higher* the vibrations that you will achieve. This will allow you to correspond with *ever higher* LEVELS. We must do the same, because no imaginable boundaries have been set for all higher development.

A specific mental attitude *requires* a specific *breathing technique* and *diet*. This heightens the psychical and the psychic vibrations. The blood becomes purer and gains a different consistency. You call this “transmutation”. Everything normalises then. Things you call an “illness” of the soul or the body are then excluded, because all stipulated functions are *undisturbed*. The sometimes very high vibrations burn up everything that is useless within the body and it is secreted from the body through a natural process. Not just the condition of your soul and your body is normalised then, but everything around you also. But only if you *adopt* his specific mental attitude.

There are lots of ways on your planet that accurately dictate how you can gain COSMIC CONSCIOUSNESS. All souls must chose the path that corresponds with their basic vibration and this in a way that they do *not neglect* their duties as citizens of this Earth, because they would otherwise no longer require a body and could do their work from the WORLD of the SPIRIT, but only from the same LEVEL they *achieved* on Earth.

3:30 pm

You ask, why do you have wars again and again? – Wars are the *materialisation of your thoughts*. Wars, unrest etc. are unnecessary, because planets only carry as much life as they are capable of nourishing. When all creatures live according to the irrevocable LAWS, all life will be eternally oscillating radiant harmony and an eternal thank you to the HIGHEST who maintains everything through his BEING.

If you could only see the Earth – looking like a pearl when seen with physical eyes from above – with *psychic* EYES! There is *little* LIGHT (But it constantly grows) and still a lot of red-brown radiation and it is emanating from sensually greedy, avaricious and other base thoughts and beliefs. Above everything else, the atmosphere over large cities is almost impenetrable. This is why it isn’t easy for you to achieve higher vibrations so that you can reach us. Everything is possible, it just takes more of an effort. To explain these things to you in detail would only confuse you. Besides, it isn’t possible to do so with your vocabulary. One has to *see, feel* and *hear spiritual*, ergo SUPERNATURAL THINGS with the ORGANS of the SOUL that were trained for this, something we all have, but something that doesn’t work reliable well with you, because you haven’t trained them. – Therefore do so!

21st of September 1961 – 6:30 pm

Concentration and the *control of thoughts* are DIVINE POWER RESOURCES that help to master everything. Every thought has the tendency to materialise itself immediately or later, depending on its strength. Due to the fact that you think and speak such a lot of confused stuff, things around you agitate and act like jack-o-lanterns. Listen to our admonishing words and try to sit *still* as often as you can so that you can connect to the DIVINE-COSMIC STREAM. Every individual thought emerging from this stillness will immediately materialise. *Practise this!* – We can and we do this. That you do this in a positive and non-hostile manner is a matter of course.

We keep telling you: You are *not* earth worms and not sinners – no, you are the CHILDREN of the HIGHEST! He placed all his LOVE and ENERGY into your HEARTS as a SEED and he gave you the ability to make this divine SEED *grow*. You have absolutely everything within you. – We have all creatures within us, from the bushman to the highest developed incarnation. Your mental attitude places you in the middle of this development and you strive upwards. Powerful SPIRITUAL-COSMIC ENERGIES try to support your lofty aspirations. Utilise them! Accept them, suck them up, demand ever more mental ENERGY, because the more you longingly demand, the more

STREAMS can flow into the CENTRE of your HEARTS and the more ballast will be expelled making you brighter and more radiant.

If you could only participate in the feasts we celebrate in HONOUR of the HIGHEST! Your spiritual bodies could however not cope with the high vibrations, but the beauty of it all is still in front of you. It is up to *you*! – But be aware that we love you.

22nd of September 1961 – 1:30 pm

A *lot more* HEARTS must open to hear our voice. Demand the things that belong to you, demand the PRANA AETHER and demand the connection with the DIVINE-COMIC STREAMS. You only have your physical bodies in order to live in them and so you can acquire all sorts of important insights for your higher development. You *are not* your bodies! They are your abode and your senses, your instruments to act within the physical world. Your bodies and your senses must obey you in every possible way, this is what you must achieve. We can *consciously exit and enter* our bodies, something only a few of your adepts can do. We have however not reached the point where we can effortlessly move in various compound states. We spend most of our time in our bodies, but they are exclusively controlled by the ORGANS of our SOUL. We *see* the thoughts of our fellow human beings and nobody can think in secret; this makes us cleansed of everything evil and ignoble. There are various levels of development with us here also, the *lowest* conforms to your masters and adepts.

We know of planets, we visit them to celebrate eminent festivals, where all the inhabitants have command of *teleportation, dematerialisation, levitation* etc. but still utilise a physical body as accommodation because they derive pleasure from this. They live and act as human beings do even though it is *no longer necessary* for them to incarnate. But this has other reasons too, reasons you would not be able to understand. There are *very eminent* SPIRIT ENTITIES that make the huge sacrifice of incarnating on your Earth, to squeeze into a physical body in order to help you, to teach you and to *exemplify* how you should behave and this for the length of a human life – or often even longer.

JESUS from NAZARETH was the most eminent amongst them in recent times. But eminent SPIRIT ENTITIES from far off worlds also live with you now and they work on Earth to progress your development.

You must be aware that your planet is a *dark* planet. A kind of cleansing of your SOUL BODY is taking place and you had to incarnate here on Earth according to a LAW in order to achieve a *higher* level of existence, something you neglected to achieve somewhere else. Purer souls can *chose* where they want to be incarnated in order to advance their development.

Because we know a lot of things that many amongst you do not know, we try in every possible way to help you because we love you so much. Once you *sense* this within your HEARTS you will have already gained a lot. We often told you: Like us, you are the CHILDREN of the MOST HIGHEST – and his LOVE is unimaginable!

Concerning illnesses

“Something” can only materialise, respectively become visible, where the right conditions are present. All of your so-called “illnesses”, the hurt and harm to your physical bodies have their *basis in thoughts*. Base thought = lower vibration. Eminent thought = higher vibration. The *baser* the

vibration, the *more solid* the physical. The *higher* the vibration, the *lighter* (ethereal) the physical. “Pests” can gain access to slowly vibrating bodies, they can destroy your physical bodies. This is *impossible* with high vibrations, because all impurities are ejected by high vibrations and nothing unclean can enter. Therefore *purify your thoughts* – vibrate within the COSMIC-DIVINE STREAM. Try to continuously reject everything vile in order to raise your deeds and thoughts. This alone is the recipe for a healthy and happy life.

25th of September 1961 – 8:30 am

Practise telepathy! – Like attracts like and this is why you catch the TRANSMISSION that correspond with your mental attitude. The ability to visualise, ergo one’s imagination must be strictly practised and trained, because it is the *imagined image* that races through the aether to be SEEN and translated into *one’s* language. We also SEE *your* thoughts. Words, the way you utilise them, can only arrive if you *think of their meaning*. This is very difficult to explain with words. – When I start to practise, I begin with things that are easily SEEN. For instance: Participant A sends the word “rose” to participant B. Participant A imagines a three-dimensional rose and makes a rose grow in front of his psychic EYES from its roots to its shining blossom. The created rose now exists three-dimensionally and must now appear to the psychic EYES of participant B the way A created it. The condition naturally include the fact that the RECEIVER is attuned to the SENDER and that his thoughts are *at a standstill*, B will otherwise not be able to receive anything. Such are the simplest initial exercises. RECEIVING and SENDING will later bring unimaginable results, but all beginnings are difficult and one must *practise!* – More about this later.

2:00 pm

The most powerful, the *most concentrated* thoughts reach the RECEIVER the securest. This is why you should send thoughts of *peace – love – quiet – harmony* as often as you can and on a daily basis. It matters not whether you have practised this or not. Imagine PEACE – and *be* peaceful. Constructive, life-supporting STREAMS emanate from every positive thought and the more of them you produce from within your HEART CENTRES, the more hostile STREAMS are being *neutralised* and dissolved. They can then no longer stream into the minds of unenlightened, negatively thinking people. More and more people are freed from the clutches of the ANTI-SPIRIT through this and they can then be pulled up to *higher* levels.

We are interested in everyone, everybody is important. Everybody should participate in this great act of love. Do this – and do it *often* with a good and obliging HEART. You help you fellow men and also *yourselves*, because the more you *give* the more you will *receive*, the more ENERGY you release, the more ENERGY you will draw inside of you. – You have asked for instructions, we are instructing you, but some of it is uncomfortable and difficult and you will not like it, it will not sit “well” with you.

26th of September 1961

You will see an *Aurora Borealis* of rare beauty in the near future. Look at it with reverence, as a reflection of a great festival. Souls on other planets that have achieved a certain *higher level* are inaugurated and blessed at certain intervals. Unimaginable STREAMS of divine ALL ENCOMPASSING LOVE gather there and they stream way beyond their place of inauguration into the cosmos. All that see and sense the LIGHT will also be blessed and affected by this DIVINE STREAM – their consciousness *expands* and all those that this visible sign reaches can have a slice of a divine gift.

If you want to achieve something great you have to start at the *bottom*. Of what use is it to pray now and then when you want something – but continue to sin, that is to say, *separate* yourselves from the DIVINE? Your scriptures say, pray and work. Every thought should be a prayer, a thank you to the HIGHEST for maintaining and supporting your existence. Always be aware of HIS presence *within you* and you will never sin, you will never be sidelined, because you are within the COSMIC-DIVINE STREAM. Unimaginable FORCES slumber within you and they await their awakening. How can you *awaken* them? Through *disciplining your thoughts*, through the conscious care of the ORGANS of your SOUL or CHAKRAS. Corrects thoughts make them blossom, false thoughts close them up. Correct thoughts entails *universal love*, the eternal blessing of everything, to condemn nothing, to think humble thoughts, to be *conscious* of your divine heritage every second of the day and to correct any deviation *immediately*.

You must gain command over your sensory perceptions and control them, *this* is the secret of eternal peace within your HEARTS. *You* must decide how you want to react to a perceived impression, do not allow yourselves to be controlled by its looks or smell, sound, occurrence or emotion. Any caprice, rage, anger etc. are thereby excluded, any emotional outburst is actually rendered impossible. Your CENTRES or CHAKRAS – as you call them – can then grow and blossom.

As you have opened up to us, we will give you constant instructions. But *do abide by them* and pass them on to *others* who strive for knowledge. But be wise and do not spoil things, be timid and humble when dealing with others, everything will otherwise be spoiled.

27th of September 1961 – 8:30 am

The highest, the one and only CREATIVE FORCE – GOD – exists WITHIN ITSELF and it tirelessly gives. It gives and gives... *Everyone* is always entitled to as much divine LOVE and VITALITY they demand by praying humbly, aware that he or she is a CHILD of the HIGHEST.

A “devil with horns” and a “purgatory in hell” *doesn't* exit. But *very powerful INTELLIGENCES* exist that constantly try to pull every soul away from the DIVINE STREAM. These BEINGS require your SOUL'S SUBSTANCE in order to exist. Therefore guard against these *hostile ENTITIES*. They try with all imaginable means to maintain *their* viability and to suck you dry, often with means that you do not immediately recognise. Therefore always turn your souls towards the FATHER and call upon him every second of the day and with every breath you take: “*Father in me, let your LOVE be inside of me.*” – It also suffices if you say within your HEARTS as often as you can: “*The Lord is my shepherd, I shall not want.*” – You can also simply think: “GOD”. Nothing EVIL can then approach your HEARTS and your bodies who are the temples of your soul. The LOVE RADIATION you requested from the FATHER also creates a PROTECTIVE ENVELOP around your physical bodies. Nothing and nobody will then have power over you. – We tell you this in *your* words so that you can do something with it.

* * * * *

Yes indeed, we are interested in bringing you to the spiritual level that is necessary to traverse space in order to land on other planets. This is possible with a physical body, but only with a corresponding mental attitude. What's INSIDE and what's outside must always be in harmony with one another. Your highly developed technology requires a highly developed spirit, but not just a spirit equipped with knowledge, but also with *wisdom*. You must acquire this highly developed spirit in order to travel through space, to interact with us and to experience all the joys of your existence.

If *we* were to send consciousness-expanding STREAMS to you, you would not be able to endure them! The COSMIC-DIVINE STREAMS you absorb have been adjusted through GOD'S OMNISCIENCE to an extent where they will always *have to adapt* to what they are flowing through so that no damage will occur at any time, only higher development and progress. This is why yoga methods applied *without* wisdom can be lethal.

28th of September 1961

All stars and planets are “creatures” and correspond with the entities that live *on* them, respectively live *in* them. For you to acknowledge the oneness of everything that exists is good. You actually live *in* the sun, because you are enveloped by its aura. Suns live within the aura of *central suns* and they in turn in the aura of *mega suns* etc. There is nothing that exists all of its own. Everything is interwoven with everything else and exists within or apart from each other. It is an eternally oscillating omni-harmony, from the smallest to the largest, an incredibly sounding CHOIR of the WORLDS you are allowed to reside in and you can oscillate with.

Imagine just how fortunate you are! Your thoughts and your feelings, whether positive or negative, are absorbed by your Earth and she must then “digest” them. You are the suppliers of her sustenance, when you love her and think thoughts that are positive and divine, she is healthy and radiant. If you *don't* love her and entertain evil and destructive thoughts, she will become ill and gloomy and her wounds will erupt one day. On other planets where people or other beings live that completely oscillate within the COSMIC-DIVINE CONSCIOUSNESS, there are *no* so-called catastrophes anymore, because these planets are also cleansed through the *cleansed* creatures they carry and they are “nourished” by and will remain radiant until everything that is visible is once again “inhaled” by the HIGHEST SINGULAR GOD.

Your Earth and all other stars and planets “breathe” exactly the way you do, they “inhale” COSMIC STREAMS near the North Pole to then “exhale” them again near the South Pole. We could tell you things about this. Your great adepts knew about all of this, because all of us talked about this often enough. All of the great adepts who have recognised who they are, are *Interplanetarians*.

Look at everything from a *spiritual* point of view and learn to see what's *behind* these things. Learn to see *who* and *what* moves these things. Nourished by the SUBSTANCE of your SOUL, hostile ENTITIES and INTELLIGENCES are very active. Their food is hatred, envy, greed, malice, fear and everything negative and ungodly. Jesus told you that there is only one thing that will destroy them, namely: “Love thy enemy and bless those that curse you!” – He meant *those* ENTITIES that suck on the souls of unawakened people. These ENTITIES are the enemy and the ones that curse you, curse you!

You, who have awakened, send love and nothing but love. Send it in glowing hot STREAMS and everything that is ungodly and life destroying will either be redeemed and turn good or it is burned by love, it will dissolve into nothingness. Love and blessings, they are your weapons against the things that destroy. It is time! – Wake up!

Towards the evening

Old *mysterious knowledge* that was known and is still known to adepts of every Age, can and may even nowadays only be conveyed to those with a *pure* HEART. Because only those that have cleansed and activated their CHAKRAS through constant care, can perceive all the things that remain hidden from others.

It is however possible to gain a certain level of “power” over NATURE SPIRITS etc. through certain *breathing exercises* and *body positions* that were betrayed by disloyal priests, without having to be cleansed *a priory*. This leads to “*Black Magic*”, to insanity, lunacy and destruction. “Knowledge is power”, it *isn't however the one* with the knowledge that has the power, but the UNGODLY, the HOSTILE radiate their POWER *through you*. You are then their instrument and they rend your soul apart.

All the *possessed* that are in power these days are instruments of *dark FORCES* who stand behind them grinningly goading them to do devilish things. They must have craved for power *without* wisdom or purity in either a past life or in this life and were unable to release themselves from their KARMA. Pray for them, bless their ill, violated souls so that they become free from their possession, so that they recognise *whose* instruments they are. Send love to them, love over again.

It *isn't just* your famous rulers that are subconsciously instruments of the LIFE-DESTROYERS due to KARMA. There are people who know what they do and *whom* they serve! We are dealing with lost souls that rend themselves apart and you cannot help them, because they do not *want* to be helped. But beware of them! They are wolves in sheep's clothing, they abuse your credulity to cause mischief and they drag you down.

You have to know one thing, namely that you must *become critical* and *learn to recognise* what's right. Therefore always strive to connect to the DIVINE STREAM and constantly ask the HIGHEST, namely your FATHER, for his divine LIFE FORCE so that you can remain his children and live and act in order to thank him.

29th of September 1961

Base POWERS and ENTITIES cannot approach the *highly-oscillating SPIRITUAL*. Their field of influence is the world of matter. Therefore see the actions of these ENTITIES *behind* everything that is physical and try to give physical matter spiritual properties, the way your great archetypes have done in the past: Through positive thoughts, thought discipline, devotion to GOD and never tire of establishing contact with the DIVINE by cleansing your HEARTS from everything ungodly.

Only you can deliver, respectively separate yourselves from the clutches of the UNGODLY. The HIGHEST deposited his POWER in you and it only *waits to be free* to then be able to get to work. Help yourselves, recognise *who* wants to hold you back from ascending to eminent and highest levels of vibration! You will then be the *equal* of your OLDER BROTHERS and united with us in our praise for the HIGHEST ONE. But you have to *do* the separating, the delivering *yourselves* – each individually. We *cannot* eat and breathe *for you*, we *cannot* think *for you*. You must do that yourselves. But we can *help* you by calling you to order over again, affectionately and tirelessly.

To tell you many things in your words is so difficult, therefore GO WITHIN yourselves often and *listen* to your INNER VOICE, become ever more subtle in your HEARTS so that we can communicate better. *Practise telepathy*, because everything can be made *more* comprehensible through it. SPIRITUAL THINGS are *not* physical and language is still something physical.

A lot of planets have a language that is just “sounds”, others think so three-dimensional that everyone SEES the thoughts of others. The highest form of thought is *creative* thought, whereby the thought being thought immediately turns into matter. This type of thought has so much POWER over all atoms that the emission of this DIVINE POWER of THOUGHT immediately amalgamates

everything that is produced by thought. But the things created by *God's human beings* collapses a lot faster than the things made from available physical matter, ergo rigid physical matter. These *eminent* human races only created visible things in order to utilise it, once they are no longer required, they release the atoms again so that they can be utilised again somewhere else. We can do this to some degree. But we certainly do not collect all kind of refuse the way you do and we do not “work” so that we can acquire these things, things that are completely useless to us and to you also.

You must grow and learn to recognise just *what you need* and what you don't need, what should be a *part* of your life and what not. We also have glorious, everlasting works of art and temples, we even wear jewellery made from stones and gold that was “cultivated” and other metals we amalgamate from various sources. Our technology cannot be compared to yours. We work *noiseless* and only with FORCES that are available in inexhaustible volumes throughout the divine cosmos. And we thank him, the HIGHEST, for every breath we take. We breathe him in and we exhale love.

Never forget that you are a SPIRIT BEING! Don't even allow the smallest corner in your HEART where the divine LIGHT cannot shine; where the DIVINE resides, nothing else can enter.

30th of September 1961 – 5:30 pm

You cannot allow *anything* and *anyone* to impress you and deviate you from your path. Do not look to the right and the left, but *always straight ahead*. Benevolently smile at those that want to teach you something else and walk on, the way your great archetype JESUS did – carefree – and only thanking HIM, the HIGHEST. Stand solidly on this Earth, but *do not* become part of this Earth.

“Me and the Father are one” said he, the MASTER, the great INTERPLANETARY SPIRIT JESUS from NAZARETH. You are equally *the same!* – We cannot say it any different from Jesus in your present state of consciousness. It is however a shame that his most beautiful and clearest instructions are *not* recorded in your books. But those that learned to LISTEN have a place amongst us and on all the other radiant planets also. *Refine* your HEARTS and learn to HEAR and to SEE. We would dearly like “to pull you up” to where we are and have you participate in the glory all life represents.

1st of October 1961 – circa 10:30 am (Sunday)

You know that atoms are not the smallest and mega-solar systems are not the largest things that exit, but you must also know that only the things exist that you are aware of that they *are*, ergo only what is alive and exists in your HEARTS. The wider and BRIGHTER your HEART-CENTRES become, the wider and BRIGHTER, the more animated and polymorphic the world becomes for you. You therefore create your own world in your HEARTS and you will only be able to understand the things you have *understood* there, in this sacred place. – Think about this and be happy in the knowledge that you may do so.

Everything, and I mean everything, is contained within the AETHER of the PRANA. Learn to assimilate and to soak them up and new insights and new ideas will constantly develop within you. Your consciousness will expand *ever further* and soon turn into a *cosmic* consciousness. You will realise that you are a part of the infinite cosmos and that you are a part of the inexpressible DEITY, the way every drop in the ocean contains everything the ocean itself contains and that all drops combined comprise the ocean.

All of this has nothing to do with your physical bodies. They are just temples wherein you are supposed to pray to HIM, to venerate and to thank HIM. Your bodies consist of molecules that

disintegrate once your soul no longer needs them and they will then be transform and reutilised again. And when the time comes, when you have to reincarnate according to a DIVINE-COSMIC LAW, the atoms that are subject to the same LAWS throughout the universe, are once again at your disposal to build new temples for you. But be aware that all life – and therefore everything visible and INVISIBLE – is GOD, the ONE and ONLY INTELLIGENCE that exists within itself and that *represents everything*.

We are also no deities and a lot of things are still hidden and mysterious to us. We also work on our souls, expand our CENTRES further and further, because they are the *actual human being*. There are lots of planets that we can visit that are *well advanced of us*, that indoctrinate *us* and help us, but they are *also* still far from being perfect.

You always want to know all kinds of things that have been known on your planet for millennia. We find it difficult to think back. But your great adepts can tell you very accurately just what's required for you to grow. Why don't you listen to your teachers? – If we were to tell you the greatest nonsense – something we will not do – you would believe us, because you *expect sensations* and you don't believe your great sages, because their instructions sound too simple to you and because the thought that *you have to do something yourself* sits *uncomfortable* with you. So you think that we could do all of this for you – but this is not the case! Know that you can only progress *individually* and that we can only help those that endeavour to strive and this *in earnest* and indefatigably. Nothing will be gifted to you, nothing was gifted to us either – but every *honest* endeavour is rewarded with insights and wisdom.

Circa 12:30 pm

Take a look at an atom; It looks similar to the solar systems, but on a smaller scale. You have already managed to shoot a particle from an atom and thereby destroying the profound order within the atom. The destroyed, or interfered with atom, is now “ill” and it will eternally try to retrieve the particle that belongs to it. The same applies to solar systems when a part of the whole, ergo a planetary body is destroyed. This disturbed solar system represents a disharmony within the cosmos. This is why a lot of those that maintain the order within the cosmos are interested in you, because you are in the process of causing a great calamity, driven by *hostile* INTELLIGENCES. – Stop right there! Recognise *who* is behind this. Love them out of existence, these APOSTATES that only engage in mischief and fatten themselves on *dark* planets.

Guard your sacred HEARTS! Think divinely, cosmically! Begin, all of you begin, to absorb the COSMIC LIGHT to then emanate it from your HEARTS. Lots and lots will then “happen”, ergo fall into your pure HEARTS and *this* in the form of *help*. Every souls that lives a positive life must help in the battle between LIGHT against DARKNESS, because where there is LIGHT and love, DARKNESS cannot exist. The approaching New Age, brought about by the fact that the solar system is subjected to *higher* COSMIC RADIATION, will not produce any disturbances when the energies of all souls act in a pure and divine fashion on all planets. The divine ENERGIES are constructive and life-giving – and there is nothing that could disturb or destroy them when they oscillate cleanly.

Question : Why must *I specifically* “hear” so much, when I do not really have time for this? If I were alone in a monastery and had nothing to worry about, I could work on this day and night – but like this?

Answer : You are specifically asked to learn TO HEAR and TO SEE whilst all these numerous STREAMS flow in such confusion. Amidst the noise and entanglement, amidst the colourful STREAMS that swirl around your planet, amidst all the cosmic STREAMS that flow around and through your planet, you are to find the CENTRE of your HEART so you can remain there untouched by the world at large, a world you are supposed to *calm down* and *spiritualise*. This is what's so wonderful, namely that it is *always* possible to accomplish this at any time by those that are willing, by those that yearn for the DIVINE STREAM, his love.

You are *students of the spirit* so you can better deal with your duties here on Earth and effortlessly accomplish far more than the pitiable souls that allow themselves to be dragged down, because they eternally rush hither and thither, negate everything DIVINE and idolise physical matter. – You should be their archetype!

Allow the things that you cannot absorb at this point in time to rest, they will return to you at the right time. But you have to start to wake up and surrender to the upwelling STREAMS, do not detain anything and do not harbour prejudices, regard everything that's good, beautiful and uplifting possible, reject all that fences you in and discard any narrowness and narrowmindedness. Do joyfully co-operate and oscillate, higher and higher. Recognise mistakes immediately and correct all mental mistakes immediately, atone for them by *sending even more love* so that the *poisonous* STREAMS cannot spread far and wide in order to materialise.

Read the *Sermon on the Mount* and look at it from a spiritual point of view, it represents a *wonderful textbook*, one that is always valid. JESUS told you: "Heaven and Earth will pass away, but my words will not pass away."

When worlds are spent, they will harmoniously dissolve, the way our bodies dissolve harmoniously also. The COSMIC-DIVINE-SPIRITUAL LAWS are and last *eternally*! Worlds come into being through HIM and his LAWS and worlds pass away through HIM also. But he is the eternally ONE and ONLY, EXISTENT from within himself. Remember at all times that *everything* that exists is part of one great CAUSE and that the ENERGY from it is approachable *at any time*, because it can be found in every cell and in every atom. The more you devote yourselves to this ENERGY – GOD – the more convinced you are that HE is the CAUSE of your existence, the less distance there is between him and your HEARTS, the *brighter* and more beautiful your existence...

(Transmission interrupted)

2nd of October 1961 – 9:30 am

You called upon us, therefore listen and write: Those that appellatively ask with their HEARTS and *not* with their mouths connect with the spiritual, etheric ENERGY of the PRANA that races from star to star at a fraction of a second and it finds the answer wherever it is. This is difficult to explain with words, but it is a reality. The *purser* the HEART, the more *plastic* the request, the question, the faster the answer. Some people acquired, trained or brought this psychic POWER with them from numerous past lives. It is found within everything, within the SANCTUM of the HEART, within every DIVINE SPARK and it can be awakened through divine humility. Try and wait! *Patience* and *humility* are a part of all spiritual aspirations.

We correspond with lots of interplanetary SPIRITS that have incarnated as teachers of humanities on *dark* planets. One such great teacher was your *Wolfgang von Goethe*. He spread such a lot of

cosmic wisdom amongst you – but did you understand him correctly? Read his *Sorcerer's Apprentice*. He explains to you what “calling the spirits” is all about. Only when you are *masters* and know the *art of discernment* – *then call* – and answers will be given to you. But woe to those that call, that open themselves up and *are not prepared*. Woe to those that strive for this out of *curiosity* and *sensationalism*, based on some kind of greed or other... They will turn into instruments in the hands of DARK FORCES who are just waiting for an opening, a channel they can use for their activities.

You must organise your thoughts thus that you realise that there is *no separation* between incarnated and not incarnated souls, that this is a reality. One has to be *completely comfortably* at home in *both* realms, only then will one see all coherences *clearly*. There is nothing that is unnatural, nothing that is separate – everything flows – into one another, mixed up, around one another and with one another.

3rd of October 1961 – 1 pm

We say it over again: *We answer only when we are asked*. But we will then say the truth, something that will often not please you. People are *mentally lazy* and do not like to deviate from their familiar paths, but this is exactly what has to be overcome. One may not cling to any tradition, one always has to be open minded in regards to *everything* that promotes progress and one should be prepared to sacrifice one's opinion and conviction in favour of a *higher* insight. One must learn to always become lighter, *brighter* and *independent* of the opinions of others, of scientists and school taught knowledge. You have to gain *wisdom*! Knowledge only encumbers you. Wisdom assess everything the way it *actually is*.

You are a small, selected circle of terrestrial human beings who would like to work with us. All the beautiful words and reports from OTHER WORLDS are of no use if nothing positives comes from them. All striving must be forward, progressive and this entails hard, purposeful work. Your goal is to achieve the COSMIC CONSCIOUSNESS that you need to herald in the New Age and to be able to correspond with *other worlds*. You have to learn to be at home in *both* worlds, the physical and the NON-PHYSICAL. This requires a lot of good will, solid faith, an open mind, a *pure* HEART and a *cosmic* mind.

“Know thyself!” – Every doctrine dealing with the humanities begins like this. You have received your *free will* and you must decide whether you want to fail again and sleep through *this* terrestrial life or whether you are willing to *wake up* and *participate* in the eternal upward aspirations, evolution and the full unfoldment of divine creation. You can pursue your career and perform your duties just the same when your intensions are honest and dignified and your fellow men who *want* to continue with sleeping their lives away, should not notice anything of your striving, only that you are different from them, that you grow more cheerful, more balanced, more peaceful and more radiant.

Begin with *controlling* your thoughts! But not just now and again, get into a habit of making it a *constant* practice, namely when you thought about something negative, you immediately try to send something beautiful, something good after it. An example: When you meet a person that you *dislike* – look the other way and admire a flower or a beautiful person or something else. Imagine a glorious lake, think of your children –but please, reject the feeling of “dislike” immediately, because *feelings* cause STREAMS that can lead towards the negative and allows it get thicker and fatter. Try to prevent this! Always be *above* these things. You are the master and you have command over what

your five senses tell you. Calmly acknowledge what your HEART tells you, that's the *right* thing to do, but keenly differentiate between HEART and mind. – Think about this!

All the knowledge about these things are in your HEART and only wait to teach you and to free you. *Learn to love everything that is alive.* May the first impression be ever so abhorrent. Everything that lives has GOD'S SPARK in its HEART and you must see this in *all* life. If you are still unable to do so, namely to make this UNIVERSAL LOVE a habit of your soul, then please try at least *to not condemn*. Judging is akin *to splitting* the ORIGINAL SUBSTANCE, akin to the separation of something that belongs together. Therefore to not judge and if you find that you cannot prevent it, *do not observe* the things you would like to judge. It is difficult, very difficult, but certainly possible. This doesn't mean that you approve everything, but break the habit of rendering everything that you *do not* understand apart, only because you cannot comprehend it or hold a different opinion.

Do not talk about the work that you do once you have *started* to do this WORK. Old mysteries say: "You must be silent for seven years before you are allowed to talk." This means that you must train *yourself* rigorously and inexorably and only then will you be allowed to convey your insights to your fellow men in an educational fashion. Well, it doesn't necessarily have to be seven years. It can – don't be dismayed – take a lot longer! This is why patience is imperative and must always remain the general mood – patience *and* humility.

Consider all of this. We have told you this in as simple terms as possible. Our instructions are known by all schools of thought, only formulated more cumbersome and often difficult to understand. All progress only lays within the soul's right attitude and right thinking. Once you are underway and *seriously want to do this*, *educate* yourselves and gradually change your way of thinking, nobody will ever need to teach you again. We continue to say: All wisdom is deposited in your HEARTS, because your CAUSER – the ONE, SINGULAR POWER, GOD – placed all his LOVE and his WISDOM into your HEARTS. Allow the FATHER in you, GOD'S SPARK, to glow in your HEARTS and you will be in harmony with infinity; you will be *free*! Once you have got that far, you will be able to comprehend us and we can then converse with you as equals.

Undertake your work joyfully and with confidence and always remember that you are the CHILDREN of the HIGHEST and that the FATHER loves his children and only wants happiness and the very best for them. Ask us if you don't make progress in your endeavours.

4th of October 1961 – 2 pm

Do try to *remain quite often silent*. It is the best healing method for body and soul on the much too noisy planet you live on. An *indescribable healing power* lies within the silence of the mouth, the mind and the senses. You will emerge from a bout of true silence like a newborn child. Try this every day and if you cannot silence your senses, you need to practice by sitting quietly and by thinking about something beautiful, something divine. You will gradually learn to switch your sensory perceptions off. You will then oscillate in silence within the DIVINE-COSMIC STREAM. Practise this and enjoy the results!

Forgive us for being truthful, but you do talk a lot of terrifying nonsense! Know that every word ought to be sacred, an expression of a soul's vibration, an overflowing of a full HEART. "The mouth speaks of what the heart is full of." But you incessantly babble nonsense and malice. *Mind what you say!* Rather remain silent before you say something inappropriate. Let others think whatever they want about you, but only speak the things that come from your HEARTS. Every word creates a STREAM that in turn creates a cause whose effects will eventuate. *Begin with observing yourselves.*

If you were to record every word you utter on tape for just one day, you wouldn't believe that you uttered all this nonsense – you who consider yourselves awakened and progressive. Do keep an eye on this, it is enormously important!

When you *know* that your HEART speaks, you can allow the words to run free. But do speak your mind, educated by your senses, but also accurately test *what* you want to say, because once the words have left your mouths, they can no longer be retrieved. They are then out there in people's minds, but they can be *transformed through a positive rethink* so they can no longer cause a calamity. But it is far better to have your thoughts cleansed of rubbish in the first place. But if you happen to think evil thoughts, try at least to not utter these thoughts. Therefore practise silence, remain lovingly silent before you talk nonsense.

You have a number of incarnated *teachers* that have written about *silence* in a wonderful, enlightened fashion. Those of good will amongst you will find these *masters*. Those that seriously strive will find the necessary indoctrinations when silent, because the great ENLIGHTENED ONES and those that love you can talk to you when you are silent, silently talk to you in your silence. – If you want to make your CENTRES or LOTUS FLOWERS (Chakras) light up, you'll find that silence is an imperative means to cleanse your SOUL'S ORGANS and to make them blossom.

8:30 pm

It was given to you *free of charge*, you should therefore *pass it on* to those that need it *free of charge* also.

Never ask personal questions, don't be a Sybille (Greek prophetess).

Why do you have to write? Don't ask, *write*. You will know why when the time is right.

Never revere another human being, *only the DIVINE within it*. – Differentiate here!

The secret doctrines and secret training grounds on the planet you live on only ever address a certain group of human souls. There are a lot of doctrines and directions, but *only one* that addresses *all* souls. It is the UNIVERSAL INTERPLANETARY DOCTRINE, the doctrine of LOVE the NAZARENE, as you call him in your language, JESUS from NAZARETH proclaimed. Clear and simple, comprehensible to all those of good will. Those that carry him in their HEARTS and live by him find that he interprets his doctrine *to this day* by telling them *this day* what he couldn't tell his disciples, because they wouldn't have been able to deal with it. Walk his path of LOVE and LIGHT and you will be able to deal with it and he will be able to tell you the way that he told *us*. It is possible for him to operate everywhere - within a certain perimeter that also seems unimaginable to us – because HE is a *very elevated* ENTITY of which there are only a few throughout the universe. He clearly recognised the HIGHEST ONE within himself. – Know this my friends!

A soul incarnated on this planet, it might be an eminent SPIRIT BEING, but *not* an INTERPLANETARY ENTITY, can indeed reach a very high, but somehow limited spiritual vibration on this planet. This BEING *knows* that it has to relinquish its physical body once this upper limit has been reached and in order to be able to act without a BODY from a HIGHER LEVEL. It can, if required, immediately *reconstruct* its body *for a short period of time* on the planet it lived on last or on another inhabitable planet, ergo make itself visible. You only have *a few* enlightened souls on your planet and we are not allowed to mention their names.

Most so-called “masters” are charlatans or arrogant souls that mean well, but do not actually have anything to do with progress in a divine sense. You immediately recognise by a person’s AURA whether they have the correct attitude and they are often quite inconspicuous, simple human beings that received the *highest* insights. A “master” that doesn’t EMANATE love and warmth, that doesn’t immediately relieve all suffering by simply being there – is indeed a human being, but not a master. Even JESUS, in his exemplary humility, did not want to be called “master”. Therefore take a good look at your “masters” and love them as human beings – but *nothing more*! We tell you this so that you can maintain your freedom in regards to assessing these things.

10:20 pm

“Those that *have* will be given more.” – The spiritual interpretation is: Those who *have* worked on themselves, who brought their LOTUS FLOWER to shine, who *have* trust in GOD and who *have* grasped GOD within themselves, will be *given* the COSMIC-DIVINE streams, will overflow with the WATERS of LIFE - “they will receive” - GOD gives himself to them.

5th of October 1961 – 8:20 am

Those that have educated their CENTRES can absorb the latent COSMIC STREAMS, the LIVING WATERS. They can then transform them and SPREAD them as enormous STREAMS of ENERGY over all living things, they can *heal* body and soul with them and use them as a blessing. The thoughts of such people turn into *visible* reality. This is possible for *everyone*, because all of this has been prepared within us and only awaits it awakening. The people from *Atlantis* knew this and utilised this, but only *subconsciously*, ergo without actually being aware that they had this gift. You can consciously acquire it, but only to do good and to serve progress!

It’s a shame that you cannot grasp this, because we would dearly like to tell you more.

Work on yourselves! Avoid emotions like *envy, hatred, jealousy, greed, resentment*. Avoid all ungodly, *poisonous* thoughts and emotions. Immediately switch to love, joy, harmony and peace. Help to release and dissolve all evil, to *deliver* everything! Enormous tasks will await you then and you may knowingly participate in the great PLAN of CREATION, consciously resonate within the DIVINE-COSMIC community, live and experience things on other planets. – We love you!

4:30 pm

Try to utilise the AETHER’S PRANA. PRANA is what keeps the aether together, as you know – it is its cause. It is *much finer* than the aether you call “air” and it is the substance that rejuvenates your cells and makes your physical bodies flourish. One can perform the most difficult breathing exercises and contortions, but these practices amount to *nothing*, if one *doesn’t* breathe with the soul and with the HEART. Once you have learned to absorb solar energy and PRANA, you will recognise the success of your endeavour by your cheerfulness, sunny disposition, lightness, ergo “airiness”.

When you walk, stand, lie or sit (sitting upright) in the sun, *become* the sun! Allow yourselves to be sucked up by the sun, radiated it through every cell. Become gratefully and consciously aware of the sun’s POWER and LOVE. *Become* the sun, warmth, love! When you can no longer feel your bodies, you reap the correct, animating success from this exercise.

When you *consciously* breathe, *be* aware of the cosmos, the universe! *Merge with* the STREAMS of the universe and if only for a fraction of a second, you will then have experienced your *true* being,

your *true* self – you are alive! Some succeed immediately and feel like a “new born”. You call this “born on the way to the hospital” or “fulguration”.

Some people require *one* life, a lot of people require *many* lives to achieve this. You will then see everything in a different light, in the true, divine light. You who strive, *do everything* your HEARTS tell you, even if your minds want to bolt the door. In order to think correctly, you must *think from the HEART to the mind*. The HEART is the “dictator” and *not* the mind. It must be like this, namely that the mind also thinks everything the HEART thinks and not the other way around. The HEART dips into the COSMIC-DIVINE ORIGINAL SOURCE and it may not be troubled by the perceptions of the senses. Therefore become the *master over your five senses* and allow the HEART to decide what’s true. The mind *only* accepts the things the five senses tell it and this is *insufficient*, because they *only* perceive the physical, the visual, the things that decay and the transient, but *not* the actual CAUSES, the ABSOLUTE TRUTH, the pure imperishable truth behind it. Everything your pure HEARTS tell you *is true*, even if your mind, your intellect revolts against it. Learn to think with the HEART, you will *then* think divinely pure. – See through the Maya! (Esoteric = magic or illusion)

6th of October 1961 – circa 2 pm

We are realities and we know ways and means to influence you, to guide you and to direct you. But we are *only allowed to do so* if you genuinely *ask* and requested it, without expecting something sensational, if you ask for *advice* in regards to your *higher development* and concerning the well-being of your body and your soul. You will manage to deal with your material odds and ends yourselves once you have started your journey to find GOD’S REALM.

It is a shame that *so few* genuinely and faithfully ask for our friendship. Most expect nothing more from us than to *see* our spaceships, something they can do nothing with anyway. Others expect *sensations* in order to regale themselves like at theatre or the cinema. But we do not conduct theatre performances! Sensations are far from our minds. Everything is harmonious, natural, holy and pure with us. – We could show you everything in pictures, if you were more advanced, your past and future, the way you could be if you make the effort to be *striving for God* and to learn – till you take your last breath. These images can however only be perceived with the EYES of your SOULS and not with your physical eyes. Only a few on your planet can do this. Your vocabulary *cannot describe* the VIEWS and the insights of the soul, this is why the SEERS must remain silent.

It would be nice if we could accept *more* terrestrial human beings into the COMMUNITY of COSMIC HUMANITY. Terrestrial people who communicate with us – there are only a few – are of *various* spiritual moods and unfortunately *not* addressable in regards to *all* the problems under discussion. Therefore: *Immerse yourselves often in the stillness of your HEARTS’ SANCTUM* and listen to the DIVINE MURMURING there, learn the sacred silence. Amidst the cacophony of your terrible explosion machines (cars), amidst the rumble of your noisy traffic, you should be able to remain in your temple and stride through all the Maya with somnambulistic confidence – eternally blessing everything alive. It can be learned! When you have reached this point: *Master of things – acknowledger of the truth*, we will shake hands.

8th of October 1961 – 5:30 am (Sunday)

You would dearly like to hear *sensations, new things* and *exiting things* from us. How we construct our ships, how we propel them etc. But of what use would this be to you? In order to swim, one has *to learn* to swim. In order to fly, one has *to learn* to fly. The things that are possible for us will also become possible for you, once you are ready. This is why we endeavour to guide you to a point

where you will be able to comprehend what's required to achieve our level of consciousness. – Do understand this!

You have technicians that, *guided by us*, will construct and guild things that will astonish you. You are just at the beginning of your technology and the appraisal of the ready available ENERGIES present throughout the cosmos. You will gradually learn their applications, the more ENLIGHTENED you become the *more* your consciousness expands. An American will “discover” the *visualisation* of the AKASHIC-RECORDS, as you call it. You will then be able to see images that were stored in the AETHER many years ago. You will be able to see and re-experience past lives later on. You will *no longer require electricity* to provide light in your homes. All the noisy means of transportation will turn quiet, they will *glide* differently over the ground and so-called accidents will be a thing of the past. It is however up to you, you decide whether *to stick* with the old or whether you will gladly yield to progress and OMNI-HARMONY and whether you are prepared to absorb the LOVE-EMANATIONS and to transform them. We call this the “utilisation of COSMIC STREAMS” and we use them with a grateful HEART.

Be aware that everything, and I mean everything that human beings *come up with*, is possible, that it falls into the receptive HEART-CENTRE. Now, if the imagination is so powerful that a person's soul can see the imagined three-dimensional, three-dimensional down to the last detail, that person will be in the position to construct it, it can then materialise, ergo visibly transform. The available materials, the accumulated atoms, must first be utilised and the manpower involved too. Later, the higher the human spirit evolves, the *more godlike* it becomes and everything will be *a lot easier*, because the CREATIVE FORCE latent within all of you allows everything conceivable to emerge, without effort and without lifting a finger. Your creations will then be a canticle in HONOUR of the HIGHEST, he who is your life and your being. You will then *consciously* serve him. Your existence will then be a DIVINE SERVICE and *not* produce life-destroying bombs and other devilish things.

Do realise how *useless* all of this is. Who wants to inflict something on whom? Where will hatred come from, if all HEARTS are full of love? Where can what's hostile approach if everyone, and I mean everyone, resides within the DIVINE STREAM? *All* ideas and thoughts are contained within the DIVINE CONSCIOUSNESS, a blossoming, inexhaustible abundance of beauty, harmony, love, sound, colour and fragrance, indescribable – incredible! Each and every one would produce and create something *different* and all human beings would be ONE with HIM in spite of this.

But you shut your eyes and ears and believe in Maya, in matter subjected to decay and your physical senses. You *believe* that you are completed human beings, but you are not there yet. Be aware of this and *strive* for perfection! Ask the INFINITE ONE for more and more love and DIVINE ENERGY, transform it and then emanate it. Cleanse your HEARTS of greed and covetousness, of all ungodly thoughts and desires and above everything else, of fear. You actually only fear yourself and *this* brings ENTITIES into being that devour you and suck you dry. – JESUS said: “Don't be afraid, I am with you every day until the end of the world”. He, who loves you with an ardent HEART, means this *literally*. He, who directed most of his unutterable love to your Earth. Fear and anxiety are food for the DESTROYERS. They live off your fears and suck on your souls. Fill your HEARTS with love and LIGHT and fear will no longer have room in your SANCTUMS and simply dissipate.

Do not allow yourselves to be duped by external things and events, remain *steadfast* and recognise the deception. If you should be filled with doubts, you can call with your HEARTS: “FATHER in me, enlighten me!” – Or inwardly and stalwartly think: “The Lord is my shepherd, I shall not want!”

Think of another, god-affirming mantra and pound it into your HEARTS so that you gain a MAGIC CIRCLE that nothing ungodly can penetrate. Keep your sacred HEARTS save!

You can see my friends why it is *particularly* necessary *now*, when everything material pushes itself to the front, when everything is externalised and streams to outside, *to go INSIDE* in order to stoke the SACRED FIRE, to turn it into embers that devours everything ungodly. The COSMOS is alive inside of you, the living waters flow INSIDE of you. Everything you look for outside is *within you*. Remember this and utilise your birthright, your divine heritage.

The further you manage to go INSIDE, the better the chance to find your INNER CENTRE, the more creative you become, the *higher* your consciousness oscillates. Your body and soul convalesces and the COSMIC STREAMS can touch you, can flow through you and turn into a blessing for everyone. You are the transformers of this OMNI-ENERGY.

9 am

Those that know how to economically deal with these gifted ENERGIES with wisdom, no longer have to worry about anything – they are taken care of.

A lot of the ENTITIES, they call themselves your SPIRIT TEACHERS, have *practised, understood, comprehended, assimilated* and *lived* ancient secret doctrines and practices that are kept from the unenlightened. They have written down their insights, but only because they felt that it is time to give them to those that absolutely require them to promote the higher development. If you are genuinely interested, these “SECRET TEACHERS” will place the doctrines that provide insights into higher LEVELS of BEING, into higher WORLDS altogether, into your hands. *Higher GUIDANCE* will give you the things you require and it is up to you to accept it *unprejudiced* for your own growth. Nothing will be gifted to you, everything must be toiled for. Whatever you have inherited from your fathers, acquire it in order to possess it. We cannot put it any other way, not before you acquired it, not before you have recognised *who you are* anyway. – May your consciousness be a COSMIC CONSCIOUSNESS!

1 pm

Those that lovingly teach you have all been incarnated on your planet Earth in the past and they managed through work and love to advance themselves to a point where they could then incarnate on a *cleansed* planet. ENTITIES exist that are *too highly* evolved to be able to talk to you. *We* learn from them. Our relationship with them is the same as the one we entertain with *you*. The difference being that we can SEE and HEAR one another.

To be taught with love and understanding is something wonderful. The universe contains such an incredible lot of things and you are surrounded by such a lot of incomprehensible things that you do require great ENERGIES to HEAR and to SEE. This is why you have to learn things *slowly* so you do not lose your mind when the veil that hides the truth was *suddenly* lifted from your eyes. – You are children whose souls have to mature, children that should strive and learn, improve the moulds you live in and you can only do this by working on and refining your souls. – May the ALMIGHTY give you the STRENGTH.

9th of October 1961 – 7:30 am

Before you reach for the stars you have to create order in your HEARTS, order in your family lives, order amongst your nations and order on your Earth – you will *then* be able to “conquer” space, you will *then* be *knowledgeable* and consciously aware inhabitants of the cosmos, your consciousness will *then* be *cosmic*!

You can ask what you want, but *only* the things you can *comprehend* will be revealed to you. You can only absorb as much as you can deal with, that you can consciously absorb. Everything is spread out in front of you and the better you learn to SEE, the larger the world, the universe will feel.

Some amongst you might find that it is possible to receive TRANSMISSIONS and STREAMS of THOUGHTS under specific circumstances that may *not be pass on to others* because they would frighten and confuse the HEARTS of their fellow men. This is why we ask you to say nothing in your overzealousness that you find incomprehensible or “too high” yourselves. Allow your HEARTS to decide! It is highly unlikely, but it *could* happen, specifically with mediums that cannot control the trance they are in, in regards to *what* they receive and say. They are unable to explain or better elucidate things after and this could produce mistakes.

10th of October 1961 – 8:20 am

The RADIATION required to illuminate all HUMAN HEARTS, to make them peaceful and happy, may not yet be poured over the *dark* planets. The HUMAN HEARTS there must be prepared, respectively *expanded* first. These ray would be too high and intensive for the unprepared and their physical bodies could no longer bear it, they would be overwhelmed by rays and by love. Their blood is still unclean and lethargic and no human body can bear these high vibrations unless a transformation of the blood occurred first. One has to acknowledge that there are no boundaries between the here and the HEREAFTER, that you are SPIRIT BEINGS and *not* physical bodies; everything becomes clear then. – You may *not* be treated violently – not yet.

Read JESUS’S parable of the 10 smart and the 10 foolish virgins. The smart ones filled their lamps with oil so that they would *shine* when the groom, the great EMANATION of LOVE arrived. – Everything in JESUS’S parables and the scripts of the enlightened is so *simply* depicted. All you have to do is read it *correctly*. With just your physical senses, you would find what it would be like as if a UNIVERSAL SPIRIT would pour his love over a planet, unimaginable. He then deliberately concentrates his whole BEING on the centre of the planet that is destined to be illuminated. Everything would be transformed into love-vibrations through this plethora of love to then emerge from this EMINENT FEAST completely cleansed. Everything will then oscillate with the glowing love of this ENTITY, one like JESUS – and everything would be at one, ONE SINGULARITY.

None of us know *when* this event, it springs from HIS THOUGHTS, in conjunction with similar events, will take place. Ironclad LAWS apply throughout the universe that not even the highest SPIRITS can break. All of them serve the one plan. – HIS PLAN.

11:30 am

The souls that lose their physical bodies during this GREAT CLEANSING and this *without* having the level of their souls elevated because they were asleep, can incarnate on *another* planet in order to be cleansed there, in spite of this. The LOVE of the OMNI-FATHER is so infinite that *all* can be saved. – The souls that have reached the highest possible on *this* planet through working

unwearyingly on their SOUL'S ORGANS, must relinquish their physical bodies once they have reached a specific boundary, because the vibrations will then be unbearable for the body. The body will then become *invisible* to the physical eyes of the unenlightened. The *masters* can then re-materialise, ergo lower their vibrations, but only for a short period of time. This requires a lot of effort.

The situation is different with SPIRIT BEINGS that *consciously* and *intentionally* incarnate on a *dark* planet with a specific assignment. They then have *unrestricted* POWER over all atoms and can be visible or invisible at will. They can materialise anywhere inside their chosen sphere of activity, whenever necessary.

3:30 pm

The people that have started their journey towards *higher insights* are harassed at the start of their journey, right up to a relatively high level, by INTELLIGENCES that are not happy at all when a soul, a SOURCE of NOURISHMENT, slips from their grasp. *Be on guard* and continually ask for ENERGY, LIGHT and LOVE so that you can extricate yourselves from under their spell. – We have to tell you this over again, it is very important! This is why it is good for you to have a mantra that draws a MAGIC CIRCLE around your HEARTS to keep anything ungodly away and to help you switch your thoughts immediately and always to something positive, so that your thoughts are constantly cleansed, thereby withdrawing any NOURISHMENT from the UNGODLY. These spiritual things must be recognised... (Transmission interrupted)

11th of October 1961 – 10:30 am

My dear friends, do not be angry with me when I often tell you the same. Consider, how often does one have to repeat something to a child before it comprehends that the things that are *repeated over again* with love are based on experience? You are *children within the cosmos* and we are your OLDER BROTHERS. – Only one is the FATHER of all of us, the CAUSE of all of us and we teach you in praise of him.

A lot of you would like to hear phrases that sound important – but of what use it that? You should progress, become radiant instead. Your consciousness should be expanded and your HEARTS glow with love and we are going to tell you just how you can achieve *this*. You are being prophesied: “You have been *faithful* to few things, but I will raise you over many”.

We have to start with the little, everyday events and things. Of what use are all the bodacious doctrines and indoctrinations if the student *only listens* to them, but does *not abide* by them? Be strict with yourselves and do not allow anything unwholesome into your sacred HEARTS or something unwholesome escape from your lips!

Many amongst you have slept away their life and can now no longer achieve everything all at once. They ought to slowly, but constantly and appellatively begin to walk the path towards the great cosmic awakening, the path towards the LIGHT and love. Your SOUL'S BASIC TEMPER should therefore be a feeling of constant love, a love that pours over everything that is alive. Therefore bless all life wherever you go and stand with a natural smile in your HEARTS. Do not allow anything from deviating you from this blessing, loving basic temper. Try this over again! When you wake up in the morning – it matters not whether in a luxurious apartment or in a tenement flat – thank your FATHER for the life you may live, quietly sing a song *and smile*, even when you think that you have no reason to smile. – You *have* reasons enough!

Not what your eyes see and what your ears hear is the truth. The truth is that you are BEINGS that oscillate in the universe and that *everything* within the universe *is yours* – if only you were *aware of it!* Once you have transformed your souls' temper, once you know that everything has been given to you, your external circumstances will also change. You either learn to love and bless your environment you hated before so that it turns radiant and harmoniously beautiful even if it is ever so poor to look at – or you end up in another environment where you can lead a blessed life. – Know that this is so!

Your fellow men with whom you think you live in disharmony will also immediately change once you have decided to see in them the *same CREATOR* that gave you your life. You will then appeal to the things in them that is the same with everybody else. Overcome this problem and act upon it and the success will *surprise you!*

You can constantly test your souls' emotions and change your thought processes without clouding your clear perceptions and without interrupting the work you usually do. Don't complain and don't judge anything. Know that your *own thoughts* are to blame when your life is dark and lonely, when you lack thing and when you are ill. Everything disappears like a spook the moment you change your thought processes, when you *realise* that you have *absolutely no need for all of this*.

But *no doubts* may remain in your HEARTS, doubts that you *are* CHILDREN of the HIGHEST and that he maintains your viability. Give yourselves to him whole-heartedly. Glide into his eternally glowing vibrations of love and remain there – and you will have *awakened* and will have become aware of your divine heritage. An *overflowing feeling of happiness* will be inside of you, everything you do you'll do with ease and everything evil and mean will shy away from you. You will meet the people that *belong with you* and everything you need to be happy and radiant will be provided. – But remain in HIM, do not distance yourselves from HIM. Through the INFLUX of his POWER of LOVE you will be able to accomplish incredible things, but only if you make room for this DIVINE STREAM, if you allow the LIVING WATER to flow within you and through you.

You ask why you shouldn't ask personal questions. – You can ask, but we retain the prerogative to either answer or remain silent, because we have no time for petty personal problems. When somebody asks “how they can earn a lot of money” or “why their business isn't doing better”, we would for instance answer: “It is up to you – think about it and know that you have to strive for the DIVINE *first*, that you have to know your true CAUSE, *why* you live and *what* life means. You will then also have the things you require to maintain the viability of your body.”

When your soul is healthy, your body is also healthy. When you have the fullness of the HIGHEST within your HEART, you will also have this fullness in externalities. But when you *anxiously doubt* and disbelievingly concentrate on the physical, ergo feel that physical matter is all you need to live a fulfilled life, you will be poor and defrauded. Matter decays, it is impermanent, a slowly oscillating, dissolvable connection between atoms. Something that is never the same and, as it stands at this moment, something that one cannot retain.

But the POWER that *everything* is based upon is eternal. Eternal is the soul that has elevated itself to its true identity. Work on your souls and hone its skills and all the work you do in the physical will turn into a blessing.

6:30 pm

Be grateful within your HEARTS! – Gratitude is like a balsam and it makes you mild mannered and loving. Gratitude is not a noisy jubilation, no, it is a *rose coloured* vibration of the soul – quiet and delicate. Gratitude is a certain smile and also a powerful FORCE, one that flows back to the centre of the vibrations of love, a gift in return for the love received from the HIGHEST, the OMNI-LOVING. Be grateful within your souls and show it through your deeds.

Be humble and not arrogant. – Humility is a clear *light blue* vibration of the soul and also, like all your other characteristics, visible in the AURA that surrounds you, visible to those that can SEE. True humility is the thing one can *recognise* someone's progress *by*.

Be ready to help! – You do not need to give anything that is useless and also not force your help on someone that doesn't want it in a pharisaic fashion out of egotism. You can often help your fellow men through a *lovely smile*, through a *friendly greeting* or through an *unexpressed "bless you"*. You often help your fellowmen by simply *listening* to their worries or what they perceive as worries, without instantly judging them, even if they talk nonsense.

Learn to listen, from a higher level and without becoming angry or impatient. But do however not listen to mean spirited, base gossip. Walk away when people bad-mouth other people. Walk away with your soul and allow your body without its soul to stand there, but do not allow your soul to be soiled. Speak your mantra in your HEART and say a prayer for the deluded.

You can only walk amongst the *lowest of the low* on your Earth in order to help them, if you are *solidly anchored* within the COSMIC STREAM. Remember this, because the DARK is endowed with *great intelligence* and POWER and it is often magically attractive. It would dearly like to drag those down that strive higher, put them in chains and retain them. – Think about this!

12th of October 1961 – 8:30 am

How can a human soul, having not yet recognised the simplest COSMIC LAWS, expect that the highest is revealed to it? No great things can be revealed to the ASCENDING and ENLIGHTENED without endeavours and grace, without a constant yearning and conscious requests. Those craving for sensation will at best be made a fool of by malicious ENTITIES. No revelations of cosmic things will be forthcoming without wisdom and a devotion to the eternally radiant SOURCE of LOVE. Meditate on "the great invocation" JESUS gave you on behalf of eminent ENTITIES.

8:50 am

The diversity of the CREATOR'S revelations is unimaginably large. Nothing is good or evil, you are the ones that *turn* it into good or evil. Everything is only revealed to praise the HIGHEST. The way you *look at it* is the way it *is*, whatever you make of it is the way it's going to be for you. *Different* revelations are revealed on each level of consciousness. Therefore regard *nothing* as impossible only because you are not mature enough to see it. – Think about this!

Those that already regards themselves enlightened must agree with everything that we say, even when we have to use simple words and comparisons for those that make an effort. Everything bodacious is simple!

13th of October 1961 – 1:40 pm

Don't ever be arrogant and believe that you already know everything. Only once you have assimilated a UNIVERSAL THOUGHT, when it flows *completely naturally* through your veins, when it has become a part of the substance of your soul, when you *are* this thought, only then will you have accepted it and understood it. It then belongs to you, you then possess *one more* DIVINE ASPECT and you will have climbed one step higher in your request to know your *true self*, your divine heritage and future. The divine ASPECTS are: LOVE, PEACE, JOY and WISDOM.

Therefore meditate:

I am love	- <i>be</i> love.
I am harmony	- <i>be</i> harmony.
I am peace	- <i>be</i> peace, <i>be</i> joy, <i>be</i> beauty, <i>be</i> wisdom.

The solar system *we* come from is *not* your solar system. But of what importance is that? We hear you and love you! Space and time are conditional. They are concepts that dissolve in the universe. The higher a soul evolves, the more space and time shrink. Thoughts race from star to star within seconds – they neither know space nor time.

6:40 pm

Pay attention to your feet! – *Not only* life-enhancing STREAMS from the OMNI-STREAM flood your Earth. Your feet expel the damaging radiations that flows through your bodies and deliver them to the Earth who accepts them and processes them. The Earth in turn gives you *vitalising* ENERGIES back and the soles of your feet can absorb them and they will strengthen you. Therefore do not wear soles that do not allow these RAYS and ENERGIES to penetrate. These are not spiritual, but – *ley's* say – PHYSICAL STREAMS and they can be dammed up or blocked.

Therefore walk *barefoot a lot*, or at least without socks. Wash your feet in vitalising essences and rub them with oil or an ointment so that they remain lissom, because when your feet are healthy you are cheerful and receptive. Every herbalist knows this and you have numerous instructive books about it. All you have to do is remember this, because you have already *forgotten* so many simple things, things that maintain your viability and heal you: *Peppermint oil* or *Arnica*, *Lavender*, *nettles* or *pine needles*, fresh if possible.

1:50 pm

It would be appropriate for all of you at this point in time *to meditate for peace*. Imagine peace in your HEARTS – peaceful people on your beautiful Earth. Imagine colourful three-dimensional villages and towns, enveloped in peace and beauty. Real images, the like you see at the cinema. Picture them as beautiful as you can – everything bathed in eternal peace. Remain utterly peaceful! Do this whenever you can, *as often as possible*. You then neutralise all unrest and you will emanate unimaginable ENERGIES that can speed up the materialisation, the descent of the divine ASPECT of PEACE. You don't have to be trained for this, you don't have to be aware of the spiritual coherences, *simply do this* with a child-like faith. Blessed are the peaceful. You help spreading peace, *promote* the idea of peace.

Comment: At around 11pm, for the first time ever, I very distinctly heard a kind of "Morse Code" in my right ear, very briefly – but I was unable to interpret it.

15th of October 1961 – 9:30 am (Sunday)

All that genuinely strive and endeavour to participate in life and open up to the STREAMS of LIFE, are being *guided* by loving, serving ENTITIES. They will encounter *people, things* and *books* that will lead them along the path of cosmic insights towards their eminent goal. – Do show a little trust! You are *not* alone and deserted, you only imagine that you are, because you rely on dogmas that have been out of date for some time. You don't need another human being, one that is engaged and being paid for by others, to help you realise GOD and turn you into happy, redeemed human beings. A *true* pastor must have walked the path of realisation *himself*. He must be one of the *enlightened ones*, one who has *recognised* the COSMIC TRUTH. Only those that act with an inner desire and with inner wisdom, may teach those that yearn for the truth.

There are *no* priests where *we* are. Everybody carries HIM, the ALMIGHTY and HIGHEST in their HEARTS. We live HIM, we breathe HIM, we sing HIM and we are HIM! – Our temples and places of celebration belong to all of us and they are designed and created by us. Our songs of praise well up from inside of all of us equally when we assemble in order to communally send STREAMS of LOVE into the universe. We *take* from HIM and with gratitude *give* his STREAMS of LOVE back to him. We can only show these processes in images, because your words do not suffice to describe these processes.

All life in all cosmoses is the same and all life consists of giving *and* taking, of gratitude, of the *utilisation* of eternally flowing STREAMS of LOVE. It represents an eternal circuit. Nothing and nobody can *only take* without giving, and nothing and nobody can *only give* without taking. Both must always be in equilibrium. By breathing in his STREAMS of LOVE you completely devote yourselves to HIM when you *radiate* his VITAL ENERGIES over all life around you. Everything flows within one another and nothing is excluded from this taking, giving and returning. You just have to gradually recognise the marvellousness of all of this and know that all of you are TRANSFORMERS of cosmic OMNI-ENERGY.

Be therefore often completely *quiet* – quiet inside – and this amidst the chaos in your world or at a secluded place, but think with a joyful HEART: “Flood over me” and feel how COSMIC STREAM flood through you to create ENERGY and joy within you. Give this joyfulness, this ENERGY and love immediately to every living thing around you: Pat a dog, pick up a small beetle so that it doesn't get tread upon, let the spider whose web annoys you live, open the window for the wasp that lost its way in your rooms, talk lovingly to your indoor plants, stroke their leaves and ask then whether they are comfortable where they are standing. These acts of love you perform must not be “huge”. The main thing is that you emanate the STREAMS of LOVE given to you again and that you take *and* give more and more.

What we tell you are *our experiences*, expressed in your words. The closer we get, the better we will understand one another and you will get closer to us when you discard all your traditional thought processes and all prejudices like an old garment and then don new *spiritual* GARMENTS. You must leave a lot of concepts that have become dear and comfortable to you behind, even if you find it difficult. No new wine should be poured into old goatskins. Water cannot flow into full vessels. Extricate yourselves from all these *ridiculous odds and sods*, from your *moods* and your *narrow-minded views*. Think on a COSMIC SCALE, all-loving and all-comprehending.

We do not want to give you directions. If we were to do so we would no longer be ahead of you. We only *advise* you. However some things have to be said that do *not sit well* with you, but they are necessary in regards to your progress and your achievement of COSMIC CONSCIOUSNESS.

Our TEACHERS *only show us images* and they send us vibrations that allow us to view these images and to assimilate them. This type of education is wonderful and perfect. We would dearly like to do the same *with you*, but it does not yet work. Your thought processes still vibrate too slowly. Some BEINGS of LIGHT on your Earth can absorb these vibrations. – *Listen to them!* – They tell the truth.

1 pm

We would like to call out to all of you: Do not stop your endeavours to find out who we are and do try to make contact *with us*. The moment you realise your true existence you will become one of us, you will also be INTERPLANETARIANS. Some of you will achieve their aim, but *all* of you must try, because the ones that have reached their goal will have *advanced so much*, that the ones left behind can no longer hear them.

Please meditate for peace every day! – Send the few people with the delusion that they have to govern the world, peaceful thoughts. Bless them and send love to them. Your thoughts are on par with their souls. *Our* thoughts do *not* reach them, because we do not have access to the CENTRES of their HEARTS and we can only send something to open, receptive HEARTS. *We are prohibited* from forcefully sending peacefulness, because it would take people's free will away, ergo their right to decide away. You should turn towards the COSMIC-DIVINE of your own accord and as your own resolution. You should *yearn* for your spiritual higher development, show a *fiery* determination to find enlightenment and the FLOWING-IN of HIS STREAMS of LOVE.

Do you know that it would be possible to illuminate all thoughts, feelings and seeing on a *dark* planet *all at once*, the raise it to higher vibrations? One *single* SPIRIT ENTITY could achieve this by itself, if it were to radiate its SPIRIT STREAMS into the centre of the Earth's aura, consciously and intensely. Such an event could however only take place under specific circumstances, circumstances we are not familiar with. We know of such acts of grace and we were privileged to experience them. All we know is that such events are subject to COSMIC LAWS and that such SPIRIT ENTITIES have to prepare for such an assignment for a very long time. We are dealing with RAYS of ENERGY that have an effect on physical bodies without destroying them. These RAYS of GRACE must be absorbed by *all* living beings *on* and *in* the radiated, ergo reprieved planet. *We hope for this kind of grace* for you, but HIGHER ENTITIES than us make these decisions. We do however pray for this with great love, like a mother prays for her ill children. – We love all of you.

4 pm

Your faith, your affiliation with God should affect your flesh and blood so that you turn into little SUNS that warm everything in your vicinity. You don't have to talk about your insights to nobody that isn't interested. Your archetype alone, your radiant, calming existence suffices to have a positive effect on your fellow men. Strive for such a life, such an existence and your life will serve progress. You can often accomplish more by remaining *silent*, with quiet, blessing silence, than with fire and brimstone orations. – Try this my friends!

- ☐ When you see people with a “sour face” – imagine them joyfully laughing.
- ☐ When you see people ill and miserable – imagine them healthy and cheery.

- ☐ When you see people dressed in rags – put nice clothes on them in your mind.
- ☐ When you see drunkards – imagine them sober.
- ☐ When you see people smoke – imagine their cigarettes away.
- ☐ When you see people eternally rush – send them quietude.

In all stillness, co-operate with the DIVINE PLAN of higher development and progress. This constructive, positive thought process should easily and naturally become part of your own character, one that you emanate in HIS NAME. Thank Him for being allowed to serve him and that HE called upon you. Everything lies latent within your HEARTS, bring it out and allow it to grow in the sunshine of his cosmic STREAMS of LOVE, promoted by his ENERGY.

16th of October 1961 – 8:30 am

A number of EMINENT BEINGS live physically on your Earth. They live a very lonely life, unknown by the profane world, they don't write books and they don't give lectures. They made it their assignment to SEND constructive thoughts and images around the globe and this in a way that *all* human souls with an open HEART for goodness, can absorb them. These vibrations continuously knock on the door of every HEART, because the GREAT SERVANTS never get tired of SENDING. We can correspond with *these* enlightened ones, we can also make ourselves *visible* to them.

11:30 am

The great secret is called LOVE. Do human beings in love not look the most beautiful? People who found their "identity" and now want to share everything, because of the pleasure of giving. They are whole, radiant, loving. – Imagine how radiant those people are that are united with the great, infinite SOURCE of LOVE, thereby turning OMNI-LOVING. Now, your *terrestrial* love is the *lowest* revelation of this OMNI-LOVE. You are familiar with love, warmth and electricity, these attracting forces and constructive streams are divine emanations on the *lowest* level.

17th of October 1961 – 4 pm

The cosmos contains an unimaginable plethora of revealed and unrevealed ideas of the HIGHEST. "Empty space" – as you call it – *does not exist*. Untold evolutions on all kinds of imaginable levels *exist*. Everything exists side by side, with one another, for and of one another and within one another. Some of what's alive *has no sense* of OTHER LIVING CREATURES, of LIFE around it, of LIFE next to, above and under it, of LIFE that emanates from it, of LIFE in it and flowing through it – an almost incalculable diversity only the HIGHEST can recognise.

The *higher* your CENTRES oscillate, the *more* of this diversity is revealed to you, the *purser* your thoughts and the *clearer* the coherences to you. All of these *ethereal* facts cannot be grasped with your physical senses, only the SENSES of the SPIRIT are capable of this and this is why their education and training is so important and imperative if you want to gain an insight into the HIGHER WORLDS. The potential for this is in *everyone*!

Your five senses inform you *pretty inaccurately* about all the things revealed on the *physical* plane.

You therefore receive a very inaccurate picture of your visible, audible environment. It is therefore impossible for you to recognise anything *clearly* without the help of the ORGANS of the SOUL. All true CAUSES can only be recognised with the SUPERNATURAL INSTRUMENTS of your souls.

Everything has been arranged *very wisely*! Revelations only come to those that have *worked* on the SOUL'S EYES, the SOUL'S EARS and other ORGANS through self-observance, though educating themselves to be humble, to love and to be kind and all other cosmic-divine ASPECTS.

To be able to deal with the truth requires great fortitude, a large, expanded and strong soul. Because the truth *has to be dealt with* and freedom does initially mean freedom from the dictations of the five senses. You would *not be able to deal* with the *sudden* removal of the veil that hides the truth. This is why all human creatures must proceed step by step and “digest” and assimilate one insight at a time. To LOOK at things whose existence *never entered one's mind*, to then deal with them and chalk them down as experiences, ergo accept them into one consciousness, requires *great fortitude*.

Every expansion of consciousness places *new duties* on you. Because you will then recognise a lot of the causes and SEE their effects and you must then try to *change* the causes in order to achieve the results you desire. – This is also difficult to explain with words. Only images could show all these delicately intertwined events here also. You will then also SEE the *hostile* POWERS and FORCES and you may *not judge* them, but only *look* at them and try to love them out of existence, to deliver them.

An incredibly large mountain of assignments lie in front of all of us on our path to higher things, our path towards insights and the truth. Do not become discouraged! You are not alone. Legions of HELPERS, LOVING ENTITIES trouble themselves with those on lower levels and it represents a wonderful giving and taking and loving amongst all the soul entities throughout the infinite cosmos. – Your consciousness cannot comprehend all of this and a few doors are still locked for us also. We love you!

Great help will be given to you when you are constantly open to the STREAMS of LOVE from the cosmos. Always think: “Flood over me” – and bless everything around you with your HEARTS.

God is love.

God is all life.

God is everything in everything.

18th of October 1961 – 11:30 am

Take your assignment *serious*! – We have told you this once before. You have been called upon to work with us. All of you shall co-operate in their own way, as best as they can. Guard against a craving for sensations, recognition and ambitions. Perceive everything you're confronted with and allow your HEARTS to decide *whether it is of value*.

12:30 pm

We don't want to confront you with regulations. It's like this: Only once you have conquered a craving for a meal, a drink or a poison, when you no longer crave it, will you remain undamaged.

When you force yourselves to abstain from eating meat, from drinking alcohol or from smoking, but you still have a *great craving for it*, one that burns inside of you like a fire, this unsatisfied craving will *produce the same kind of damaging poison* inside of your body. It is actually *much worse* than actually eating meat, drinking alcohol or smoking. This applies to all the things and habits that are harmful, vibration-lowering, hardening, mentally deranged, destroying and dragging you down.

Your bodies are *delicate instruments* you should use to collect all kinds of experiences. They were CONCEIVED with infinite LOVE and FORESIGHT. And what do a lot of you do? – You fatten animals, kill them and eat knuckles with sauerkraut, befog your senses with fermented fruit and inhale abhorrent vapours into your lungs. – You should look after and adorn your physical temples with reverence and like the sun, allow your souls to shine through them. You could stride across your world like gods, visit the cosmos at will, connect and fraternise with life throughout the universe. Laughing, radiant, full of ideas, *human* beings have been conceived creatively perfect. Become wise and learn to recognise the coherences! We love you and we see you the way you *should* be – GOD’S likeness.

20th of October 1961 – 8:30 pm

Never say that somebody who asserts something that you find “fanciful” spreads figments of their imagination. Every ever so absurd, utopic sounding thought, every virtually impossible idea comes from the INFINITE TREASURY from whence everything flows. Nothing can be thought of that isn’t contained within the department of the cosmos - you call a “watery substance”- and that isn’t real. A lot of things are naturally *falsely* expressed due to an insufficient vocabulary and this specifically applies to *dark* things and ENTITIES. If at all possible, one should *not* name it, *not* think it and *not* talk about it, because doing so helps them to achieve *more powerful* materialisations, ergo make them appear visible to the five senses.

Do therefore *not* talk about wars, catastrophes and things that are ignoble and evil – at least do not embroider them so much. Think of light, lovely and constructive things instead – so fantastic, so colourful, so utopic and global, glittering like butterflies in the sun. Hear melodies that roar through cosmoses, hear how suns entice planets with a thundering voice to follow them through space, how they sing delicate melodies about all the beauty of space to them, bewitchingly, lovingly. *Open up* and allow your souls to wander free, further and further from star to star. Allow them to see the grandeur out there – and when they are laden with knowledge call them back into your bodies, so that they can *report* the things they heard and experienced to your *intellect*.

All of these are real, experienced events, because your soul *is* a reality, exactly the way you regard your bodies as real, as existent. Your soul is however *eternal*, a drop in the large ocean of the ONE BEING, the ONE that EXISTS of his own volition, a part of the unimaginable HIGHEST GOD.

Sit often still! – Allow your soul *to exit* you, allow it to wander further and further to have a look around, allow it to become lighter and brighter. Allow it to come to us, allow it to unite with everyone within the cosmic vastness and then listen to its murmuring from distant worlds. *Try it!* – Dedicate yourselves to this divine stillness, because strength and help, salvation and deliverance from the tyranny of your physical senses can only be found in this stillness. – Please understand this and practise *being still*, over and over again.

Utilise the *nights of a full Moon* because during these nights you are able to suck particularly *CONSTRUCTIVE ENERGIES* from the cosmos. Your medicinal plants also draw special sap from

their loving Mother Earth during these blessed nights. Harvest them and eat them during and after these nights. Become *wise* and learn to recognise all coherences. You have to become so fine and sensitive that you gain access to everything from the lower realms, so that it can be blessed and redeemed through the love that your sacred HEARTS are overflowing with.

Animals, plants and stones will also be able to tell you lots of things that will help you gain higher insights. Look at a small seed and meditate over it. It can lie there for thousands of years, small and insignificant, but it harbours an unimaginable FORCE within it that will unfold the moment the *right conditions* are given. – It is the same with all life, it waits until it can unfold everywhere, to its highest perfection, multiplying and spreading into the unimaginable in order to be collected so it can wait, once again as a “seed”, for its next unfoldment.

22nd of October 1961 (Sunday)

Your sacred scriptures say: “Raise your eyes up to the mountains from whence help will come”. Look up! Look up INSIDE of you, look through your HEARTS up to the LOTUS with a THOUSAND PETALS. Look at everything with your loving HEARTS and with your sunlit minds *guided* by your HEARTS. When you look up *like this*, when you look up to the “mountains”, when you look UPWARDS *like this* you will be close to us and all kind of help will be there for you.

Don’t allow yourselves to be deterred through human machinations. Try to look at everything *without* engaging your emotions. When you look at everything *like this* and when you don’t immediately react with your five senses, you allow the ALMIGHTY, the OMNISCIENT, the ALL-LOVING the field, your *free* HEART, so that he can enact his wisdom, kindness and love in you and through you. – But if you immediately *think* and *react* to every sensory stimulation, you *exclude* the divine within you and expose yourselves to the fangs of the DARK POWERS who *require* these, your ungodly emotional expressions like hatred, envy, maliciousness, greed, avarice, intolerance, in order to survive. – This will seem strange to you, but this is how it is, you must therefore *learn to see through* all of this.

It isn’t easy to extricate oneself from the field of influence of the physical world and it takes a great effort, lots of faith, praying and trust. But it is possible to connect with the COSMIC-DIVINE STREAM and thereby standing *above* everything physical, ergo to become lord over the five senses and to allow GOD, the OMNI-LOVING to act within oneself.

Please my friends, do try to be *in control* of yourselves and when you think that you do not progress, call upon HIM who is your life, call upon HIM in your HEARTS with every breath you take and help will be given. Your great MASTER JESUS told you all of this so simply. *Listen* to his simple words and ask him to explain them to you. He is with you and he told you: “See, I am with you every day, until the end of the world.”

You are souls who have *knowingly* incarnated at this *end of time*. Your work isn’t easy, because the POWER of the *fallen* SPIRITS has grown mightily and they crave too intensely for the NOURISHMENT your souls can provide. – Do not give it to them!

Consciously breathe in the COSMIC STREAMS and transform them into love, love you should allow to flood over everything that lives. We are with you, *call us*, you can be assured of our love, and when mean, base and malicious things confront you, *stop for a moment* and look UPWARDS with your HEARTS. Raise your SOUL’S EYES to the “mountains” from whence help will arrive. The help can come the moment you are free from thoughts, when you open your HEART to this

help. Please do so and in the stillness of your HEARTS ask us for advice and assistance. Our rays of love are always around you, exactly the way the ALMIGHTY'S rays of love are in and around all of us.

1 pm

We would like to tell you such a lot... Why do *so few* call us? – Why do *so few* souls rise up towards us? – You, representing only a few, work day and night on yourselves so that you turn radiant within this deep DARKNESS and so you can awaken the sleeping by being an archetype to them. – Help – help – help! – It would be a shame if your beautiful planet would turn into a long term valley of tribulations, when it could actually be a paradise, through the obduracy and lethargy of souls that do not want to tear themselves away from the fangs of *darkness*. May GOD the ALMIGHTY help you. – We love you!

25th of October 1961 – 1:30 pm

To begin with, only adopt the *simple* remembrances your adepts proclaim to you in their scripts, monologues and constant thought transmissions. Once you *live* and realise this whilst in your physical body, you will gradually improve your HEARING and SEEING in regards to what is being sent, shown and taught to you from HIGHER PLANES. Everything oscillates around you, but you have to refine your RECEIVERS – your HEARTS - day after day until you can receive finer and finer vibrations. This refinement of the HEART, the soul, can only come about through *self-observation* and *transformation*. This inner transformation make you impervious to *base* STREAMS and your bodies will become *dismissive* in regards to damaging influences.

The fact that you have no idea what your *nuclear tests* bring with them is a good thing, because this knowledge would make you souls pour your unrestrained hatred over the people who commit this kind of *botchery*. This hatred then becomes NOURISHMENT for ENTITIES that incite *enslaved* people to commit the devil's work and the total destruction of your planet would be accelerated. – Therefore meditate for peace *every day* and try *to be* and to remain peaceful in every situation, even if it is ever so difficult. Do *not fearfully* look at the *devil's spook*, but concentrate with all your souls on GOD'S constructive life and on his ceaseless STREAMS of LOVE.

Fear is the weapon of DARKNESS! Do *not be afraid!* Immediately reject all feelings of fear by looking UPWARDS, by sending all your thoughts out there to your BROTHERS from the STARS until there is nothing left for this *spook*.

Please avoid criticism, hatred, anger, conflict, greed, avarice, discontentment, jealousy, disunity etc. They create *poisonous substances* within your bodies and they distress you and make you nervous. When these *dark* impulses threaten to overcome you – switch to love, light, joy. – Eat the little herb *yarrow*.

27th of October 1961 – 10 pm

“Don't be afraid, because I am with you to the end of days.” – You have nothing and nobody to fear, because all the help you need is *inside of you* and it is accessible at all times. Try it, when some alleged danger threatens you, sit still and immediately go within yourselves, within your divine CENTRE of the HEART – and you will have instant contact with the FATHER in you, that ENERGY that maintains and protects you. This ENERGY alone is the one that makes everything possible, even things your minds regard as impossible. “All things are possible to those that have

faith.” Faith is *rock-solid trust* and *imperturbable knowledge*, namely that you are the CHILDREN of the HIGHEST and that HE is your life. Have faith and embed yourselves in a cosmic PROTECTIVE ENVELOPE that allows nothing near you that could spoil you.

We live completely unencumbered from all the things that destroy your CENTRES of the HEART, the things that harass you and drag you down into DARKNESS. We often feel sorry for you, but we cannot help you after all. You must come to your senses of your *own accord*, each individual must recognise itself, by itself. All we can do is to send you streams of love, but you have to accept and transform them so that you can use them. Therefore do not relent in your striving for a pure HEART and endeavour *to control your senses* the way we have advised you to, so that your CENTRES can begin to blossom and you can ascent ever higher – towards us.

“Everything that’s transient is only a parable.” – We already told you that the incarnation *Goethe* is an INTERPLANETARY ENTITY that came to Earth by itself in order to teach you and that it now teaches on another planet, *outside* of your solar system. He wanted to tell you a lot of things that only a few understood. – Everything transient, everything that you can see wants to teach you something, therefore open your SOUL’S EYES wide and use them to see what’s *behind* things, see a SPIRITUAL CAUSE behind everything visible, see eternity, the *immortality of every idea* and HIM, the HIGHEST ONE who EXISTS of himself. GOD’S ampleness is unimaginable! – GOD’S love is unimaginable! – GOD’S patience is eternal.

Tear yourselves away from all the odds and ends that encumber you! Have trust in your FATHER, your CAUSE, your GOD the ALMIGHTY. Nothing exists outside of his unimaginable love, but we must *open* ourselves to him, acknowledge our CHILD-FATHER relationship and *know* that he resides in us. “Call me in your hour of need and I will save you.”

Believe me when I say that the reality is that neither adversity nor misery and neither hunger nor illness exist. You created everything *yourselves* through your false and destroying thought processes. *You turned* your poor Earth into a *gloomy* planet and you alone can be the salvation of your Earth through your loving, glowing, constructive and blessing thoughts.

Therefore pray that you will only *think* goodness, love, harmony, peace and beauty and that HE may enlighten you with HIS infinite love. HE will be able to act through you the moment you are *free* from all that useless mental ballast and your thought processes will turn into COSMIC THOUGHT PROCESSES. Everything ungodly will be *burned* when HIS rays of love come STREAMING in.

JESUS demonstrated all of this in front of his disciples. They could even see the glow of his physical body with their physical eyes once he was completely at one with the FATHER. “I and the FATHER are one.” He, the MASTER from NAZARETH is *at one* with the FATHER, the one and only CAUSE of all life, of all appearances and all cosmoses. He, the NAZARENE, the LOVING is *to this day still* intimately connected with your Earth and he is *even now* able to allow his power of love to flow here on Earth. In his touching compassion he burns up his DIVINE POWER over you and constantly pulls on your heart strings. He constantly tries to reach all of you and he makes all kinds of sacrifices in order to redeem you. Why don’t you sense him? – Why don’t you call on him? – He always stands next to you in order to lovingly embrace you. He is always prepared to explain all his words to you.

His LIGHT BODY is turned towards you, and your SOULS’ EYES *could* see him – if you had opened them – because he is so close to you, today, tomorrow – eternally.

“See, I am with you until the end of the world”, until the world is *bright*. Accept his words! He uttered them 2,000 years ago and utters them *even now*. His words are pure cosmic wisdom and truth and nothing else. We love him and we often send him unimaginable streams of love during great festivities, compact ENERGIES that he can then pour over *dark* planets. You must know that he loves your Earth *the most ardent*, that you are *closest* to his glowing HEART. Warm your souls on his words, expand your HEARTS by following his doctrine – we cannot tell you more than he does either. “Heaven and Earth will pass, but my words will not pass.” His words were and are eternal, WORDS of the COSMIC LAW. – Think about this and *live accordingly!*

28th of October 1961 – 6:30 pm

According to the great PLAN of CREATION, a time begins now on your Earth and on all other *dark* planets, when souls *should wake up* in order to ascend to a *higher* level of consciousness. A lot of things will be revealed to you, will confront your consciousness, so that you can comprehend them. All comprehension and realisation goes via your HEARTS to the mind. Everything your mind registers is already no longer true the moment the mind comprehends it, because everything flows eternally and can therefore simply not be registered. To exist eternally only represents the eternal fact of ETERNAL EXISTENCE, ergo GOD. Everything around him is subject to an eternal process of change, it is an eternally surging ocean of vibrations of various densities and expansions. Nothing is the same from moment to moment - everything flows – everything moves. The only thing that remains still is the ONE SINGLE CAUSE from whence all vibrations radiate from. One has to SEE all of this in order to be able to comprehend this and to form an opinion.

No planet remains on the same spot where it was a second ago, everything moves, motivated by the pulsating STREAM of LIFE. The whole universe is a “perpetuum mobile” of unimaginable proportion and diversity, motivated and maintained by the eternally RESTING, by the eternal CAUSE of EXISTENCE of all movement. All of these *mind-expanding* thoughts are designed to wrench your souls out of the *pettiness of your thoughts*, to *open* you up to the wonders of space. Because you are capable of experiencing all these glories with your souls – capable of swinging from star to star, carefree and light.

You can convey this knowledge about your COSMIC HERITAGE and EXISTENCE to your minds and also to your sleeping brothers and sisters. Because you may not return to the CAUSE that is the home of all souls, until the *last* soul has been redeemed. The more you awaken, the more you realise that your existence must be a *sacrifice of love* and the further your souls progress on the path towards enlightenment, *the harder* your task on behalf of all creatures becomes – because knowledge *obligates*.

This is why JESUS, the NAZARENE said: “It is more blessed to give than to receive.” All giving is blessedness, it is a glowing joy for your souls. Therefore aim for DIVINE ENERGY and wisdom so that you *can* give. Your giving should be joyful and loving, JESUS also told you: “Those that *have*, will be given.” Those that *have* the connection to the COSMIC STREAM, the DIVINE SOURCE of LOVE can give in unimaginable STREAMS, which can, once they have been transformed by the HEART, be poured over everything that lives on the planet. Such souls, having ascended to such a *sacrifice of love*, no longer need to say anything, they just have *to take and then give*. ”You shall recognise them by their deeds.”

Each of you can *enhance* their terrestrial existence in this way, because GOD’S SPARK, the SPIRIT of CHRIST, the JEWEL of the HEART resides in *everyone*. You have to awaken it, awaken it through your pure, divine, lovingly blessing thoughts. Try this over again, humbly demand help and

ENERGY from ABOVE. “Call upon me in your hour of need and I will save you.” Your hour of need is the *dictatorship of the five senses*. – Recognise this my friends.

29th of October 1961 – 10 am

What you now wreak is an *encroachment* on the well-considered, lovingly prepared UNIVERSAL LAWS. You are about to *destroy* something that was created for you to further your development. You are being pushed and instructed by *dark* INTELLIGENCES that you have bred and *nourished* through your false thought processes. Your own thoughts, your bad habits were to blame, and are still to blame for producing this act of destruction. Everything you want *to force* now driven by DEMONS would be revealed to you in a friendly, silently radiant fashion. Be on guard! Turn around and change your thought processes! Everyone can assist in helping such a beautiful planet. Everything has to be put right again and the more souls become pure, the more DIVINE-COSMIC ENERGIES can flow in and wash everything clean again. –Recognise *who* is driving you, *who* wants to destroy you. Turn towards the LIGHT, towards LOVE! It is up to you – *each one of you!*

12 noon

We do not want to judge what you do, but we would like *to enlighten* you so that you wake up and understand what a wonderful gift it is *to be allowed to live*, to learn and to progress. Everything has been prepared for you so you can unfold, everything is spread before you and around you, so that you might recognise all coherences, so that you might recognise the unimaginable WISDOM and LOVE of the highest CREATIVE SPIRIT. There is a reason why you call him “FATHER” – because *nothing* would exist without him. When he *inhales* his divine BREATH of LOVE all life stands still, all vibrations are then still, everything is at rest.

These facts are so difficult to explain! You must *sense them*, inhale them with the AETHER of the PRANA and be grateful that you can experience and sense all of this. You live on Earth and you are to see and to experience the things that are revealed to you on Earth, this is why you were allowed to incarnate on Earth. Coming from the WORLD of the SPIRIT you have climbed into your physical bodies in order to learn and to realise the things you *cannot learn* and sense in the bright WORLD of the SPIRIT. Sense that you live in *two* worlds and try to remember the task you wanted to attend to on this planet.

His GLORY and VARIETY, his GLOWING LOVE for all he created, his LIVING WATER, his unimaginable IDEAS, *this* is what you should acknowledge. You should recognise the fact that you are his children, that he lives in your HEARTS and that everything is possible for him and through him. – Wake up! – We love you!

1 pm

JESUS who loves your Earth so very much – we know *how much!* – inspired the *great invocation* in your teachers with his own words. These are redemptive words, say them daily with all ardency. Therefore speak these well-known, inspired words every day:

SOURCE of LOVE, we stem from you,
When we love you we are free.
Glorious day, because I know that
Love is the world's hope.

Say them – sing them – think them!

The great invocation

From the SOURCE of LIGHT within GOD'S THOUGHTS
 LIGHT flows down into the minds of people.
 May there be LIGHT on Earth!
 From the SOURCE of LOVE within GOD'S HEART
 pour LOVE into the HEARTS of PEOPLE.
 May CHRIST return to Earth! From the
 centre where GOD'S WILL reigns, direct
 plan-inspiring ENERGY to the wills of people
 with the final objective to knowingly serve the MASTER!
 Find this PLAN of LOVE and LIGHT fulfilled through
 the centre that we call "mankind" and may evil's power
 find an end. May GOD'S PLAN develop from GOD'S
 LOVE, LIGHT and POWER.

When you say divinely inspired words with your HEARTS over and over again, it will be as if a seed falls on fertile ground to grow – very quietly and steadily – and you will then reap the harvest one day. It is the same with everything your enlightened UNIVERSAL TEACHERS and GOD'S ALLIES tell you. Listen to them over again, because GOD'S SPARK in you has all the wisdom and it will constantly glow stronger, the more you illuminate your thoughts through hearing the DIVINE WISDOMS.

30th of October 1961 – 5:30 pm

Those that can understand this should open their HEARTS, particularly when they feel that WAVES of JOY spontaneously flow through their souls and their bodies *without earthly reason*. When you feel something like this, forceful and powerful, when your moods turn to joy without being caused by your environment, ergo from WITHIN, then know that a festival is in progress in a neighbouring or a far distant solar system that one could compare with what you call a "marriage ceremony". But this is just a visual comparison. The truth is that it is *much more* and quite inexpressible. Two eminent SPIRIT BEINGS who have reached a certain level of vibration through their loving and selfless service to all living and being things, amalgamate into one single entity. Glowing STREAMS of OMNI-LOVE, JOY, LIGHT and all the DIVINE ASPECTS are being directed at these ENTITIES from all parts of the awakening cosmos, as a "felicitation" you might say, to this rare amalgamation that will be a blessing to all and sundry. At the moment of the amalgamation of these two entities, that have now *become one entity*, they send STREAMS of LIGHT and LOVE that flow through the whole cosmos where they can radiantly flow into all *open* HEARTS. You can feel them and assimilate them. They are healing, constructive, invigorating STREAMS. Capture them, they will be of great benefit to you.

10 pm

There is *no personal* GOD, but divine ENTITIES like JESUS you are familiar with on your Earth. GOD IS PURE SPIRIT! He is the CAUSE of all CAUSES. He is the one that EXISTS from within himself. He is the one and only CONSCIOUSNESS, the HIGHEST VIBRATION, the POWER that supports all living and being things. His ASPECTS that you can understand are: Pure LIGHT, the most glowing LOVE, the highest JOY, unimaginable ABUNDANCE, perfect HARMONY, the

most radiant BEAUTY and OMNI-WISDOM. Each of these ASPECTS is one of the *highest, nearest to God* ENTITY that selflessly, but consciously serve the ALMIGHTY.

A highest BEING of LIGHT exists – and *Buddha* served him on your Earth. A highest BEING of LOVE exists – and JESUS from NAZARETH served him on your Earth. He stands closest to him and he will occupy his allocated place once your Earth has turned into a bright, redeemed planet. He *foregoes* his higher ascendancy to the HIGHEST *because of you*, to HIM who will promote him to the *highest* BEING of LOVE, the *highest* BEING of LOVE in our positive universe. He will then *no longer* be able to get directly involved with any specific planet, neither *incarnated* nor *un-incarnated*, because his VIBRATIONS of LOVE will be so *intense* that souls living in physical bodies can no longer absorb them. These RAYS can only be absorbed in a *transformed* state that is adapted to the level of receptiveness of those living in a terrestrial, physical body and must therefore be absorbed and *transformed* by *other* ENTITIES. His pure RAYS - would *annihilate, kill you with kindness* or *dissolve* you - if he were already at that LEVEL, ergo in this omnipresent, existing field of vibrations. Know that the *highest of all* ENTITIES see their goal in their complete disbandment within GOD. – To comprehend this is so complicated and wonderful, but still so simple for those who keep their HEARTS open and ready for the INFLUX of divine wisdom. This is what we tell you, namely that your souls *expand*, stretch way beyond your planet, out into the infinity of the cosmos to then return once again to your physical abodes in order to *report back* to your minds about all that was encountered, so that your minds may wake up and comprehend just *who* you are, *what* you are capable of and *where* you belong.

31st of October 1961 – 8:45 am

We will *not* tell you technical details, because you will not understand them and confusions may arise. Technicians and mathematicians exists on your Earth that work *purely intuitively* and they *receive advice from us*. Some of them are aware of where “their ideas” come from, but some of them are not – not yet anyway. We only give advice in regards to positive, genuine and liberating progress. Everything of a destructive nature does *not* come from us.

3 pm

When you hear something or other that makes your HEARTS *draw within themselves* and close up *whilst listening*, then please do not listen – walk away if you can or reject such things – at least never allow them to enter your thought processes and certainly do not gossip about them. Only place good, loving and constructive seeds in your HEARTS, these good seeds will flourish profusely, but weeds also grow when they are spread out and proliferate, when they are *not pulled out*. Read the *parable of the sower!* JESUS managed to say these things in such a simple and comprehensible manner. Why don't you do this instead of tormenting yourselves?

1st of November 1961 – 10:20 am

See my friends, *everything would be so simple* and peace, love, felicity and abundance would turn your star into a bright and shining planet – if every individual person would decide *to start bringing their own affairs in order*, when everyone would enter their CENTRE of the HEART to remain there and no longer look outside, but INSIDE of themselves. All the wisdom of all the worlds sleeps within you, but you have to awake it yourselves. When GOD'S SPARK begins to glow inside all HEARTS you will know that all of you are “one human being”, one singular whole. How can you then possibly hate anyone? – You would realise that when you hate your fellow human beings, you *actually hate yourself* and destroy yourself. Every thought you ever think comes back to you! Please

remember this, COSMIC LAWS determine that it comes back to you *fourfold*, to the square. This is why JESUS said: “Love thy neighbour as you love yourself.”

We told you this once before and we want to remind you *over again* that the simple things are the Alpha and the Omega in regards to one’s salvation from evil. Of what use are the highest scientific insights to you, if you don’t achieve anything with them? – Wouldn’t it be better if so-called “illnesses” didn’t exist, instead of making an astonishingly expensive effort trying to heal illnesses? OMNIPOTENCE sees you as *healthy* and *radiant*! Accept this, think it! But *don’t* think about “preserving your health”, think *radiant health* instead!

4th of November 1961

Do not listen to those human children that always *only say negative things* and that predict all kinds of calamities. They are being driven by the DARK FORCES they have consciously or unconsciously devoted themselves to. Immediately call on your FATHER when you encounter such a human child and remain with him – and request that this negative human being *may be enlightened*. – Try this! Once you have progressed far enough you’ll find that everything DARK will turn away from you – or actually turn *to you* in order to be *blessed* by you and be *enlightened* through your example, but it will never have power over you again, ergo never be able to drag you down anymore. A MAGIC CIRCLE will then be drawn around you, one that your OLDER BROTHERS will carefully maintain.

15th of November 1961 – 8:30 am (Sunday)

Life means *to consciously* co-oscillate within the cosmos.

Life means *to consciously* collaborate within the unfoldment of creation.

Life means *to be one* with all living things.

Life means *to consciously* remain within the CREATOR’S OMNI-LOVE.

Life means eternally singing joy.

The *joy of having been given life* will be the SOUL’S BASIC VIBRATION in the future New Age. The souls that incarnate in the New Age will be the bearers of joy and happiness and all other completely baseless, differently natured and gloomy VIBRATIONS of the SOUL will disappear. Therefore very consciously promote joy, this luminous flower within the bunch of DIVINE ASPECTS, within you, because joy burns away all adopted sorrow. Be pleased about the fact that you are living, be pleased that you awakened, be pleased that you can assist in transforming all the suffering that springs from human thoughts into joy. – Think about the *uselessness* of all the sourpuss attitudes you display. Only select the things from anything that is *constructive* and reject everything of a destructive character. Clean out the rumpus room you turned your HEARTS into and sweep them clean so that divine joy can enter. – Often meditate about *joy* and send it out! Joy must emanate from the INSIDE! You call or feel joy when your five senses transmit something to you that you find *pleasant*, that you *desire* etc. But *true* joy comes from the HEART and it is a DIVINE ASPECT, imperishable and present, even when the senses want to convey the opposite to you. Therefore try to walk through life with a joy and cheeriness that remains constant and a lot of things will become lighter and easier. – And how are you to do this? By not taking your little ego so serious! When somebody makes an ugly comment about you, *smile* and think, I’m sure they didn’t mean it like that. *Don’t get angry* when you don’t like the taste of something. When you fail to accomplish something, think, *it probably wasn’t meant to be*.

6th of November 1961 – 8:30 am

You are mature enough to know that life isn't about gathering and amassing useless, material possessions to then *idolise* and worry about them – and when you lose them, *to wail* and *to complain*. Life means to be connected with the COSMIC OMNI-STREAM and *to be consciously aware* that you are alive and oscillate with it. Instead of showing gratitude for being allowed to exist, you crawl around wailing and moaning and encumber yourselves with things everybody else possesses. – If only you knew this!

8th of November 1961 – 7:30 am

We no longer have *careers*, but every soul, every one of us *intuitively knows* their *calling*. Every one of us has therefore the opportunity to do what they want to do, to utterly and completely perform their tasks to perfection as free and happy beings. Our brothers and sisters work with a song in their HEARTS – no matter what they do. Everything happens without hindrance and everything turns out perfect, as perfect as we require it to be at our LEVEL of EXISTENCE. We *know this*, therefore everything happens *fully conscious* with us. We also know that there are lots and lots of higher LEVELS of EXISTENCE or CIRCUMSTANCES and that we should and will achieve them one day. We consciously grow into each higher LEVEL of EXISTENCE and we know exactly *why* this must happen - and *how* it must happen. We live by completely trusting in the CREATIVE POWER that has all life in his grasp, we breathe his LOVE and PERFECTION and we assimilate it. But we also know that progress is only possible if we *servilely love*, love all beings that have *not yet* reached our LEVELS of EXISTENCE. This is why we love you for the sake of love, for the sake of progress – you should therefore *also* love, please love everything alive, rocks, plants and animals, love everything – love – love, because GOD is LOVE.

8:30 am

Expand your consciousness as far as you can and allow your experiences to *flow back* into your consciousness so that they become part of you and so you can work within your physical world with an *expanded* consciousness, so that you become *masters* over matter. Everything flows, everything moves and oscillates and nothing *ever* comes to a standstill when the breath of the ALMIGHTY is in action. Everything flows and oscillates in gratitude for him, embraced by him. Things only rest when the OMNI-CONSCIOUSNESS *breathes in* his CREATIVE BREATH. One CREATIVE BREATH always takes eons. – You can see how small your mortal egos are and how large your *divine souls* are! They emerge from him and at the end of the revelation of his creation, they re-enter him. Be happy in the *knowledge* that nothing exists without him.

9th of November 1961 – 8:30 am

The *further* your spiritual awareness expands, the better you can assess everything and the better you can deal with your own personal affairs. The *more expanded* your horizon, the better you *understand* everything that takes place. You will then recognise the effects of the LAW of CAUSE and EFFECT and you will think and act in such a way that you *become the cause of only positive, life supporting effects*. You will immediately reject, dissolve and love out of existence everything that is negative by turning it into something positive. Your expanded view of the situation puts you in such a position. Therefore practise and strive for your INNER HELPER, your DIVINE SPARK within your HEARTS filled with trust and also fully trust the help of your OLDER BROTHERS. The higher *we* climb, the more helping, loving, giving and serving we become, because we don't want to fall prey to the DARK FORCES.

12th of November 1961 – 11 pm

Please be ready every evening at 11:30 pm your time in order to listen to us. But you *shouldn't* revere us as “Gods” or even adore us. We are creatures *like you*, only a little further advanced in regards to experiences, experiences all beings have to make on their path to HIGHER things. We love you and we would like to help you to turn the fate you voluntarily accepted through your present incarnation in a way that will be good and correct *for all*. Never tire of keeping your spirit awake, even when your bodies often feel dull and bothersome because of some incredibly irresponsible attempts by your fellow men, this makes you require a lot of ENERGY to make your physical envelopes viable again. – Keep going, it will be worthwhile!

Per aspera ad astra! (On inclement paths to the stars)

Look up to the stars and imagine that all the stars are somehow inhabited by souls and that nothing can hinder you from ascending – imagining – soaring up to us and all other BROTHERS and SISTERS.

We love and bless you.
Your OLDER BROTHERS