



Psychic Working Circle

Publisher: Rolf Linnemann (Certificated Engineer) * Steinweg 3b * 32108 Bad Salzufen Tel. (05222) 6558

Internet: <http://www.psychowissenschaften.de>

E-Mail: RoLi@psygrenz.de

Translator's email: evak30@optusnet.com.au

The answers to these questions were transmitted by TEACHERS from the SPHERES of LIGHT. Paranormal voices appearing within the protocol were captured on tape and are marked with T.B: (Tonband). Any words that are underlined are authentic with the original transmission. This working circle grew out of a meditation group and commenced its psychic activities on October 25th 1995.

Extracts from	:	Protocol P 188 to P192, from the year 2002
Theme	:	Sleeping and dreaming
Questioners	:	Members of the <i>Psychic work circle</i>
Type of transmission	:	Verbal inspiration and automatic writing
SPIRIT TEACHERS	:	ARON, AELIUS, ALBERT, BALTASAR, BARTHOLOMEUS, EMANUEL, EUPHENIUS, JOACHIM, LUKAS, LEONHARD, MICHAEL, MAGDALENA, TIMOTHY.
Previous guests	:	AMENDON, ELIAS, TAI SHIN, SEATH, SETHAN.

Introductory words:

GREETINGS IN THE NAME OF GOD AND PEACE ACROSS ALL FRONTIERS! We are welcoming all present from the OTHER WORLD very cordially. "Where two or three are assembled in my NAME there I'll be right in the middle of them," these CHRISTIAN WORDS shall guide all our meetings. We will do this work in HIS NAME so that it will serve everybody. Only HE is able to send authorized TEACHERS so that we can receive the TRUTH. We ask CHRIST to bless all present here with HIS spiritual PROTECTION so that we won't be a plaything for the antagonist of GOD. We know that we have to make the greatest contribution ourselves. – Our destination is to grow through spiritual TEACHING, then to be able to distribute the TRUTH there where it can fall on fertile ground. We are asking for GUIDANCE so that our mission on Earth will be justified. We cannot reach this destination under our own steam, without spiritual HELP. We thank all HELPERS from the OTHER WORLD who support us in this. In this sense we are hoping for a blessed and enlightening evening.

The meeting started with an initial meditation followed by an exercise to materialise something under the management of the SPIRIT TEACHER MAGDALENA. After this, the *inspirational and automatic writing* part of the meeting followed with the SPIRIT TEACHERS EUPHENIUS, SETHAN and LUKAS.

Welcoming all present and starting with the questioning.

EUPHENIUS: GREETINGS IN THE NAME OF GOD! This is EUPHENIUS speaking.

We also welcome you within the divine LIGHT very cordially to this meeting and hope that a lot of valuable knowledge will not only be transferred to you, but to other people also. We also send our regards to all the souls that support this circle and that expend a lot of ENERGY and time to make sure that everything we do here shows the desired results.

We will support you this evening with special ENERGIES and VIBRATIONS, so that you will experience a HEIGHTENED SOUL FREQUENCY. We are looking forward to the words you direct at us; they always fill us with LOVE and peace. We also hope for a harmonious and peaceful atmosphere here this evening, so that we can do *our* work and you can do *your* work in the NAME of GOD.

During this meeting tonight you will get the opportunity to ask your questions. Immediately after, the MESSENGER of LIGHT SETHAN will announce himself and give your circle further information. You have received an assignment that you should review. We hope that you have dealt with this assignment within yourselves and that you will be ready to explain it during our next meeting

Our esteemed GUEST is present and will accompany this session from the beginning. We are elated over the fact that such an esteemed LIGHT BEING is here with us today and prepared to give us information and impartations through this medium. The SOUL ENTITIES assembled around you form a sea of LIGHTS, which envelopes this circle and protects you from VIBRATIONS that are not allowed to enter. We begin this session within these spiritual VIBRATIONS and within this WREATH of LIGHT. Please ask your questions now.

Question : Would you like to introduce this new theme of “sleeping and dreaming” before we begin with our questions?

EUPHENIUS: We would like for you to understand that dreaming represent a discharge from your soul. Its purpose is to give the soul access to the spiritual realm and its ethereal PLANES and VIBRATIONS, which it needs to replenish its reserves and ENERGIES with heightened VIBRATIONS. Dreams you remember during your waking hours are often a mirror image, so that you may receive indications to undertake changes to the things that burden the soul. You often don't recognise the source and the reason *why* dreams become visible to you. You see distortions and you do not know how to interpret these dreams and how to keep them separate from everyday life, because the access to your soul and to your heart is not always open.

Pay attention to these guidelines! They represent guidelines the soul has brought with it from the spiritual realm. The soul needs these excursions away from the physical body to receive *healing processes* and to replenish its ENERGIES. The body receives these ENERGIES during its sleep; it takes control of these functions. Spirit and soul are free elements, connected to your body and they are certainly in a position to leave your physical body. Remember this! This is scientifically verifiable, after a shock or after a surgical operation for instance, when people are able to give an account of a surgical invasion *afterwards*, because they perceived it as a daydream. Take note of this information and *don't* assume that you, when you dream, do not bring back anything for your day-consciousness to remember or that you were *without* a dream. If you only knew just how many souls undertake this JOURNEY to strengthen the

yearning of their own ENERGIES... - This JOURNEY is absolutely necessary to maintain the balance between body, spirit and soul. I will now hand over to LUKAS.

LUKAS : GREETINGS IN THE NAME OF GOD! This is LUKAS speaking.

It always takes some time before we manage to push the consciousness of my medium back to open the CHANNEL, once we have achieved this everything runs reasonably smoothly. It is particularly difficult if extended intervals occur, like holidays and the like. But this will change in the future, we are very certain of that. We are also very pleased that in spite of its daily chores, our medium still manages to open up. We actually thought that it would be more difficult. Maybe mental tiredness makes the spirit free. This is quite interesting for us to observe, because the mind is part of the physical make-up and subject to tiredness.

We are happy that you have invited us again to your rooms and that you offer us a working platform, without which the TRUTH could not penetrate down to this Earth. Great TEACHERS of LIGHT have often tried to bring LIGHT to this planet, but unfortunately it was always only for a relatively short period of time. This will change when *ever more working circles*, similar to this one here, will contribute their force and ENERGY around the world. Continuously repeating the INDOCTRINATIONS from the spiritual realm is obviously more effective than a selected operation by elevated SPIRITUAL ENTITIES of limited duration.

The problem is the fact that human beings *forget too quickly*. This has a deprecating effect on our transmitted INDOCTRINATIONS, that is to say, nothing tends to stick within your memory. Your consciousness is very easily *distracted*, we also observe this here within your circle. We have often made suggestions that this or the other should be done, but you followed the directions *only for a while* to then forget a lot of it. This is not an admonition, but only an observation. Please ask your questions now. Time is precious.

Question : What happens to the soul of a person when he dreams?

LUKAS : This is a very broad question, one we have to narrow down a little. There are cases where people leave their body *immediately after they fall asleep* and there are cases where this *doesn't* happen. It depends on the state the spirit and the soul is in. If the soul is weakened, for instance through alcohol or other opiates, sleep, respectively dreaming only takes place within the astral region close to the Earth and the subconscious has a strong influence on the soul. It can therefore happen that the soul awakens as if tortured on the rack, because for specific reasons it didn't receive the necessary magnetization with higher ENERGIES. In this case, sleep *didn't fulfil* its purpose. The blame then lies entirely with the person in question and this is unfortunately often the case.

Question : What are dreams?

LUKAS : *Dreams represent energetic displacements of the here and now*. It represents a switch to a considerably higher ethereal FREQUENCY. The soul undertakes this switching process. The soul switches the outer, material world completely off, that is to say, its

perceptions on *this* plane and withdraws into the INNER WORLDS, to LEVELS and DOMAINS where it can receive the necessary ENERGY for the next day.

Question : Why does one remember one's dreams after waking up?

LUKAS : This doesn't always apply. The *mental* experiences made in the DOMAINS I mentioned are brought back to one's day-consciousness *only on the most rarest of occasions*. Most dreams you remember stem from the *subconscious* that never sleeps. They arise from the subconscious and they are often very strange and quite often make no sense at all. Those that wake up without having dreamed - at least that is what they think - where quite often in the spiritual world and in the REGIONS I mentioned.

(TB: Very beautiful.)

Question : I have had dreams about things I believe I have experienced before. I can't associate anything on a personal level with these dreams. Could dreams like that stem from past lives?

LUKAS : This would have been *consciously* transferred into your day-consciousness. This does happen and they could certainly be events from past lives. But the person in question must *first of all know* that the possibility of past lives *exists* and it must also be *accepted* by him. Only then would the transference of dreams into one's day-consciousness make sense, because otherwise people couldn't do much, respectively nothing, with this information.

Question : Do the brain's frequencies change during the dreaming state?

LUKAS : Oh yes, very much indeed! Dreams can be measured by their *secondary effect* you call "brainwaves". But as I mentioned, this is only a secondary effect. The primary, the *mental process*, *cannot* be measured by you *directly*.

Question : What direct function does the subconscious play during one's dreams?

LUKAS : *No direct function at all*, one really can't put it like that. It works side by side, because it too, like the soul, doesn't need sleep. All the things *you haven't dealt with* are stored within the subconscious: Hidden anger, hatred and a lot of negativity, something that quite often erupts in the shape of real nightmares. It represents the famous last drop that makes the jug overflow. These ENERGIES *must* come out! It would result in disorders, if they were never dealt with. *Only* your physical body needs sleep, it needs its phase of regeneration. But *your spirit*, with all its COMPONENTS, *is always awake and active*. An overloaded subconscious sometimes represents a *heavy burden* and it prevents a recuperating sleep and therefore also the regeneration of the body. The results are illnesses, which - as you are quite aware- express themselves first on a mental level and then on the physical body.

Question : What effect do dreams have on the soul?

LUKAS : Well, as I mentioned before, the soul, due to the overflowing subconscious - figuratively speaking of course - doesn't receive the necessary magnetic ENERGIES. The result is exhaustion, over fatigue and sometimes illness.

(TB: That's bad!)

Question : I had a terrible dream during the night between Saturday and Sunday. I was properly chocked. I was then suddenly yanked out of my dream, because in the room next to mine, quite inexplicably, a short-wave receiver switched itself on. How can one explain this?

EUPHENIUS: This was in effect a protective measure, because your subconscious tried to take control of your soul. There are a lot of things hidden in your subconscious that have not been dealt with and have also not been mentally reconciled. You have suffered severe injuries, which you have suppressed and which are now deposited in your subconscious. Your female GUARDIAN ANGEL tried to reach you through this external energy source (short-wave receiver) so that you were released from this whirl of inner strife, giving you the opportunity to re-orientate yourself mentally.

Your female GUARDIAN ANGEL has kept vigil over you and the information and inspiration that was supposed to *reach* you, has turned up. Please deal with this topic, because it is now time to deal with your personal history, so that your soul doesn't have to mourn and cry anymore. You have received many external impulses, guiding you along this way now without trepidation and without fear. Look into your personal history so that your soul does not have to continue to cry and to suffer injuries.

- *Listen to your inner voice! You are inspirationally guided. Look after yourself! You will recognise when your journey is about to begin.*

(TB: Go forward!)

Question : Dreams are sometimes looked upon as a private viewing of night movies run for public viewing, the difference being that the cast is only one, namely - *oneself*. Can dreams also contain a preview of one's own *future* as its theme?

EUPHENIUS: The information your soul brings back and which has the task to make this visible for you through day-dreams, asserts a *conscious influence* on your life and you're here and now. It can certainly be that you're confronted with past lives, so that you *don't repeat* specified events here on Earth. Its purpose is to support and to strengthen the soul on its journey here on Earth. They represent HINTS, which ought to enable you to avoid unnecessary repetitions and to allow you to deal with certain situations *differently*.

Question : There are people that dreamt about the death of others and saw the whole scenario exactly the way it happened later on. One might get the idea here that human beings are not as free as it seems. How else could one explain something like that?

EUPHENIUS: The explanation is that otherwise a soul might eventually have suffered a state of shock. Its purpose is to open up the connection to the spiritual realm and to help you recognise that one receives INFORMATION that stands *outside* of the here and now.

How else can you explain that these kinds of dreams become reality? This can only eventuate in connection with INFORMATION from the spiritual realm. Your spirit and your subconscious *cannot* control this. This can only be controlled through your own soul.

Objection : I understand this, but the fact that this scenario *actually* eventuated within our external reality gives food for thought, because it would have to be preordained.

EUPHENIUS: These are the faculties that make it possible for the soul of the person concerned to predict something for instance. The prediction *isn't always* determined and real enough to be able to cross over into your present life on Earth. The fact that it does happen has various causes and also various effects. The reason behind it could be an indication *that a certain psychic ability is present* and that this ability should be nourished and expanded upon. But the reason could also be that the soul received an insight, so that *it will recognise* that there are psychic elements that cannot be measured and viewed with one's normal power of reasoning.

Question : Many people say: "Dreams? Never had any. When I go to bed I sleep!" Does *everybody* actually dream?

EUPHENIUS: Every soul on Earth that incarnated here and that is led through GOD'S GUIDANCE, journeying along its path, *has dreams*, because it receives *further opportunities to learn* on its astral journeys, via the spiritual realm. The soul is connected with the KARMIC COUNCIL and with ENTITIES, which accompany the soul at this point in time here on Earth. The soul represents the link between your world and the spiritual realm and has the opportunity to move between the physical and non-physical.

Question : One made the observation in 1952 that even babies sporadically move their eyes under closed eyelids. Research later confirmed that the movement of the eye, called REM (rapid eye movement), occurs *with every human being* during sleep and is supposed to be connected with dreaming. These periods of REM occur five to seven times each night and this in hourly intervals. Why do the eyes of somebody that is asleep move?

EUPHENIUS: Its purpose is for you to receive visualisations in your world through your physical eyes. You see your dreams through your soul and through your spiritual EYE during sleep. The spiritual EYE connects with the physical eye when you're sleeping, enabling the VIBRATIONS to become externally visible. You see that these external reflexes of the eyes allow you to recognise your dreams and they show their effect.

Question : But how is it possible for *babies* to dream, they haven't experienced anything as yet?

EUPHENIUS: Do you know what kind of soul has incarnated into the body? It is quite often old and wise souls that want to carry out their assignment here on Earth and want to look for opportunities of making contact. These souls too, especially if they have only just begun to incarnate, still have a *very close connection* with the spiritual realm and the souls of babies spend *a lot more* of their time in the spiritual realm based on their long periods of sleep.

Question : Therefore, are the movements of the eyeballs of an infant connected with its experiences in the spiritual realm?

EUPHENIUS: Yes, there is a connection between the third eye and the physical eye that makes this possible. These are reflexes that become visible through this.

Question : It has been scientifically proven that if one wakes somebody up in the middle of a dream, they will catch up on the rest of it at the next available opportunity. How is something like that possible?

EUPHENIUS: If it happens to be a dream that is brought back into one's day-consciousness and if it is *supposed to fulfil* a certain function, it is certainly possible to stop the MOVIE and to continue it the next time from where it was stopped, because to assimilate another kind of consciousness represents an important element for the soul.

Question : The scriptures of *Saint Thomas Aquinas*, considered to be the "cornerstone of the Roman Catholic Church", state that GOD is not against that we *construe HIS intentions from dreams*, and that it doesn't constitute a sacrilege to hear HIS warnings in this way. Can you verify this?

EUPHENIUS: Under normal circumstances there would be nothing to add to this, because everything is included in what has just been said. - It is certainly possible to pass on MESSAGES to the soul. But this *doesn't* mean that you will bring this back into your day-consciousness. They represent MESSAGES *for the soul*, INFORMATION, to help you cope with your *mental* life here on Earth.

QUESTION : What is the actual reality, one's dream state existence or one's waking existence?

EUPHENIUS: It is an amalgamation of *both* planes, because dreams are *just as real* as your real consciousness. Your soul's experience within the spiritual realm, in this dream state, is *just as real* as your physical existence in earth, conditioned by the bond between the spiritual realm and your Earth, your physicality with ethereality.

Question : The French mathematician and deeply religious author *Blaise Pascal* asked the very same question in the 17th century when he said: "Who can say with any certainty that we are not asleep, when we believe we are awake and that when we have awakened from being "awake", when we sleep?"

EUPHENIUS: This is a comparable allegory. It represents a intermingling of both worlds, of which *both* represent reality. It represents an amalgamation of two planes, namely one's earthly life and one's spiritual LIFE. It is the link that *ought to give* you the faith and the courage to believe that there *is* life *after* this earthly existence and that here on Earth, you experience only a *very small* phase of your overall existence.

Question : Can one intentionally give rise to dreams through fasting, dreams one can expect some revelations from?

EUPHENIUS: Fasting rids the body of toxic substances and other noxious substances as well. The effect of this is that the body will experience a *deeper* sleep reflex and this because it feels lighter and it receives unencumbered ENERGY SUPPLY. But this has nothing to do with mental dreams and other mental perceptions. Heavy set people can also receive revelations, without having to fast.

Question : Does it make sense to suppress the needs of the body in order to undertake a search to prove the existence of life after death?

EUPHENIUS: Proof will only come about when you're ready *to open up* your heart and your soul. Any argumentation can *only succeed* if you are ready to look beyond your own existence and to recognise that you have to begin to walk through life without doubts and without valence. This entails that you recognise that *every* human being is *unique* and *inimitable* and that every human being has a connection to every other human being here on Earth, that you are creatures that *form a unit*. To recognise this represents the true meaning of your existence.

Question : There are cases of prophetic dreams of well known personalities and also less known individuals, wherein their own death through attacks or diseases, were presented in detail and then became reality within a short period of time. Why are prophetic dreams the privilege of only a few, when we're all equal in the eyes of our CREATOR?

EUPHENIUS: Many souls do not need this, because they are ready to enter the spiritual realm without a lot of knowledge and valence. *They are quite aware within* that they are resting in GOD'S HANDS and that they are supported by ANGELIC ENTITIES that accompany them. Many realise that they linger here for only a short time to then glide across into another WORLD. But there are also many sceptics and distrustful people that do not want to acknowledge this. They have to be confronted with this over again, before they admit *that there* is another REALITY of life. Prophetic dreams are often utilised so that the GUARDIAN ANGEL can better approach their charge. We are dealing with souls here that are full of good intentions, but haven't found the CORE of the TRUTH for themselves yet.

Question : Traumatic experiences that have been verified to the degree that it is possible to verify them, cannot be proven with our customary scientific methods. According to scientists, dreams have determinable causes and occasionally show effects, but have nothing to do with signals about the future. How do you see this?

EUPHENIUS: Traumatic experiences can be of a positive but also of a negative nature. Some experiences lead the soul very much into situations of crises. They are often shocking situations that are very hard to deal with for the soul and that trigger great fears and illnesses for individual people here on Earth. These traumatic experiences must be *dealt with* and *settled* by the soul, so that people recognise the fact that they are able to *cleanse* their soul giving it enough energy to be capable of making contact again with their external world.

Comment : As far as the sciences are concerned, dreams have nothing to do with the future.

EUPHENIUS: Future, what does it mean? If we compare what *you* understand under the term future, it is something completely different from what *we* call it. We *don't* denote the spiritual realm as "the future" or what will be revealed as "science fiction", but it is a *real* world, one that exists and one that has substance. When you receive visions of the future under traumatic circumstances through pictures, they represent a side effect of the *confusedness* of your own soul. The spiritual realm represents the source you all come from. The material is *totally secondary*! The spiritual realm has been around *a lot longer* than the physical worlds.

Question : What is the meaning behind dreams that deal with death?

LUKAS : Dreams that deal with death are often a “mistake” of one’s consciousness. They are often VIBRATIONS brought about by the *fear of death* that sometimes find a discharge. He, who does not fear death and is absolutely sure that death doesn’t actually exist, *doesn’t experience dreams that concern him*.

It’s a different story with dreams that deal with the death of other people. If these kinds of dreams recur, they *could* be a premonition, a foreboding of things that could eventually come about. But certain psychic abilities are necessary for this, something not a lot of people possess. In most cases they are fears that have not been dealt with and they are *genuine* premonitions in very few instances only. These people are quite often *aware* that it was a genuine premonition and they would therefore not tell anyone, because only very few receive such a gift, only those that can handle it responsibly.

Question : What is the significance of sleep for human beings?

EUPHENIUS: Above anything else, sleep gives your *physical* body the opportunity for regeneration and rest. Through sleep, all the cells and all the vital organs receive the opportunity for a period of rest, to receive new ENERGIES and fresh vitality. It represents a re-energising for you by the spiritual WORLD, which surrounds you and re-energizes your cells and your microcosmic ENERGIES and gives you INFORMATION. It represents a period of quietness to encourage the spirit and the mind to catch a little rest, so that your brain activity is also considerably diminished, allowing the soul to leave its physical shell to receive fresh INFORMATION and further education in the spiritual world.

Question : What kinds of dangers, that could harm the soul, are lurking on the astral plane?

EUPHENIUS: When the soul leaves the body it is subject to special PROTECTION. It is guarded by SPIRIT ENTITIES that accompany the soul. A soul will *never* go on an astral journey *alone*, because its GUARDIAN ANGEL and other SPIRIT ENTITIES are always present to guarantee the necessary PROTECTION and security for the soul.

Question : Earth’s astral regions are infused with negative VIBRATIONS. Why do we only go to the astral regions during our sleep and not beyond?

EUPHENIUS: This is necessary, so that souls can *interconnect with one another*. Souls are not only subject to earthly statutes, but it is also permissible to change over to the spiritual realm to participate in certain TRAINING CLASSES and receive further education. INFORMATION is also made available so that scientific advancements and *different* political *decisions* can be made. Astral journeys serve the purpose of promoting contact to other souls that are connected to one another and that are affiliated through certain ASSIGNMENTS.

Question : Can this bring negative VIBRATIONS back to our side?

EUPHENIUS: Negative VIBRATIONS will *only* be brought back *if* somebody here on Earth has decided to serve the negative WORLD. A soul that serves the DIVINE and that enters

the divine LIGHT is protected by the ENTITIES that accompany it. A negative soul *has no chance* against GOD'S WORLD of LIGHT.

Question : Is it necessary that during the sojourn into the spiritual realm, the *physical* body left behind by the soul is guarded also?

EUPHENIUS: Your physical shell, the embedding the soul needs to be able to exist here on Earth and which remains behind on Earth during such journeys, is guarded by ENTITIES that stand sentinel over it during these travels through time. This is necessary to guarantee PROTECTION, so that the soul can return to its physical body undamaged and unencumbered. Otherwise it would be an easy feat for other souls, namely *earthbound* souls, to take over this body.

Question : Can the energetic CONNECTION CORD between the soul and the physical body be manipulated or even severed by earthbound souls during these "travels through time", as you called them?

EUPHENIUS: No. This CORD can *only* be separated from the physical body when the soul that belongs to this body makes its *final* journey to the spiritual realm; there is no other way to disconnect this CORD, not by anything else. The negative POWERS will not be successful in cutting this CORD so that this soul has to wander aimlessly around in this world without a physical body. We are dealing with a PROTECTIVE FRAME here, one that is *always* present, so that it is impossible for negative ENERGIES of VIBRATION to settle in and to dissolve or to detach the CONNECTION CORD during these astral journeys. Otherwise it wouldn't be according to divine PROVIDENCE and it would make it quite impossible for these JOURNEYS to take place here on Earth.

Astral journeys serve a special purpose, namely the *interaction between souls* and the relationship to those ENTITIES that accompany the soul when it exits its body. It is an exchange between the GUARDIAN ANGEL, the soul and the ENTITIES that are with the soul at this point in time. What takes place during these JOURNEYS represents an intensive exchange of thoughts and indoctrinations. As mentioned before, it would not be allowed to undertake these journeys, if there was the chance of any danger of damage to either body or soul during these JOURNEYS.

Question : Where do most souls turn to during their astral sojourns?

EUPHENIUS: They congregate on luminous LEVELS that are not only there for souls coming from Earth, but also occupied by ENTITIES from nature and ANGELIC REGIONS, which together constitute this luminous LEVEL, enabling a soul to find its way there through the LIGHT and through the energetic EMANATIONS present there. It represents a SOURCE of LIGHT and of positive ENERGY, giving souls the opportunity the *newly awaken* their mental FACULTIES so that they can tackle the next day revitalized.

Question : Did we understand this correctly, the personal GUARDIAN ANGEL accompanies the soul during its astral travels and most souls participate in spiritual EDUCATION?

EUPHENIUS: It is *a part* of the exchange that occurs between your GUARDIAN ANGEL and the other ENTITIES that accompany you. It is an inspirational, divine CENTRAL EX-

CHANGE whose purpose is to give your soul *new* ENERGY, *new* impulses and *new* directions.

Question : What happens during one's sleep when evil spiritual entities approach our bed?

EUPHENIUS: You would become restless and would become aware of feeling unwell, not only physically, but also mentally. This can certainly be in connection with nightmares and horror scenes your subconscious brings to the surface, awakened because of these NEGATIVE VIBRATIONS. But most of the time they are images of fears and unresolved problems that rise to the surface and thereby become visible.

Question : What is the reason that the GUARDIAN ANGEL cannot avert something like that?

EUPHENIUS: Because *it too* is part of your reason of being here. It is important to accept the *other* side of your existence and to try to resolve these, so that they can also slide across into BRIGHTNESS.

Question : Would an approaching evil entity be sensed by the soul that finds itself outside its physical body?

EUPHENIUS: The soul is protected by the VIBRATIONS the ENTITIES around it emanate. These kinds of dark POWERS wouldn't be able to come close to the physical body of someone on an astral journey, because a PROTECTIVE SHIELD is positioned around the physical body. It would *be impossible* for the negative ENERGIES to utilise the abandoned physical body for their own use.

Question : Are nightmares therefore the worst that can happen to a sleeping person?

EUPHENIUS: That's right. They represent reflections of one's own existence and one's own self.

Question : Nightmares therefore *do not automatically* indicate that negative ENTITIES are present?

EUPHENIUS: It *can* also be an external reaction, but in *most cases* represents an *internal reaction* of the subconscious, triggered by repressed fears and repressed, unresolved problems.

Question : Why can we only retain a fraction of our dream experiences within our consciousness when we wake up?

EUPHENIUS: Everybody retains only as much INFORMATION as is necessary to gain clarity and new insight for themselves. Not everybody can deal with the profusion of INFORMATION available. It depends on *which* building block is necessary for the next step. Quite often the profusion of INFORMATION is much too bewildering and only causes obsessive thoughts that then have the exact opposite effect.

Question : Is it dangerous when people stop breathing for a few seconds during sleep and when this happens a number of times during the night?

EUPHENIUS: It happens quite often that breathing ceases for a moment, because a deep-sleep phase is initiated, which is akin to death. *These* deep-sleep phases have the effect of placing the mind *totally* off-side and make it lose its control over the physical body. It is a

deathlike event, but one that doesn't have a detrimental effect on the body. This doesn't endanger or weaken the body. It represents a spiritual DEEP BREATHING, allowing the soul to take DEEPER BREATHS more easily and more effectively. The physical body is temporarily released from its oxygen based existence, that's correct. This gives the soul a larger zone of operation, allowing it to expand further so it can EXHALE. There is no visible damage in any respect and it certainly isn't a case whereby the brain suffers any kind of limitations or complications.

Question : Can sleep therapy provide alleviation or healing in these cases?

EUPHENIUS: You apply sleep therapy to artificially bring about certain coma like conditions, thereby giving the healing process of the body more support. Sleep therapy serves the purpose of giving the body a better chance of healing and to give it more stability. It serves to give the cells and the organs support during the healing process, but has no effect on the mental plane.

Question : Are there mental causes that account for this behaviourism during sleep?

EUPHENIUS: Mental causes are *only* given *when* phases of unrest occur and when the body reacts to these. But mental causes begin when the soul starts to separate from its physical body. These represent pre-phases coming into play and you can observe this very well on a physical level, if you keep a dying person company during his or her earthly end-phase.

Question : What brings about sleepwalking (somnambulism) and speaking during sleep?

EUPHENIUS: What happens during somnambulism is that the body *will not allow itself to be embedded* in these states of rest, but is still endeavouring to show external motor-neuron unrest. Most of the time we're dealing with people that are very fidgety and very agile and participate intensively in life. The body doesn't know that it's supposed to rest at night and that it is supposed to make sure it gets this rest. On the contrary! The body tries to fulfil its assignment even then.

Speaking during one's sleep is a side effect that still contains the functions of the mind and the spirit. We're dealing with information here that goes beyond dreams. It is a verbal mechanisms the body absorbs and externalises on a linguistic level. It also represents a part of dreaming to allow information to flow to the outside through speaking. It is an *enhancement of one's dreams* and ought to be utilised as an extra source of information.

Comment : My little daughter often repeats the same sentences she had discussed hours before with her girlfriend.

EUPHENIUS: This is a way the subconscious deals with fears and with something that has happened. Speaking only represents *an addition* and an *expansion* of the dream and a further building block, indicating *all the things* that can belong to dreaming.

Question : Why doesn't all of this still function at a more advanced age? One could then deal with one's subconscious whilst asleep, as it were.

EUPHENIUS: Children deal with conflicts and fears on a *completely different level*. The mind of an adult is so sharpened that it *deposits its* defence mechanisms, conflicts and fears *differently*, namely in *deeper* zones of the subconscious than children do. Children deposit these experiences *on a higher level* and can therefore deal with them through dreams better, because they are also a lot easier to access and to grasp and they are not as concealed and as cemented as adult's experiences.

Question : Could the reason be that adults are too often disappointed and therefore become more distrustful?

EUPHENIUS: You have a level of experience behind you as adults that has been amassed *over years*. You call upon past experiences and you have the wisdom to realise that a lot is dealt with through your mind, especially through your *rational* mind. You deposit it in a different location and often do not have access to it so it can be dealt with. The fact is that you quite often do not *want* to deal with it and that a completely neutral suppression-mechanism kicks in, one you don't have any control over at all. *This is the very thing* you should pay more attention to. *Suppression is not akin to processing!* On the contrary! You will be confronted by it on a continuous bases and must somewhere along the line look at it, to then clean up your subconscious, removing all the things you amassed in there.

Question : Why do we have a subconscious, if it only causes problems?

EUPHENIUS: The subconscious is here to give you the opportunity to store the things you don't want to deal with right away. The subconscious represents a kind of RESERVOIR where you have the chance to keep something in reserve, to then bring it to the LIGHT of day and to convert this DARKNESS into LIGHT.

Question : How do we know that this RESERVOIR is full and that we have to become active to make some changes?

EUPHENIUS: When you have become so embittered as a human being, that you're not willing to look at yourself in the mirror.

Question : Is sleepwalking hereditary?

EUPHENIUS: Sleepwalking is certainly a hereditary characteristic, because many energetic CONNECTIONS are transferred from the parents to the children. Thereby genetic prerequisites are created, due to the fact that one of the parents did sleepwalk during their childhood or even later in life.

Question : What is the significance of sleepwalking?

EUPHENIUS: Especially sleepwalkers are subject to a *very high* rate of PROTECTION on behalf of the spiritual realm. Especially *innocent* beings are very much cared for and protected and are not affected by any dangerous zones, but always embedded within the divine LIGHT and cared for by the spiritual realm. The reason for sleepwalking is accounted for by the fact that the functions and mechanisms of the body *want* to function even during one's sleep. They have such a high degree of activity that they are ready to allow the body's cycle of movements to run their course.

Question : Why can't the GUARDIAN ANGEL prohibit these activities?

EUPHENIUS: Because the physical body is very hard to influence and because the *mental* components are the contact points for the spiritual realm. The physical body is under the control of the spirit and the mind and most of the time, both of these are too hard to reach within your physical world.

Question : Are the dream interpretations we receive from books comparable to the way you would interpret them?

LUKAS : *Your* interpretations often deviate *quite considerably* from reality. Most of these are things that emerge from the depths of the human subconscious and do not need to be interpreted, well maybe only to indicate that too much has accumulated within the subconscious that needs addressing. Most people are not ready at all to even look at this. This is why there are cases where something is shown to the sleeper in a dream *quite consciously*. But to be able to make the differentiation is very difficult with your partial knowledge.

Besides, those that interpret dreams are hardly ever prepared to deal with the CREATOR and the BRINGERS of these transmissions. They only see the contents of the dreams and do not question either themselves or their own interpretations of their dreams. This is why there are often quite large differences in the interpretations. It would be a lot better if someone that wants to interpret dreams would ask for HELP from the spiritual realm - because *who else* knows the TRUTH?

Comment : To make a distinction about what is *really important* about a dream and what can be utilised causes great difficulties.

LUKAS : Human beings can hardly ever do it correctly. There are only a few dream readers within the German speaking part of your world that know anything about it at all and that also look for reassurance from the spiritual realm, *before* they publish their findings. They want to avoid a situation where sincere people are psychically damaged when they're told something that is incorrect. As mentioned before, when interpreting dreams, the co-operation with the SPHERES of LIGHT is absolutely necessary, if one wants to learn the TRUTH.

Question : Does the soul of a sleeping person *generally* go wandering about?

LUKAS : In effect, yes. It happens quite often that souls escape to SPHERES where they can recharge themselves with new ENERGY and with important information for their future. But it can also be a case where these sojourns are *too short*, because people are more involved with their day to day problems *before they go to sleep*, than with their impending withdrawal from the physical body. This delays the all important withdrawal considerably and results in deficits.

But there are cases where a soul has dedicated itself to the NEGATIVE and therefore goes to the respective REGIONS. But it loses *even more* ENERGY there. Such a soul will receive only a nominal amount of LIFE ENERGY from the CREATOR, only enough to be able to exist on the physical plane. It is as if the LIFE FORCE flows through an ever diminishing funnel until there is only a trickle. If it would completely ebb away, the person in question would have to leave the physical plane.

- Question : What is the meaning behind so-called anxiety-dreams or nightmares?
- LUKAS : Well, as it has been written once before, anxiety-dreams or nightmares in most instances represent things from the subconscious that have not been dealt with and that slowly come to the surface when the day is done. Nightmares are supposed to be a sign for the person in question to have a closer look at something and to ask the question of *why* something like that happens. But all too often a dream is simply brushed aside, because the day-to-day existence seems more interesting. But psychosomatics can have dire results. All of you know that.
- Question : Why does so little of the content of our dreams reach our day-consciousness and when it does, it is encrypted to a degree that we don't know what to make of it? Why don't we receive *clear* information from the other side? An example: I know a lady that has dreamt the same thing *a number of times*, namely that she loses her teeth. She can't make heads or tails of this.
- LUKAS : These kinds of experiences are worth interpreting and should be scrutinised. It might be that this lady often says something that shouldn't really be expressed. But we might also be dealing with the thoughts of other people here that cling to this soul and exert an influence. In some individual cases one has to scrutinise it very thoroughly.
- Participant : I experienced a similar dream some time ago. In this dream my mouth was filled with a tough substance and I tried to dig it out with my fingers - but in the process my teeth were always removed also! I have no problems with my teeth at all. Every single one is healthy and without a filling. I just realised now that I haven't had this dream for a long time.
- LUKAS : You have been hoping that your endeavours to materialise might function and as you are well aware, when this happens, ectoplasm flows from the mouth and nose. These were your wishes and they rose up from your subconscious at night. The reason why this hasn't happened of late is that the thought of materialisations hasn't been uppermost in your mind. Your mind isn't as intensely preoccupied as it used to be. As mentioned before, quite often the unconscious must discharge itself during the night; otherwise severe physical reactions could be the result.
- Question : How does the human spirit deal with these dreams and its sojourns within the spiritual realm?
- LUKAS : *Everything is spirit*. The things we just mentioned are merely partial aspects. How would you deal with a broken arm? - Well, *in spite of everything*, you would try to go about your daily business as best as you can, because your attitude is determined by your character and you chose to travel this path - if necessary even with an arm in plaster. In a similar fashion, the spirit, with all its *stressed* components, tries to travel *its* path and its *spiritual* journey. This spiritual path often differs quite distinctly from your earthly, physical journey. If the distance between the spiritual and the physical journey through life become too great and the body, the mind and the spirit all go in *completely different* directions, the results are terrible physical reactions. It is as if a person separates into different parts. Something like that *cannot* end well and this is why a *secure* spiritual FOUNDATION is so important. You can't begin to build a house starting with the roof, if the foundation isn't in place. GOD'S INDOCTRINA-

TION represents the FOUNDATION for you, something every soul intuitively feels and is aware of inside -, even if people *reject* this INDOCTRINATION on a *daily* basis. Und this is why human beings have to live *in conditions of their own making*, until they have learned to once again follow his original path.

Question : Are dreams always a channel for further education of the soul or do they also fulfil other functions?

LUKAS : They *do* serve the purpose of furthering the soul's education, that is correct, but *also* to refuel and to magnetise it with GOD'S ENERGIES. The soul will receive these ENERGIES, *if it asks for it!* This is why it's so important *to ask*, because he, who doesn't ask, apparently doesn't need anything. We, your HELPERS, have to adhere to this fundamental tenet. This is how people will learn again to ask - and maybe also to say thank you, something that is often forgotten once the weight had been lifted from your shoulders. Quite often *little* things are amiss, if the great picture isn't right!

Comment : *Sigmund Freud* described dreams as the "King's path to the subconscious" and generally thought of them as the fulfilment of wishes.

EUPHENIUS: We have to disagree, because the *subconscious represents a mirror image of your present existence*, it reflects your experiences here on Earth, your unfinished business, problems and wish-elucidations. Dreams on the other hand are a *feedback for the soul from the spiritual realm* and pursue a different direction. The connection between dreams and the subconscious needs a completely different elemental track and it will become visible, if your subconscious is *packed to the rafters* with unfinished business, which couldn't be dealt with and couldn't be transformed into positive ENERGY VIBRATIONS.

Comment : A hungry person will probably dream of food. Somebody that is covered by a too heavy blanket might dream that he's foundering in quicksand.

EUPHENIUS: These are *no subconscious* valences, but conditions the spirit, the body and the soul bring to the surface, because the spirit and the mind deal with this problematic in great detail. This feeling permeates all parts of your physical body when you are hungry and you will become aware how pain is distributed. This is dealt with during one's sleep to a degree that feelings of pain and hunger can also appear. It represents dealing with your own physical distress that is reflected in your spirit and your soul.

Question : Many psychologists see within one's dreams the ever regenerating craving for recognition of man at work. What can you tell us about that?

EUPHENIUS: GOD is no craving for recognition element, but an actually existent and real terminology. *Just a concept to you, because in regards to LOVE, LIGHT and the extent of HIS GREATNESS and EXISTENCE, you cannot envisage anything at all.* GOD is no presumption or an unreal CREATIVE ENERGY, but reality and a component of your life! Dreams are renditions and reflections *of your own self*, evoked through the soul and also your subconscious. It represents the *valence* of your own existence.

Question : Couldn't it be an excessive craving for recognition of a person flows into his dreams in spite of that?

EUPHENIUS: Only if this craving for recognition expresses itself in dreams to a degree that he will try to convert it into negative ENERGY -, into excessive egotism. These are indications that the true REASON of BEING hasn't been recognised. These are negative ENERGIES that have nothing to do with divine CREATIVE POWER.

Question : Do dreams represent an access point to a kind of external GIGANTIC RESERVOIR, wherein all memory, thoughts and impressions are kept, which have been handed down by mankind from its earliest ancestors?

EUPHENIUS: Dream originate from the ORIGINAL FLOW of your ENERGY, from whence you came and to where you should find your way back to. This CONNECTION *always* exists and the IMPULSE FREQUENCY constantly flows as INFORMATION within your genes and within your blood. Dreams are a connection of the soul to the spiritual realm, with the assignment *to find* the LEVEL of DIVINITY over again, so that the soul can receive the necessary NOURISHMENT. You human beings treat your soul very callously. People only partially deliver FOOD for the SOUL here on Earth. Your soul needs *other* ELEMENTS of VIBRATIONS to be able to exist here.

Question : Could something from the Akashic-records flow into dreams?

EUPHENIUS: That is *impossible*. You are presently on a level of development where access to this LEVEL is still denied to most human beings. The ethereality you presently have is not enough to achieve this. There are only a few souls here on Earth with the opportunity to look at these records. This can only take place under great ENERGY OSCILLATIONS that protect the soul so it is able to make contact with these ENERGIES. The reason being that the soul has not produced a maturity that enables it to utilise and convert this ENERGY. A few wise people on Earth have the opportunity to polarise their ENERGY so that they can envelop their soul in this LIGHT, enabling them to make contact via the third eye. But this is the exception!

Question : Many dream interpretations seem to come about quite casually from answers and associations between people. How can one help people *to understand* their visions without theoretical rhetoric, without fixed rules and theories?

EUPHENIUS: The fact is that the opportunity exists to receive the solutions as an interpretation of one's dreams, during one's dream state through inspirational *thought* and with a *plea* for INFORMATION. It is interplay between you, as a physical element and the spiritual WORLD. You have the opportunity to interpret your own dreams, if you are willing to *really* get to the bottom of the causes and realise them. But it is quite often a case where dreams are in fact perceived but *are quickly put aside*. There are only a few human souls that will deal with their dreams and will *try* to get hold of the sense of the message. They recognise that dreams are a part of them and that these messages contain something of importance to them. Only a few utilise this chance to perceive *another path* or receive a *new insight* for them here on Earth, because they don't consider dreams to *be real* and don't look at them as a reality. To them, dreams constitute phantom elements, they do exist, but they are also easily forgotten.

Question : What is the procedure, if one would like a dream interpreted?

EUPHENIUS: A "how" is difficult to use as a general case in point. It is often a case where one tries to receive further INFORMATION from the spiritual WORLD with a *prayer* or via

inspirational elements. If you *mentally deal* with this, you will often receive IMPULSES and EXTERNAL THOUGHTS that will help you along this path. The first step in that direction is the realisation that the dream hides something of importance and that its purpose is to initiate changes, enhancements or to make things easier in one's daily life on Earth. If one deals with a dream on a mental level, one quite often receives enough INFORMATION to be able to interpret that dream for oneself. This doesn't entail a lot of trouble or effort. Like everything else here on Earth, it is more of an *exercise process*. You are here to go through a learning stage that forms a part of your JOURNEY and it deals with learning and with *putting things into practise*. The realisation and the expansion of your existence are of importance here. And you will also recognise that there is SUPPORT available to deal with dreams.

Question : According to the statements of the respective authors of three of the most significant horror stories of Western literature, dreams had an substantial contribution in their creation - we're are talking about *Frankenstein*, *The strange case of Dr. Jekyll and Mr. Hyde* and *Dracula*. How is it possible that something like that is inspired by the spiritual realm in dreams?

EUPHENIUS: You know that something like that would *never* be brought to you from the *positive* SIDE of the spiritual realm. This represents *negative* INFORMATION with the purpose of presenting gene-research in a *negative* way - to come back to this theme. "Frankenstein" and the others you mentioned are *elements of the REALM of SHADOWS* and are certainly not depicted in a positive way. These are elements that come from the other SIDE to guarantee an equilibrium - as you are want to call it.

Comment : What seems remarkable in the first place is that something like that is *inspired* at all!

EUPHENIUS: Wars, power and all of theses things are also *negative* tools. They are *also* created within one's spirit and one's mind. They are also inspirations from the REALM of SHADOWS, therefore coming from the spiritual realm, they *also* run along the same tracks. They always start small to then degenerate into something large.

Question : World renowned scientists have had similar, but far more serious experiences. The Danish physicist and Nobel Prize winner *Niels Bohr* explained that his revolutionary model of the atom came to him in a dream and the German mathematician *Karl Gauss* admitted that he dreamed his laws on induction rather than discovered them. The chemical scientist *Paul Ehrlich*, one of the recipients of the Nobel Price for Medicine in 1908, didn't hide the fact that his side-chain theory was "basically the result of a dream". - What makes something like that possible?

EUPHENIUS: The fact that INFORMATION is stored and transmitted makes this possible. They reach individual souls via various elemental CONNECTORS. This is INFORMATION that can originate from the positive, but also from the negative REALM. They represents SPARKS that seek out their *human hosts* wherever *the best* sustenance and foundation is to be found.

Question : If one prevents a human being from dreaming, will they begin to dream whilst awake?

EUPHENIUS: These elements materialise in one's waking state and they become visible materialisations. Dreams represent reflections from the spiritual realm and cannot be experienced

as a daydream. Daydreams are experiences that become visible through ethereality. They are short reflexes that allow an insight into another WORLD.

Question : If one *prevents* a person from dreaming, isn't there a danger that his overstretched dream-psyche breaks through into the realms of consciousness and that such a person will end up living in a dream world, the world of the psychopath and the mentally insane?

EUPHENIUS: People that are repeatedly woken up during their sleep phase do not get the chance to send their soul on a journey. They find themselves in such a charged environment that they are unsettled and therefore in conflict with the physical world that they *are not prepared at all inside* to send their soul on journeys. It is as if you wanted to push a boat into the water but there is no water. For this to take place takes a *secure* foundation. Sleep represents a process of regeneration for the cells, the organs of the physical body and is there to secure an energy recharge for the soul. If this is continuously interrupted, if the supply is continuously disturbed so that elements of agitation arise, it can be reflected in psychosomatic illnesses. If a sleep-psychosis develops from this depends on the spirit and the mind, whether they are prepared to cope with this reality.

Question : Can constant dream deprivation lead to a mental breakdown and eventually result in death?

EUPHENIUS: Dreams cannot simply be disallowed or suppressed. Everybody dreams during their sleep phases. To stop dreaming is only then possible, if sleep, your earthly sleep on Earth is *consciously* and *permanently* suppressed. One cannot control one's dreams and they cannot be influenced externally - they just happen. They will always happen when the soul is ready to enter the spiritual realm. When affected by permanent disorders, the soul will not be prepared to leave its physical body anymore, because the physical body is either very weakened or damaged. They represent pathological phenomenon that are controlled from the outside.

Dreams are in effect subconscious processes that will always and forever take place. They can *only* be hindered by outside influences. There are many people that are deprived of sleep for long periods of time due to crises situations. Their whole physical state was pathologically affected to such a degree that they were no longer able to get back to a normal sleep rhythm. Ill souls suffer from such crises situations. Sleep has an important function, not just for your physical body, but also for the soul. *Enduring* sleep deprivation can lead to premature death.

Question : We therefore do not live to dream, but dream to live?

EUPHENIUS: We can answer this with a yes, if you like to express it like that. Dreams are important elements; they *strengthen* your soul and your body. Sleep is an important element to give your physical body the necessary rest and NOURISHMENT it needs to cope with the daily grind, with all its neurotic reactions, physical efforts and elements. You are not machines that can run under constant pressure. You need rest periods to regenerate and your soul also need this spare time.

Question : What is trauma?

- LUKAS :Trauma can be the result of a particular experience that left deep tracks in the soul, respectively in its welfare. This is then expressed in certain physical symptoms, which stem from this. These kinds of traumatic influences are often drawn out affairs and take a long time to improve, respectively, to heal. In any case, trauma belongs to the disorders of the psyche.
- Question :Can one dissolve traumas, especially in regards to children that have had traumatic experiences?
- (TB: Yes.)
- LUKAS :Yes, this is certainly possible. What is of importance is the way one deals with these little souls. There is a difference between talking about an adult or a little child. A child needs *completely different* therapeutic methods and dialogue content. But a complete recovery is possible in both cases. But one ought to begin as early as possible and not hope for an automatic recovery, which *can* certainly also happen. This is a lot safer under proper supervision and will prevent other side effects from happening.
- Question :Do dreams represent companions for the soul on its earthly journey?
- LUKAS :Oh, yes, that's exactly right. You have expressed this very well. We have written about this once before.
- Question :What do children's daydreams tell us?
- LUKAS :Daydreams are a temporary uncoupling of the little soul from your day-to-day life. An informed parent will keep an eye on this and allow the child the necessary breathing space. This sort of behaviour sometimes last until the early years at school. Unfortunately most pedagogues have no idea about what is *really* wrong with the child. These little souls are often abruptly interrupted in their endeavours and this results in aggressive outbursts. Grownups often loose the children's respect because of this and they will not change their minds about this as they grow older.
- Question :Do animals dream?
- LUKAS :No. There is nothing for animals to dream about, at any rate not on the same level as man. Animals are of a completely different mental design. Important mental COMPONENTS that make dreaming possible are lacking . These components are the prerogative of the higher form of life - namely man. The same applies to the world of plants, it is positioned below the level of animals. In spite of this both levels hold spiritual life and both were equipped with sensitive perception by the CREATOR. Plants for instance do not need any sleep at all, but higher entities certainly do.
- Question :If dreams can contain warning signals, just how does one distinguish whether these warnings come from the subconscious or the spiritual realm?
- LUKAS :It is a question of interpretation. The interpretation can be carried out externally, that is to say, by sensible, god fearing people. There are not too many of these kinds of people in the world - but they do exist. A soul that has reached a certain spiritual level can however do this *also by themselves*. The fact remains that most dream interpretations made on this planet *do not apply*, they only gobble up a lot of money.

Question :What do you think about the dream interpretation seminars on offer to further development of one's soul?

LUKAS :There are good ones and also bad ones. As I have just indicated, one ought to have a close look and query past members, otherwise you won't find an answer. We will not name any dream interpreters from our vantage point, because we're not allowed to interfere in your affairs. If the need prevails we will undertake *a certain level of guidance* if you ask for it, guidance that doesn't interfere with your free will.

Question :If one gets stuck in one's own, subjective little world, one's thoughts are naturally only concerned with one's own personality of an evening and it is difficult to focus on something else. What would the solution for this problem look like?

EUPHENIUS:To release your thoughts from your mind will only be possible if you're ready to allow them to flow and also willing to release them from your mental SPHERE. Thoughts are VIBRATIONS and they would otherwise remain with you and influence you. Thoughts influence your soul, your body, your mentality and your actions to the core and also externally. Thoughts represent elements that could carry not only positive disruption component but also negative ones. Thoughts are VIBRATIONS that will only disappear through dissolution or replacement of these ENERGIES. Thoughts can be influenced by sporting activities, going for a walk and external distractions. "Stewing in one's own juice" - as you call it - and adhering to negative thoughts can lead to physical complaints and illnesses.

Question :How could this be realised just before going to sleep, if one just can't get the thoughts of one's day to day life out of one's mind?

EUPHENIUS:By enveloping oneself in divine LIGHT and asking to be allowed to release these thoughts into space, so that they might be carried away by your spiritual FRIENDS and that you may be ready within yourselves to let these thoughts go. Quite often thoughts are chains of your own making, because they are all too often *negative* thoughts that try to gain a foothold in your domain. You can only *replace* these negative thoughts through the power of *positive* thinking, by surrendering them and by *releasing* them to the outside. Test whether you *are ready* to release them voluntarily or whether there are elements you have to deal with by yourself. It happens quite often that these thoughts trigger a process of attrition that moves upwards like a spiral through your world of emotions. Try to devitalise this spiral through *opposing thoughts* and to release it into space, so that positive VIBRATIONS allow you to go to sleep.

Question :Isn't this like practising a kind of "mental environmental pollution"?

EUPHENIUS:These thoughts, as well as every thought you express *is filtered* and attempted to be cleansed. Remember that thoughts represent ENERGIES that can be re-polarised. What is important is that you *recognise* these thoughts and that *you try* to transform your negative thoughts into positive ones. We have discussed this before, namely that you have so much divine RESERVE that you can transform negative thoughts into positive thoughts. It ties in with the fact that when you send negative thoughts, you will inevitably come into contact with these negative thoughts somewhere down the line. It is important to *dissolve* these thoughts and to replace them with *positive*

thoughts. By dealing with this thematic, which is in connection with a problem and with the opposition of your own, real intelligence, you have an opportunity to convert negative thoughts into positive ones.

This is an old theme, one that LUKAS transmitted to you before, namely that a lot of the INFORMATION you have already received, has perished again. We have often encouraged you to *test the protocols* and to *remember* them! We know that we're dealing with a lot of information here that is not all that easily applied in one's day to day existence. We give you once again a HINT, asking you to recognise this ASSET, this *divine* ASSET you have received from us, for what it is and to *put into practice*. You have a TREASURE in storage, one that you haven't internalised *within you* and one that you haven't expressed externally.

Question : It happens quite often that I hear loud VOICES I cannot associate with anything, just before I fall asleep. What are we dealing with here?

EUPHENIUS: The perception of these VOICES you intuitively hear represent INFORMATION and VOICES from ENTITIES that have accompanied you during the day. They are COMPANIONS along the WAY that have instructed and inspired you part of the way. They are indicators to you to revise something and to reorganise it.

Question : These VOICES don't talk to me directly. We are dealing with fragments of conversation I can't do anything with.

EUPHENIUS: The content is in this case irrelevant. In your case a completely different LEVEL of CHANNELLING has been attempted, *to sharpen you up*, to make you aware of other perceptions. Do not be afraid, these VOICES do not represent a threat. It is part of the process of change that is beginning to affect a lot of people here on Earth.

Question : If one goes back to sleep for about 10 minutes after waking up in the morning and dreams intensively and *is aware of the dream* after, are we dealing with a message we should *take serious* or is it more a case of the subconscious playing a trick on us.

EUPHENIUS: This is very difficult for me to assess, because I do not know the content of the dream in connection with this. These sorts of dreams can certainly represent important messages and a substantial basis for existing dangers or inner values. But it can also be a level of consciousness utilising this track by rising to the surface trying to catch your attention in regards to problems or mishaps. Even superficial sleep-states can certainly contain important SIGNALS that ought to be looked at. Souls can receive IMPULSES and INFORMATION during intermittent phases of sleep and they are important for you here on Earth.

Question : If the body perspires heavily during sleep, does this influence the content of the dream or is it the result of the dream on the physical body?

EUPHENIUS: That a body perspires can have various causes. What can happen is that the body gets excited and becomes active because of the INFORMATION the soul receives. But it can also be a case where the body receives external impulses that trigger conditions of uneasiness for the soul, initiated by the soul's passing across to the spiritual realm. Perspiring is by all means a physical and material occurrence that can emerge during

the process. The soul is connected to its physical body via the SILVER CORD. External reactions can certainly bring about this physical reaction of the body.

Question : What is the meaning of dreams wherein one often *flies* with one's body without external help or wherein one walks over the tops of trees?

EUPHENIUS: This makes it quite clear that the body experienced a kind of abeyance, not the physical body, but the *mental*, ethereal body, gaining its freedom by separating from physical bondage. It represents redemption for the soul when it can take its leave from the confined abode of the physical for a period of time, to assert a claim on the VASTNESS beyond. To leave the confines of one's physical body has no special connotation, but represents a boon.

Question : But why then the dream scenarios we were talking about?

EUPHENIUS: They represent the yearning of the soul to move to the spiritual realm. We're dealing with details from these REGIONS.

Question : I suppose everybody is familiar with the feeling of falling. This sensation can develop to such a degree in a dream, that the stomach cramps. What are we to make of this?

EUPHENIUS: This sensation of falling is one of the VIBRATION LEVELS of the soul that makes itself known along these lines, indicating that it feels unwell and that it isn't ready to gain a footing here on Earth in order to exist here. Many souls are unhappy in their materiality and their solid anchorage to this Earth and *must first find their way*, recognising this for themselves and to accept their ASSIGNMENT from GOD here on Earth. This feeling of dizziness and of falling represents the yearning for the spiritual realm by the soul, where they can submerge themselves in other ELEMENTS of VIBRATION.

Question : There are clear dreams, so-called lucid dreams, wherein one realises during the dream that one is dreaming - not just after waking up. One has clarity about one's state of consciousness during lucid dreams and one realises *that one is dreaming*. Also clarity about one's freedom to decide: whether one is fleeing from a nightmarish figure for instant or similar things and sometimes also clarity about the meaning of the dream. How is this regulated during a lucid dream and why is there this distinctive demarcation between other dreams? Is this *direct involvement* in one's own dreams very important?

EUPHENIUS: One's *full consciousness* of the body is switched on during these dreams. It is important that mind and spirit remember that this dream is reality so that they can make further decisions on their own behalf. The soul receives an indoctrination that is of great importance for this particular soul's existential survival. Consciousness and mind have the opportunity to accompany the soul during this dream completely aware and they can also perceive this reality. The consciousness is informed through these VIBRATIONS that processes of change are necessary. The mind receives a directional element indicating that it should also work hand in hand with the spirit. The soul represents the projector for all the other areas of importance, telling them also to recognise this insight so they can put it into practice for the soul. The soul is not able to put all this INFORMATION into practice because the interplay of other elements is also of importance.

Question : It happens sometimes that one becomes aware that one is in a dream state, but one is quite *unaware* that one could actually participate in the actions taking place inside the dream with the result that one's consciousness *cannot fully* develop. Why is this so?

EUPHENIUS: It has to do with the free will GOD endowed you with to take control of this in a *responsible* fashion and under your own *direction*. A solution is not presented here, but you have the opportunity to test effects and your own actions so that you can direct them the way you want to. Free will has top priority and constitutes therefore the *most substantial* element of your existence.

Question : Can one *learn* to dream lucid dreams?

EUPHENIUS: Through certain training and through certain inner attitudes and consequence control one can comprehend this consciously and elementary. But the soul needs to be very mature to be able to perceive this and to adjust this in this way.

Question : Cognitions about lucid dreams bring assumptions into play that one's conscious state during a dream in regards to the *level of activity* is hardly different from one's waking conscious state. Is this assumption correct?

EUPHENIUS: This assumption is correct, because consciousness allows a completely different elemental LEVEL and another elemental VIBRATION to reign. Becoming consciously aware of sleep, dream and INFORMATION opens up a completely different LEVEL. During periods of deep sleep, consciousness is completely cut off and it has no insight in what the dream actually delivers in regards to INFORMATION. By being alert and by the reactions of one's consciousness, completely different perceptions are possible.

Question : Would it make sense to remember an event from the past and then concentrate on it before going to sleep, in order to deal with it in a dream?

EUPHENIUS: You can only ask for this. You *can't force* this issue. The soul decides what, how and when it deals with something during a dream. It depends on mental INFORMATION, on the spiritual realm and on the soul's readiness to have a fresh look at this and to deal with it. The soul will *only* touch upon a theme, if it serves the advancement of the soul.

Question : Is it at all useful to program dreams in advance? Wouldn't it make more sense to allow dreams to take their natural course?

EUPHENIUS: One cannot program dreams. Dreams represent decisions that originate from the spiritual realm. Dreams can only be coupled, dealt with and encouraged in connection with the soul, the spirit and the mind and in certain respects also with one's consciousness. The soul is a SPARK of LIGHT that cannot be externally influenced and controlled by the physical.

Question : Can one hope for HELP for personal problems during dreams at night?

EUPHENIUS: This plea is never ignored, if it is *necessary* for the soul to deal with it along these lines. One will then try to provide you with INFORMATION and IMPULSES. But

this isn't always successful, especially if you have tried it once before. It is entirely up to the soul to decide on the development that is to be experienced.

Question : Surveys showed that many people locked up in concentration camps didn't dream of terrible things, but about the sea, warmth and well-being, even after the most terrible experiences during the day. How is something like that possible?

EUPHENIUS: This is possible because ENTITIES are aware of the existence of these souls and these souls received new hope, fresh ENERGIES and new IMPULSES from them through their dreams. Its purpose was to help them not to give in, but to help them better deal with the physical punishment they had to suffer and to accept their fate. These souls received NOURISHMENT and INFORMATION through these dreams, indicating that there are better things than they are presently experiencing and that nobody can take their dreams and hope from them. Even the guards and the worst cruelties could never take their dreams away and they could never create enough horror that the souls had to deal with these events during the night also. They represent *self-healing processes*, necessary so that a soul doesn't have to continuously experience total upheaval and disaster. It is necessary to embed the soul in LIGHT so that it is protected from what happens externally and physically.

Question : Are dreams dreamt exclusively in black and white?

EUPHENIUS: Dreams are dreamt on a level where the filtering of colours isn't possible. Dreams are often in black and white and only in rare cases on a colour level. Most dreams occur based on the reflection between day and night with their respective elements of black and white. It is a rare occasion that souls receive combinations of colours, it happens only if they can be communicated with better with elements of colour. They then represent intensive, inspirational supports, but they do not occur all too often. Generally speaking, dreaming takes place in shades of black and white, because we're dealing with presentations and sequences that are perceived by the soul *as they happen*. This doesn't happen through the physical eye, but runs on a completely different level.

Question : Are dreams forgotten all too quickly, because they hardly register within one's consciousness?

EUPHENIUS: It happens quite often that dreams do not enter one's day-consciousness at all, but only remain an element for the soul, the spirit and for the mind. What does reach one's day-consciousness is registered as an abridged version and then quickly forgotten. These dreams only need to be reflected upon very briefly so that you can consider the next steps. Dreams that repeat themselves have a different firmness and valence. They are much easier recorded by the spirit and the mind can bring them back into one's day-consciousness a lot better and this because of their repetition, intensity and abridged rendition.

Comment : I have quite often dreamed about something that happened weeks after. But when the event took place it seemed all too familiar.

EUPHENIUS: If you consciously interpret events and INFORMATION gleaned from your dreams, you will recognise that many of your day to day experiences were revealed to you before by the spiritual world, either in a dream or an inspiration. What happens quite often is that you don't appreciate the valence of this INFORMATION or you don't

takes it serious enough or regard it to be of no consequence. You reject them as irrelevant dreams, of no special or important inner core. But you should *test it very accurately* to see what INFORMATION is at the bottom of it. It is up to you to filter this INFORMATION and to remember it.

Question : There must be some significance in the fact that something is dreamt in advance, something that eventuates exactly?

EUPHENIUS: This gives the opportunity to better deal with a situation or an encounter. It happens quite often that the thought “I have dreamt about this” flashes through the mind. If this happens, try to deal with a situation *differently than you first impulse tells you*.

Question : Can new solutions for day to day conflicts be played out in dreams without danger?

EUPHENIUS: These conflicts are important for you in regards to your learning process here on Earth and they can sometimes also be painful experiences. Not everything can be signalled through dreams, so that you can emerge from these situations unscathed. There are catastrophes and calamities that cannot be transmitted to you by the spiritual realm, by either us or your soul, so that you can absorb it within your consciousness. We may also not and cannot intervene to prevent something like that. But there are certainly situations where this *can* take place on a divine LEVEL.

Question : Can an unrecorded dream bring about the extinguishment and re-categorising of the content of one's experiences and can order within the chaos of one's feelings be established?

EUPHENIUS: Dreams - be they conscious or subconscious - have an effect on the soul and on LEVELS connected with ethereality. Remember that you have a number of ethereal BODIES around you that perceive and register the VIBRATIONS of your soul. These are often sensations you don't understand. These are sensations you cannot classify. But it is always in connection with your mental ELEMENT and it also has to do with the fact that your soul tries to transmit INFORMATION on different LEVELS. This doesn't necessarily have to be of a physical nature, it can also be controlled emotionally so that you quite often do not know where these feelings suddenly come from.

Question : There are indications that there must be an element in existence that makes dreams possible on a biological basis? Is this correct?

EUPHENIUS: We negate this. It isn't possible to interfere with dreams or to control them externally on your side at this moment in time. The soul cannot be controlled through chemical, biological or any other elements. The soul can only be nourished, controlled and made to grow through feelings, the heart, warmth and through positive ENERGIES. It isn't possible to physically externalise these elements of control through the soul.

Objection : Where does the chemical change within the brain during dreams come from?

EUPHENIUS: This is due to the fact that the soul leaves the body at that moment on its way to other SPHERES. They represent *secondary reactions* of the body because an element in its chemical composition is missing. It has nothing to do with the fact that the soul receives INFORMATION from the spiritual realm.

Question : What can one do if one suffers from extreme problems when trying to go to sleep?

EUPHENIUS: Sleep disorders are elemental impairments of the psyche and are closely connected to the soul, because the soul cannot find the necessary peace to be able to perceive its own valence. A sleep disorder represents a crisis that can express itself in various forms. It is often connected with one's *thoughts* or with being overworked or that sleep hasn't been properly utilised for some time as an elemental phase of recuperation. This only works if one endeavours to move to *another* FIELD of VIBRATION to give the soul the opportunity of rest and of renewing its ENERGY INTAKE.

Question : Psychic trance and dreams are closely related. Can you describe their differences in more detail?

EUPHENIUS: The fact that the soul also leaves the body during a trance is correct. It can happen that the soul makes room for another ENTITY during a trance. But if this is so, the soul receives a completely different ASSIGNMENT, namely to stay in the spiritual realm. But it is not the same as with a dream, where the soul receives INFORMATION and EDUCATION enabling it to wander along different paths here on Earth to gain new insights. Only a short-term dissociation from the physical body takes place in a trance. During the sleep-phase, the time factor is a lot longer and it is subjected to completely different LEGALITIES.

Question : Sleep was sacred to the ancient Greeks. This "gratuitous gift of the gods" as *Plutarch* (46-125) called it, was dedicated to Hypnos and his alleged son Morpheus, given birth to by the goddess of the night (Nyx). His twin brother was Thanatos, the god of death. Even nowadays one talks of sleep as the "brother of death". What can you tell us about this terminology?

EUPHENIUS: Taken in context, sleep has always been called a deathlike state. Death is regarded by you as a kind of sleep, because judged by its external appearance, it looks similar to sleep. Sleep to you represents a gradation like death. You have no overview over your body or your actions whilst you're asleep. Death is also a situation where no access to the physical body is granted. But both of these represent two *totally different levels* and they will have to be regarded as such. The way you regard this is a representation of your human mind. In contrast to death, sleep has the task to refresh physical life, giving it new vitality and energy.

Question : Can one safely say that dreams are the creative potential of our brain, trying to create order?

EUPHENIUS: One can interpret it like that. Sleep offers all your ELEMENTS the opportunity for re-orientation, relaxation and rest from all the information that affects it. You are surrounded by thousands of impulses which bombard you with lightning speed. All of these must be dealt with, re-orientated and remembered. Remember that only a part of your brain is utilised. You would have a completely different overview, if both halves of your brain were fully active.

QUESTION : When we go to sleep our whole being, with all its forms of existence, disappears as if under a trapdoor. When we dream, we awaken in another FORM of EXISTENCE. It is as if we tap into the great RESERVOIR of experiences when we sleep, something

we are not aware of during the day. Is this in connection with our day-consciousness, which is switched off?

EUPHENIUS: It has to do with the fact that your soul is guided across to other SPHERES, where one's EGO, namely one's ORIGINAL-EGO still exists. Because of your earthly incarnation, your information pool in regards to past lives and information from the spiritual world has been obliterated. By sleeping and dreaming the soul has the opportunity to relive old information and old memories. The result of this is that you're able to undertake your earthly journey in a divine SENSE. Due to the fact that the soul slides across to LEVELS of VIBRATION that are *differently* organised than here on Earth, the soul receives messages based on this heightened FREQUENCY of VIBRATION. But this conscious awareness dissolves, once the soul slides back into its physical body.

Question : Are dreams an indication that we carry the SEED of a higher EXISTENCE already within us?

EUPHENIUS: Dreams are circumstantial evidence that whatever you remember in your day-conscious is real and exists absolutely. It is the very thing that awakens within you as a divine SPARK coupled with the realisation that a lot of what takes place within a dream does also happen in reality.

Question : Does this SEED emerge shimmering from the dream when the waking consciousness is switched off?

EUPHENIUS: It is certainly possible that through the waking day-consciousness a CHAMBER is opened up, so that you recognise that whatever you've dealt with during your dream or what you've received in information, represents an actual component of your own existence.

Question : Do dreams therefore make access to a higher REALITY possible?

EUPHENIUS: Dreams are the connection that makes the disengagement of your earthly existence onto a higher LEVEL of CONSCIOUSNESS possible, you have *not yet accepted* a lot of this as part of your existence.

Question : There existed reported dream interpretations 2,000 years before the birth of CHRIST and they were supposed to have a certain effect on factors of society as expressions of the gods. One was talking about a "window to the soul" in those days. Is it really true that one could look upon dreams as "windows to the soul"?

EUPHENIUS: Dreams are openings to a spiritual LIFE you know and one that represent your ORIGINAL SOURCE. The soul opens a window to a completely different PLANE, one that you are not quite aware of here within your physical existence. Dreams take you to other REGIONS and other AREAS, indicating that the soul is certainly able to receive real information from another WORLD. They represent hints that serve you as companions here on Earth.

Question : *Sigmund Freud* (1856-1939) and *Carl Gustav Jung* (1875-1961) looked upon dreams as a major expression of the subconscious. Were they correct?

EUPHENIUS: This is certainly justified, because dreams *can* also be projections of your own subconscious. We have talked about this before, namely that the subconscious supplants IMPULSES, fears and threats that haven't been dealt with to a degree that they will then have to be dealt with in dreams. But this takes us along different tracks and it comes with different value elements. The soul's dreams represent indications from the spiritual realm and there is also the difference of levels of consciousness, controlled by your mind, your spirit and also your soul, so that these elements can rise to the surface to point out to you that you have to change and to master a number of assignments here.

Question : Can the *deeper meaning* of dreams only be recognised, if one can accept the *symbolic character* of dreams?

EUPHENIUS: The realisation that dreams constitute a real component of your being and your life has to be present to begin with. Dreams are not some kind of weird objects or some bit and pieces that are externally expressed. Dreams represent real messages from the realm of ethereal PLANES and also your levels of consciousness, indicating the things you are not dealing with. Recognising that these IMPULSES exist is the basic prerequisite, enabling you to recognise that dreams have a real status within your earthly existence. Dreams are companions along the way, giving you the opportunity to make changes and adjustments here on Earth. They can also be indications of developments that will announce themselves in the near future.

The interpretation of dreams is always subjected to one's *own* presentation and needs the necessary inner attitude to look *more closely* behind the scenes. One's *own* interpretation is always the most important prerequisite to be able to recognise and analyse one's dreams. The dream interpretations that you presently apply here are merely *cursor presentations* and they quite often have nothing to do with individual dreams. They are simply self-created pictures and they will only be understood by those that have actually something to do with this conflict or with this message and they appear where a need for action is present.

Question : Is it at all important to interpret dreams?

EUPHENIUS: The soul knows have to evaluate dreams and short-term apparitions. The difficult part here is to transfer it into one's mind, to mobilise the mind so it can understand and deal with it. The soul has its own, distinct procedure to deal with this INFORMATION. The "soul" represents a distinct PART of LIFE that is able to assess and convert this. If you *act against* the soul's wishes you will become ill and the physical body will react accordingly. This works through the mind, because the mind *has to be induced to make some changes* in its behaviour or in its pattern of action. The soul is the actual SENDER of IMPULSES that bring about the changes.

Question : In spite of all the affluence and security we enjoy these days, there are many subtle signs of unhappiness and fear, preventing healthy sleep. It is difficult to maintain a free and natural view of the world and to give CREATION the respect it deserves. One finds it impossible to empathise with the environment and to identify and understand one's fellow man, thereby losing one's intense relationship and connection

with him. What are the underlying causes for this? Are people not alert enough these days?

EUPHENIUS: The reasons for this are that you, as human beings, are surrounded by various elements, which influence your nervous system, your physical body, your senses, your soul and your heart. You are no longer like the people from the past who lived a free life, out there surrounded by nature and sleeping under the star filled firmament, but you're surrounded by materials, substances and elements that are *constantly with you*. These temptations to your eyes continuously interfere in your biological cycles and your genetic processes. You are surrounded by physical vibrations that have an impact on your whole organism and your human cells.

Because you are *not longer free* to anchor yourselves with nature from where you gain the necessary VIBRATIONS to mature in a healthy way, you find it hard to achieve a deep-sleep phase. You will enjoy the benefits of a well rested body, when you are released from worries, stress and external connections. You will then begin to find peace within and your body will be better rested and then it can better utilise the deep-sleep phase as a process of recuperation. Based on the noise pollution and the things you have piled up around you, the narrowness of space, you are besieged by *too many elements* that attack your psyche, your soul and all your spiritual ELEMENTS.

Comment : Many people feel this, but they can't manage to pull the steering wheel around.

EUPHENIUS: It is certainly difficult to break out from this process of life. What would have to take place is that you would have to *extricate* yourself from your societal system. This isn't possible because you have rules and regulations here, which make it impossible for you to resign from this system. From the start it would mean for you to move to a deserted island, to undertake a process of regeneration there. Because of the inundation of sensory attractions and their associated invasion of your organic cells, this is hardly achievable. The hurried pace of your present lives promotes an inner anxiety that makes it nearly impossible to find inner peace.

Question : A baby sleeps for about 16 hours a day, whilst an infant needs twelve hours and the average adult gets by with eight hours or less a day. Does the individual sleep requirement depend on the age of a person?

EUPHENIUS: This is typified by the fact that young souls reincarnated here on Earth still have a very strong connection to the spiritual realm. Periods of sleep serve one's own restfulness and also support the soul's chosen, nightly SOJOURN to the spiritual realm. The intervals will diminish over time and will not be perceived so intensively, because the physical and the anchoring effect on Earth *become increasingly solidified*. As human beings at an older age you only need the aforementioned number of hours, but this certainly also depends on the individual soul. Some souls need *more* sleep, other souls need less. It is a regeneration of one's soul, body, spirit and the mind needs to realize accord and harmony. Sleep revitalises the cells and releases fresh ENERGIES for the next day.

Question : Grown up people that sleep longer than average are considered to be sensible and anxious types. They are rather introvert, intuitive and creative. Do these people live *more confidently* because they find it easier to let go?

EUPHENIUS: The fact is that there are different needs for sleep. There are people, who based on their sensibility, perceive the soul's yearning and make use of this need for sleep, so that the soul can receive its INFORMATION and fresh IMPULSES from the spiritual realm. These are souls that need this sleep to give their body the necessary power of resistance, so they can arrange their day and their life on this physical Earth. They need this protection so that they can collect fresh energy over and over again, so that the soul is protected from its physical body. If this wouldn't take place, the physical body would become ill and this in turn would also have an adverse effect on the soul.

Question : Various studies have shown that two thirds of all the people in the industrial world sleep poorly or not enough. One estimates that 15-20 % of our population are in need of treatment for their sleep disorder. Most of these types of ailments are in regards to falling asleep, uninterrupted sleep, disturbed sleep-wake rhythms and immoderate tiredness during the day. What are their causes?

EUPHENIUS: The causes are surely to be found within the different fields of work, the way people have to employ their physical body. These are overload situations you're exposed to during your daily work cycle. But we could also be dealing with unstable souls, souls that *can't protect themselves* from externalities and from all the things they're confronted with. These souls *try* to protect themselves and the results are illnesses and disturbances for the physical body.

The first impulses always become apparent when one suffers from sleep complaints that are not part of the normal sleep process anymore. They represent alarm signals you should take note of so that you can analyse just what can be changed in your day to day activities. One important prerequisite for this is that you recognise that this doesn't just influence your physical body, your ageing process and illnesses, but that it can also damage the soul and bring about changes within the cells, resulting in illnesses that will encumber you and produce long-term damages.

Comment : Those that sleep a lot live longer.

EUPHENIUS: One can't really generalise it like that. There are people that subject their body to too much sleep and too many rest periods, with the result that the body suffers from lack of vitality and diminished performance. One has to carefully pay attention to why one puts one's body to rest. If the body displays signs of exhaustion, one should allow one's body a period of rest. But there are people that do not regard their body as a home for the soul, but purely as an outer garment, one that is of little significance and valence. Unstable people let themselves go and in some cases do not bear the fact in mind that the physical body needs attention and activity, to be able to be efficient at all.

Question : To what degree does a lack of minerals in one's daily diet affect sleep?

EUPHENIUS: You are subjected to a food chain that no longer offers all the basic minerals and vitamins, so that all these elements are present; your body, cells and organs, need them to be able to be fully functional and to perform highly effectively. To some extent your food contain *way too small* a composition of these elements to be a supplier of all the minerals and vitamins you need so that your body can receive the energy and resilience to outwardly perform efficiently. You need additional elements, which are

needed in various forms by particular bodies. This varies quite a lot and has to be assessed very accurately. Many varieties of fruit do not contain the vitamins they are supposed to deliver, anymore. Because of the anti-decay-spraying, many organic compounds, as for instance in an apple, are destroyed. This is just a little example for the gaps in your food chain.

Question : A sad development. But how can human life on this planet be guaranteed? We are not yet in a position to feed ourselves exclusively from LIGHT.

EUPHENIUS: Elements of LIGHT are just a sub-area for visualising your body. You need sunlight in order to produce vitamins within your own body. Life on Earth is not possible without light. A lot is invested in vitamin tablets, powders and homeopathic supplements these days and you consume them all. But be careful, because not everything that is lauded corresponds to reality. Quite often these compounds do not contain what their labels promise. We emphasise that you should try to eat a *balanced and diverse diet*, giving your body at least the minimum amount of compounds you need to guarantee the necessary supply of minerals etc. for your body, so you can exist without damaging your constitution.

Question : How can we compensate, if our present day food chain doesn't offer us the necessary supply of vitamins, minerals and trace elements?

EUPHENIUS: The way you produce your food lessens the contents of the vital components this food is supposed to deliver. You cannot depend on a 100 % vitamin supply from an apple anymore, but will only get a capacity of 50-60 %. You are at the beginning of a restructuring and it starts with the new Age. Your cell production needs *something else* than what you are actually, presently receive on Earth.

Question : A proverb states: "An hour's sleep *before* midnight is better than two hours after". Can you verify this?

EUPHENIUS: Sleep before midnight, that is to say, the phase of deep-sleep is the *most suitable* and the *most instructive* time for the soul. Meaning that the hour *before* midnight - it has actually nothing *directly* to do with midnight - produces a phase of sleep that goes so deep, that the soul finds it much easier to separate from the physical body.

Question : Wouldn't this also apply *after* midnight, if one sleep for *eight* hours?

EUPHENIUS: Every body is subject to different time frames. It is a fact that the body can certainly enter this sleep phase after midnight. But it will be of a *shorter* duration. It is as if you run the 100 meter race, but waste 80 meters of it.

Comment : But one's occupation sometimes doesn't allow this.

EUPHENIUS: It isn't necessarily an inferior sleep or an inferior sleep rhythm or even of an inferior nutritional value for your physical body. What is meant here is that the soul finds it *harder to start* its journey to the REALM of the SOULS *after* midnight. In regards to the constellation of the EARTH'S VIBRATIONS, the time before midnight contains *the best VIBRATIONS* making it a lot *easier* for the soul to change over to the spiritual realm. The physical body will receive enough vitality, ENERGIES and the power to be able to get up in the morning completely rested, even without the deep-sleep phase.

Question : Can a sleepless night also have a positive side? If we lie in our bed in darkness with open eyes and remain absolutely still, welcoming the silence, do we not have an excellent opportunity to reflect on ourselves and our life?

EUPHENIUS: The body rests here also, that is certainly true. It is not as if the body doesn't receive any ENERGIES or vitality. The only thing is that *the soul* doesn't find any rest and cannot receive its ENERGIES or its IMPULSES. In the long term this is not recommendable for the body and for the soul. But in spite of this, a sleepless night can nevertheless offer the opportunity to allow one's thoughts free reign, so that IMPULSES can reach the soul, one's consciousness and one's mind, without fear of damaging the body or the soul.

Question : To what degree do a full moon and a new moon influence sleep?

EUPHENIUS: The VIBRATIONS are very much higher and amplified during these phases. It can certainly be a case where souls that are paying attention to these energetic VIBRATIONS influence these elements to a degree that sleep is disturbed by it, that sleepwalkers become active at this time or that restless sleep ensues. These are excessive attractions and the soul tries to deal with them and absorb them.

Question : Sleeping and waking up are controlled by people's INNER CLOCK. This in turn is guided by the change of day and night, light and darkness. What do you mean when you talk about an INNER CLOCK?

EUPHENIUS: When we talk about an INNER CLOCK we talk about a rest period the body enters at night. During that time the mind and the consciousness is faded out. All the elements influencing your daytime activities are forced to settle down. This includes that your senses also enter a phase of rest in order not become active. It represents a sliding into a phase of rest where your cells receive fresh ENERGIES, invigorating your physical body.

Question : Could one say that everybody has dreams *according to* where they are in the scheme of things and that everybody *is* the way they dream?

EUPHENIUS: Every soul receives according to what it's due and what it needs. One has to make the distinction between dreams that originate from the *conscious level of the soul*, those that reach your *consciousness from your mind* and those that visit you here on Earth from the spiritual realm. The INFORMATION received only serve those human beings that actually receive this INFORMATION. It is very difficult for you to make sense of somebody else's dreams, because these dreams do not concern your soul at this stage.

Question : Do we see ourselves in dream the way we actually are, without mask or veil?

EUPHENIUS: It is quite often a rendition of your own self and a mirror image of the thing that accompany you. But it can also be that ENTITIES give you impartations and messages. It is quite often SOULS who's mission is to accompany you on this Earth.

Question : Does the soul present itself unobstructed, therefore wide open when we're asleep?

EUPHENIUS: The soul is illuminated and expands and it is enveloped by the LIGHT of ENTITIES that are at its side. The soul is guided to the SPHERES it is worthy of, through CHANNELS of LIGHT.

Question : Are there any dangers involved?

EUPHENIUS: Every soul that undertakes the journey is accompanied on behalf of DIVINITY and embedded in LIGHT in order to change between the physical world and the ethereal world *unharméd*.

Question : Could one say that it isn't the dream as such that is of importance, but *the interpretation* the dreamer applies?

EUPHENIUS: *That's the heart of the matter* we are trying to impress on you. What the dream actually depicts is of no consequence, only *the interpretation*, what you as soul entities read into this dream. Dreams are messages that should only be deciphered by those that receive them because they represent messages directed at them. Whatever is represented in dreams is usually just a matrix, whereby one ought to try to see *behind* the picture in order to be able to recognise the true meaning.

Question : Healthy sleep is linked to natural rhythms. When the sun sets in the evening, body and consciousness also reach a state of tiredness. Especially when a feeling of contentedness rises up, a soft relinquishing of one's body, one's thoughts and the day in general takes place and one's consciousness finally slides effortlessly into the sleep phase. Just how important is it to live one's life within the rhythm of nature, even though we can hardly do so anymore in our highly volatile world?

EUPHENIUS: Nature is the thing you should measure up against and learn from. Nature is your master and you should enter an apprenticeship in its service, learning just what is important in your life and what is not. By recognising that nature represents a textbook and a schoolmaster, you will understand that a lot of things nature acquaint you with, is important for your own mental state here on Earth. Nature offers a multitude of information you can apply in your human day to day life. Nature offers what GOD the FATHER has given you to gain an insight. You find your own further development and your own history in nature. Nature represents a mirror image of your existence.

We thank you for your questions and the opportunity to be able to answer them tonight. Additional questions to any theme at all are always welcome. An eminent SPIRIT ENTITY will now talk to you through this medium. I will announce myself later on again at the closing of this meeting to give you more hints.

LUKAS : I would also like to say my goodbyes and stand aside for SETHAN. To work with you here has given me a lot. We are grateful for the fact that you are a reliable circle, because this isn't always the case these days. GREETINGS IN THE NAME OF GOD!

SETHAN : GREETINGS IN THE NAME OF GOD, brothers and sisters of the LIGHT! I greet you very cordially. My name is SETHAN. I am a MESSENGER of LIGHT and grateful to be present here tonight in this circle and to discuss with you just how a WORKING RELATIONSHIP between me and you can look like. I will visit this TEAM to give it support and after the summer break, after some advance notice, participate at the meetings at regular intervals. My assignment will be to give you messages and ad-

ditional hints beyond the theme we're working on, themes that are important and necessary here, so that you receive INFORMATION for your development and also that other human souls can further develop their own selves.

The prerequisite for this intensive co-operation is your willingness to prepare yourselves in order to heighten the LIGHT ENERGIES. This is necessary because it would otherwise take a great effort to establish these LIGHT ENERGIES during the course of the evening. For you to be able to support this from your side, it is necessary for you to be ready to *amplify* your LIGHT and your ENERGY *during the week* and to release your SOUL FREQUENCY and your energetic VIBRATIONS for this meeting.

It takes a great effort on the part of the TEAM and the SOULS around you to make this SEA of LIGHT you're embedded in possible, something you cannot fathom at all. To heighten this FREQUENCY, EUPHENIUS and the TEAM turn up here hours before. It *also* takes *your* efforts to make it easier for me to speak through this medium. The co-operation from your side is therefore *imperatively necessary* to give me the opportunity to talk through this medium on evenings like this.

Due to the fact that EUPHENIUS answered your question to start with, your souls have bonded with one another because of the theme we touch upon here and a UNITY has formed. It is therefore a lot easier for me, because a CHANNEL and the necessary VIBRATIONS already exist, due to the preceding work range with EUPHENIUS. To accomplish this faster and more efficient, I need from you the preparedness to make contact with your SPIRIT TEACHERS through *prayers* and *meditation*, *at least a week before* one of our evenings together. The connection to the DIVINE is important, be it through one's thoughts or the mental rest periods of meditation, so that an anchoring and a linkup to these ENTITIES ensues. This makes our work easier, I'm sure that you want the MESSAGES from our side to come across at a *heightened percentage rate* and of *such a quality*, that it will be necessary to secure this connection from your side. Thought IMPULSES are necessary to tie a net of these thoughts together and to establish them through the week, so that a LIGHT ASSOCIATION of mentally positive CHAINS are present, making my entrance here easier and more efficient.

It will be my assignment to explore *new work topics* and *new themes* with you and to transmit important information to you. It might happen that I will give you some brief information at the *conclusion of a theme* - the way I'm doing now *about dreaming* - and this might induce you to ask *new questions* or debate *new thoughts*. It is my assignment to keep this circle company and to lift it to another LEVEL, giving you the opportunity to receive further INFORMATION from the THOUGHT RESERVOIR.

Dreams are realities and contain renditions of your own self. Dreams represent indicators to a new door that will open when you are ready to enter the dream. You are not prepared to recognise and perceive this DOOR in your waking state. Dreams contain *questions about death and what happens after*. Dreams represent a gliding across into other SPHERES, where you obtain the opportunity to receive the VIBRATIONS and IMPULSES that are important for your soul.

Dogmatic Church laws prevent this from being controlled and handed on in a divine SENSE here on Earth. What Christendom expresses on the surface is *not what* con-

nects it with the DIVINE most of the time. GOD the FATHER has given you the opportunity here on Earth to deal with duality, in order for you to express your free will to make up your own mind.

Your environment continuously places you in a position where you have to make decisions. You find this very hard to do, because you *hardly ever connect* head, mind and conscience with your soul. You are controlled by your external self and by external experiences. You don't look inside your soul, your own SELF and your inner COMPONENTS often enough. You are controlled by your exterior and you do not recognise that you are *misguided* by dark FORCES. You mistreat yourselves! You make your soul and your inner LIFE CENTRE ill through this, because you don't resist those external dogmatic forces. You don't strive for a positive and objective target within a divine ASSIGNMENT. You are pulled hither and thither by what you have received from external sources as moral and dogmatic points of reference. You depend on them and do not look within your own mental MIRROR. You ignore DIVINITY within you. Dreams are an indicator of what REALITY is all about and also indicate the place where you, as a soul, will eventually end up. You consider death to be a finality. *This is an erroneous belief* evoked by your human self.

Don't allow yourselves to be misguided by the things you're confronted with from the outside! Stay within yourselves, within your own SELF and by the things you receive as perceptions and IMPULSES. Stay within yourselves and don't deviate from what GUIDES you. Remain *divine* BEINGS in everything that's connected with it. Stay within yourselves and you'll recognise that the path is *not stony*, but *brightly lit*. We will welcome you and we will guide you and be at your side. We, all the SOUL BROTHERS gathered around you, are prepared to support you and to carry you. Be assured that you are embedded in GOD'S GLORIOUS LIGHT and in what is planned for you. I'm looking forward to working with you and I hope that we will find a way and learn to deal with one another, because to speak through this medium is something new for me also.

- Question : We are pleased and grateful that you have announced yourself here this evening. We have the following questions in regards to your explanations: Do your explanations concern only our circle here or are all those that support us also included?
- SETHAN : All the souls on Earth that accompany and support this circle are embedded in GOD'S LOVE and also all soul prepared to look at the INFORMATION that is spread about by this circle or other circles for that matter. *All the soul* that deal with their own SELF and with their own DIVINITY are embedded in GOD'S LOVE and in the WREATH of LIGHT that is falling down to Earth to prepare the way for a New World.
- Comment : One therefore doesn't necessarily have to be a member of a psychic circle and physically participate at the meetings to be able to advance at the same pace?
- SETHAN : All of you here have no advantage because of this. On the contrary! - You are subjected to an even heavier burden *because you know* of what is discussed here and know of the INFORMATION that is rendered here. You cannot use the excuse later on that you were not aware of anything. You are subject to your own control and your own credibility and the fact is that you're *aware* of the why and wherefore and the AS-

SIGNMENT you undertake here on Earth. You are a part of the WHOLE and are therefore *fully responsible* for your actions!

Objection : But every single human being is touched by questions about life and death at one time or another. But even if they're not worried about it, they can't really use the excuse of not having heard about it.

EUPHENIUS: GREETINGS IN THE NAME OF GOD! This is EUPHENIUS speaking. I will answer this question. SETHAN is at your disposal in an ADVISORY capacity. This is a question that should be answered by this circle, through this GROUP of WORKERS. It is a fact that every soul receives IMPULSES at one time or another, indicating that something in their earthly existence should run along different lines. It is also a fact that many souls receive external IMPULSES, or from certain other elements, indicating that they really *ought* to deal with this SUBJECT. But GOD will never carry out any punishment just because this IMPULSE *wasn't* acknowledged by a soul or because it *didn't* take the appropriate steps here on Earth. Many souls need *different* help and support. Quite often they do not know what to do with a spiritual book or any other spiritual INFORMATION. Many souls are *made to feel insecure* by the things that take place here on Earth. They are pulled hither and thither by physical matter and especially by negative VIBRATIONS. Every soul is subjected to these VARIATIONS of VIBRATIONS. To be able to filter and allow the realisation to take its course on hand of their free will means that the soul must be mature enough to recognise this. Many souls are young souls that have their path still in front of them.

Question : Will it be possible to receive messages about the future of the Earth through SETHAN one day?

SETHAN : This will be a theme that will be debated by me. This is SETHAN speaking. I would like to answer this question because it was directed at me. My assignment will be to give you information about what is going to happen to your Earth, your lives, your selves and your existence and this with the help of the SANTINER. What will happen is that the combination of the SANTINER, my information and the information of your WORKING CIRCLE will give a rounding off of this theme.

Participant : We can therefore assume that the work will begin after the summer holidays. We are looking forward to this!

SETHAN : The contacts will be transmitted through this WORKING CIRCLE. EUPHENIUS will inform you just when I'll be available to give you tips, information and other accounts. It will represent a coupling between this WORKING CIRCLE and the SANTINER, in order for this information transmission about various themes to take place. I hope that you experience your time here with an inner peace and also conscious of the fact that duality has to be overcome.

EUPHENIUS: This is EUPHENIUS speaking. I conclude this meeting as an ENTITY of LIGHT that speaks through this medium. We thank SETHAN for his effort to appear here and to support this circle. When all quarters are willing to serve with positive intentions and in a divine SENSE, successful work will be the result. We wish you DREAMS of LIGHT for the near future and hope that you realise that you're interconnected with one another through FREQUENCIES you do not yet understand.

Participant : We thank you for your narratives we found extremely interesting and we are looking forward to the next time. GREETINGS IN THE NAME OF GOD!

EUPHENIUS: I am pleased to see that you're a little troubled about the effect our LIGHT REFLEXES and the LIGHT we EMANATE around us have on you. We are destined to meet one another somewhere and you will then ascertain that you recognise us immediately. We know that an inner BAND ties all souls together, even those who are not directly involved in these meetings. We will carry our LIGHT to you so that you can perceive this LIGHT and so you can bring your own inner LIGHT to shine.

We thank you for all your interesting questions and for all the things you do here for other people. We close this meeting in the NAME of GOD and wish you a lot of insight and a lot of courage for the near future, in order for you to have a closer look inside *your* RESERVOIRS you *thought* you had cleaned up and locked away safely. We would like to give you the courage to look at your dark side also, which is also present. Remember: You live here on Earth in a duality and you are confronted over again by the positive *and* the negative.

We hope that you are successful in recognising that your body and also your soul *need* phases of rest. You cannot run one hundred percent in full swing; this is only possible for a short time. Otherwise you'll suffer physical, psychological and mental damages. Do not disregard this! This is the reason why there is a rhythm of day and night here. There is a reason and a function in this, because you need a phase of rest to generally regenerate. Even nature and animals need this regeneration to gain new energy.

We close this meeting in the NAME of GOD and wish you a pleasant and harmonious time. We thank you for this meeting and are looking forward to the next meeting. In GOD'S LOVE.

EUPHENIUS and the TEAM.

Participant : A heartfelt thank you for your words and a special thank you to SETHAN for being here. GREETINGS IN THE NAME OF GOD!

Giving of thanks and saying goodbye. A short meditation followed to close the chakras.
