



Psychic Working Circle

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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 no. 213 to 225, from 2003

Theme : **Mental blockages**

Time of meeting : 20:30 to 22:00

Questioner : Members of the working group

Kind of transmission : Verbal inspiration and/or medial (automatic) writing

SPIRITUAL TEACHERS of LIGHT : ARON, AELIUS, ALBERT, BALTASAR, BARTHOLOMEAUS, EMANUEL, EUPHENIUS, JOACHIM, LUKAS, LEONHARD, MICHAEL, MAGDALENA, SETHAN, TAI SHIIN, TIMOTHY.

GUEST until now : ELIAS, SEATH, SETUN.

Introduction:

GREETINGS TO 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 it 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 TEACHER of the LIGHT MAGDALENA. After this, the *inspirational and automatic writing* part of the meeting followed with the LIGHT MESSENGER EUPHENIUS, SETHAN and LUKAS.

Welcome and start of questions.

SETHAN : GREETINGS IN THE NAME OF GOD, my dear friends! This is SETHAN speaking. We have to equalise some slight VIBRATIONAL DISTURBANCES, caused by your inner unrest. We know that there are still many *taboo-themes* on Earth, even in your own families, which have to be taken into account and

recognised.¹ - You are protected and enveloped with the LIGHT of a lot of souls, which are building up a SHIELD, to protect you not just from certain *ethereal PLANES*, but *also from terrestrial planes*, so you can find an arrangement here to focus your ENERGIES, your thoughts and also your hearts in a way, that allows this meeting to proceed with LOVE and FULLNESS of LIGHT, further communicating messages for you.

You have reached a stage in your development where you can achieve the first level of self-knowledge. You have now the opportunity to get hold of a KEY, which allows you to liberate yourselves from those pressure situations, which present a hindrance in your life on this planet. Whereby *insight* is of considerable importance, not just for you here in this room, but for every single soul that goes through life here on this planet Earth.

- *The interplay of many elements and the realisation that many different planes interact and that every single person has its significance, is the decisive factor.*

By what you have collected in information over years, you'll recognise that the insight you have gained has its meaning and significance.

- *It is not without reason that we continuously remind you to read the old topics and to respect and obey the divine LAWS.*

When your inner readiness to recognise this is present, you'll be able to leap from the *wheel of incarnation* going along this path. It is in your hands to make this realisation your own and to go along this path in a divine SENSE. Your body, your physical shell gives you the opportunities to perceive SIGNALS in certain situations, so you can recognise that something is not in order.

- *This realisation is an external signal for you to go within, to hear where this comes from. Everything has its causes and these causes indicate to you to strive for changes in your life.*

Your spiritual shell is connected with your physical shell, so that these PLANES can communicate with one another through an alliance. These VIBRATIONS will lead to illnesses and mental destructions you know on Earth by the terms of *psychosomatic* and *mental suffering*, if they are active over a long period of time and are not removed in time.

- *You will also recognise that you have the ability to remove yourself from this cycle by dissolving this blockage. You have certain methods to make this realisation more conscious for you.*

¹ The sudden announcement that the sceptical parents of the inspirational medium would make an appearance caused quite a stir. – But the visit of the parents did not take place.

You have reached a level here and now to make this realisation visible and to reveal it. Have the courage to *look at it* and recognise that body, soul and spirit belong together. You will *feel* that you are guided along the right path.

The whole team is assembled around you and is willing to answer your questions. I now hand you over to EUPHENIUS, so that you can put your questions to him, but I will continue to participate in the meeting and will give you clues and information pertaining to your situation at regular intervals.

EUPHENIUS : GREETINGS IN THE NAME OF GOD and PEACE ACROSS ALL FRONTIERS! This is EUPHENIUS speaking. I welcome you very cordially on behalf of the TEAM, which accompanies and supports this meeting. We surround you with the LIGHT of GOD. This meeting, as far as your mental state is concerned, is held under very favourable conditions and under a special star. There is a great number of souls assembled here offering you PROTECTION and who are willing to promote this circle and at the same time, hoping to gain new insights into their *own* spiritual existence. We support SETHAN and we will provide the necessary ENERGIES for you. I'm very pleased that I may, as the previous TEAM LEADER of your group, say a few words about the theme:

You have reached a point along your path, where you can *consciously* deal with your VIBRATIONAL ELEMENTS. You already have a broad spectrum of consciousness and knowledge, so you can look at this theme more closely and to gain new insights from it, so that you can continue to make spiritual progress in your earthly lives. You will recognise that you are certainly in a position to convert this knowledge and to apply it in ways, which will *end* these VIBRATIONAL and MENTAL BLOCKAGES or at least tackle them more *consciously*. Fear and sadness is connected with it a lot of times and it inhibits you from looking at it and from dealing with it. We know about these fears and misgivings. But we still encourage you. You are now ready to look at your soul in this mirror of the soul.

EUPHENIUS

LUKAS : GREETINGS IN THE NAME OF GOD! Peace be with you. This is LUKAS writing here. The WRITERS TEAM also greets you very cordially. It is again a great pleasure to be able to share an evening of learning with you. We acknowledge your inner attitude and hope for a lot of questions to the new topic, which, besides the already discussed divine LAWS, is *the most important topic in general*; as it exposes a great human problematic, then mental blockages *hinder* you from living your lives the way you ought to. We will now concentrate on this topic. Please ask your questions.

LUKAS

Question : Are the SANTINER still interested in our circle? We haven't heard from them in a long time.

SETHAN : The SANTINER are very interested and are always present at all the meetings. The fact is that a REPRESENTATIVE from that plane is present in this circle. The SANTINER are *part of this circle* and track your development. If it is your wish, they will give answers to your questions. They are also here to support this circle with energy.

Question : We are very pleased to hear this! - Before we start with the new topic, we would like to ask a complementary question to the old topic: From what you told us we understand that the time of birth and death is fixed. How are we to understand this?

EUPHENIUS : We have informed you that the predetermined time of death can be postponed, if *special situations* arise, which we cannot influence. These are fateful elements, which we also cannot exactly calculate. There are souls who were wrenched out of their bodies due to events (accidents, wars), which were not anticipated in the time plan. These souls are *reincarnated as soon as possible*, to guarantee a continuation of their earthly existence. -

An exact stipulation, as you determine it in segments of time, like seconds, minutes and hours, cannot be made by us, because we haven't got these types of time segments where we are. There is a *spiritual TIME STATEMENT*, which sends a SIGNAL to the spiritual realm, indicating that a soul is ready to end its physical journey on Earth and wants to be brought back home to the spiritual PLANES. It is an interplay between the SOULS who have accompanied and protected the earthly citizens.

- *It is certainly not the case that the date of death is fixed to the exact second. There is a variable timeframe a soul may use to determine when it thinks its ready to leave the physical plane.*

Question : Thank you very much! - But now to the new topic: What causes mental blockages?

LUKAS : Well, to narrow this field down a little we would like to start with a general answer:

- *Your thoughts and actions cause blockages in your energy SUPPLY.*

These are build in functions designed to lead you back through subsequent *phases of existence*, to the path desired by the CREATOR; for you this means *realization!* - The realization that you *do have* blockages and *how they are to be treated*. We want to discuss this with you very soon.

- *Blockages assist your development and are not negative and don't come from satanic spheres!*

Now that we have cleared this up, we would like to inform you that there is hardly anyone in this world who is without blockages. They are few in numbers and they are special people. But they don't live a reclusive life as you might think, but allow their LIGHT to shine on this planet. We don't want to discuss these exceptional

cases here, but concentrate on *the great masses* you all belong to. This is all right, as you want to learn, otherwise you wouldn't sit here.

(Change in style of writing)

LEONARD : I would like you to know that I also work with you in the background. LUKAS will continue to guide this medium. We introduce these interruptions to practice the changeovers.

Question : Did we understand this correctly: Everybody has blockages caused by ones actions here on Earth and these blockages are here to, a) recognise them as such and b) to work them out?

LUKAS : Every one of you has blockages that you can dissolve through your *own insight*, by learning to *accept* these blockages. We want to help you find a way to *recognise* these blockages and to dissolve them. If by doing this we *awaken* a realization in other people, the effect will double. Yes, you should learn from it. These blockages are a part of all of you and everybody should tackle them - it's in their own interest!

Question : Are blockages pre-programmed by ones own rhythm of life?

LUKAS : No, one can't really put it like that. Not through ones rhythm of life, but by the way you react when faced with certain situations. This is an important aspect!

Question : What are the categories or formulas one can classify these blockages in?

LUKAS : Every energetic strand of your SPIRITUAL BODY is connected to the physical body. Your nerves are the connection between the spirit and the body.

- *If you create a blockage for yourself - this is how I would like to express it - it depends on where this blockage was placed in the SPIRITUAL BODY. The reaction to it by the physical body happens much later, but it happens with absolute certainty!*

This is why I can't really mention all the possibly created blockages, because they depend on the thoughts of the individual. Just think about the large platter of *fears in everyday life*, they continue to increase and are paralleled by the visits to psychiatrists and other therapists. This would have to be apparent to everyone.

- *Some blockages can initiate illnesses. It all depends on the severity of the blockage and can't be answered in general terms.*

Question : Are blockages connected with the divine LAWS that are not adhered to on Earth? Is this the cause of them?

LUKAS : Yes, that's it. You have recognised it perfectly.

- *If you would abide by the divine LAWS, we wouldn't need to discuss this topic and there wouldn't be any blockages!*

This is why it was important that at the beginning of our work here, to start with the divine LAWS and not with life on other stars, which might be interesting and become important, but will not take you one step further along your spiritual DEVELOPMENT! Even if my medium doesn't see it like that.

Participant : The whole thing is arranged like a circuit.

LUKAS : Yes, that's how it is, then:

- *All of this initiates a series of infinite reincarnations, which are not really necessary. It is the wheel of reincarnation.*

Question : Does one differentiate between conscious and unconscious blockages?

LUKAS : Most people are not aware what a blockage really is and therefore can't really know that they have a blockage. This is one of the great tragedies in this world.

Question : Can a therapist recognise and then dissolve *subconscious* blockages in someone?

LUKAS : Yes, this certainly happens. A good therapist can guide the patient towards his problems through tried and tested techniques. Through *self-realisation* and by *articulating* the occurrences, the patient can leave the therapist completely healed. Dissolving blockages can happen relatively fast and is *clearly felt* by the patient, whilst the therapist carries out the treatment, it can for instance happen during a light, trancelike condition. - There are situations where blockages were created in *this* life and there are those that go *further* back. - I feel my friend that you have difficulties in recognising this. I would like to help you by giving you an example whereby you can recognise your own blockages: Think back to any situation you consider not completely resolved.

- *If you observe how your body reacts whilst you think back, for instance, by the manifestation of pressure in the area of your solar plexus or a constriction in your throat or you feel your eyes watering or feel a sadness welling up inside you, then record these situations separately. Go progressively back through your whole conscious life in this fashion, right back to your childhood. But don't forget the present! Be honest with yourself and above all stay neutral in regards to the emerging visual images. Just let things happen and write down the reactions of your body. Go somewhere quite, out there with nature and take a notebook with you. In this way, you'll become aware of a lot of things.*

Those subconscious situations, which might still be left over, have to be reviewed through more thorough psychological methods. This can bring about feedback. But please start at the beginning and not the end.

Participant : Most people wouldn't even be aware that they have created a blockage for themselves. How can they then dissolve them?

EUPHENIUS : Blockages always happen during interactions with *each other* and *amongst each other*. Meeting other people, with its associated events and situations throws a soul and its emotional level into confusion. Quite often blockages only become apparent because physical signals are sent, that is to say, the soul sends IMPULSES through the physical body, indicating that something is amiss. Very few people know that this is connected with unresolved situations or with suppressed fears and permanent conditions. This is about calamities, which have *become set* and which weren't relaxed. They find expression through the EMOTIONAL BODY and the SPIRITUAL BODY that surrounds you.

- *It takes quite some time before your coarse physical matter becomes aware of it and sends physical SIGNALS. This is why it takes a very long time, before one even realises that one has to make changes in one's lifestyle. It is always connected with changes and resolutions. When talking of resolutions we talk about the detachment from certain behavioural patterns and way of thinking.*

You know that thought is a very strong FLOW of ENERGY, which here on Earth can also develop into a hostage. Most of the time your thoughts are not positively controlled, but your thoughts are often sent in negative VIBRATIONS.

- *Review what you daily emit in negative VIBRATIONS and also review your behaviour and your actions. You will then recognise that you are actually the ones, which contribute very much to your present level of psychic consciousness and that it is actually this that often results in sickness.*

Question : The mind is not aware of any of this. How can one recognise that one's own thoughts have led to a blockage?

EUPHENIUS : The mind is a controlling mechanism, which cannot influence your thinking in this way. This is why we have talked at length about the *treasures of thought* with you. (See protocol: "The power of thought", "Die Macht der Gedanken") It was mentioned at the beginning that one plane *has to match* to other. You have been overwhelmed by the information we have showered on you, but be honest - what do you utilise from the divine PLAN and from all the information given to you by our side, the divine side? You still wear baby shoes and move forward with little steps. Now you have an opportunity to go beyond your present horizon and see, *why* it is so important to bring the individual parts together and to anchor them. Consider this, you are co-responsible for your own fate!

Question : Can one dismantle blockages only through a trance-like state and with the help of a therapist?

EUPHENIUS : You are certainly in a position to be consciously aware if there is something in your body that doesn't function. An example was mentioned before, which showed that certain physical and emotional elements are very clearly perceptible and that one

knows that one has had similar emotional feelings *once before*. One only has to *take* the time and effort to go back in thought and ask for information, to then be able to get to the heart of the matter. If this is feasible and you undertake this, *you'll* be able to recognise the cause *yourself* and you'll receive information and strategies to solve the problem.

Question : One often hears the following advice from colleagues: "Think positive and everything will be o.k." - But what does "positive thinking" really mean? From 10 different people one will receive 10 different answers.

EUPHENIUS : *Positive thought is pure divine LOVE, that is to say, the encounter of the other in pure LIGHT.* Positive thinking is structured into many categories. Positive thinking can signify that someone gains a *positive attitude*, he appreciates every single day and accepts his situation with gratitude. For someone else, positive thinking might mean that he *doesn't demean everything with thoughts*, but endeavours to see in everything its brightness and positiveness. Every soul has a *different* perception of things. Consider this: Everyone is unique and is entitled to go his own way and also answer his own questions himself.

Question : Do blockages remain with the soul body after death?

EUPHENIUS : Unresolved blockages, meaning unresolved MENTAL KNOTS, which have *not consciously* entered your consciousness so that your mind and your tangible body can deal with them and transform them, *go with you* into the spiritual realm. What this means is that the soul can reconcile itself with these KNOTS in the spiritual realm, that is to say, that it must resolve them and that certain ELEMENTS of the KNOTS, if they are necessary for the development of the soul, can certainly be *included* in the next incarnation.

Question : Doesn't anybody help you dissolve these blockages in the spiritual realm?

EUPHENIUS : That's correct, otherwise the *wheel of rebirth* would loose its effectiveness.

Question : I'm probably the absolute example this time around, for the number of conferred blockages, which from time to time have made me ill. I'm so used to it by now. Has this "gift" actually been placed in my cradle?

EUPHENIUS : You'll go along the path of rebirth and reincarnation on this planet until you're ready to gaze into the mirror of your soul, to see *where* these blockages come from.
- We know how hard it is to make changes during a conscious existence, because one tends to go back to old habits. We also know that there is an automatism present on a lot of people and that old habits are something familiar, wherein one feels to find structure and security. Start to recognise *new horizons* - and always remember that your are guided and supervised.

Question : How would the life of someone *without* blockages proceed?

EUPHENIUS : There are *hardly* any souls of that description *reincarnated* here on Earth. These are spiritual entities, which guide and control the Earth. Yes, they do exist and they are comparable to JESUS, BUDDHA and other eminent MASTERS, known to you by name and which have conveyed a healing VIBRATION to Earth, to guide you along your life's journey.

Question : Do these people live in the *Western Hemisphere*?

EUPHENIUS : These souls naturally seek those zones, where they can operate effectively and apply their talents accordingly. This means that these souls will *certainly not* reincarnate in Western Areas, because they would be influenced by their surroundings. Take into consideration that you are also a product of your environment. You are always confronted by what the world around you has in store for you - and therein lies the danger!

We know that you try a lot of things to obey divine LAWS and to put them into practice. We also know that you wear a tight vest, which is very hard to undo and to loosen. You present here are now ready to undertake a first loosening up. We *recognise this* and hope that you can *extricate* yourselves *from all* external *pressures* bearing on you, so that your soul can be free from all that burdens you.

Question : Would you help us with the analyses of our *private* blockages, respectively undertake the necessary analyses?

EUPHENIUS : I leave this to SETHAN. He can decide on what you are mentally ready to accept. The decision will be made during the next meeting. SETHAN will take over this part, once he knows that you are by and large ready to accept this.

Question : Can blockages *automatically* disappear, *without* people having become consciously aware of them?

EUPHENIUS : Blockages will *not automatically* disappear, but always represent a necessary mental and spiritual resolution, that is to say, the argumentation between that which was and that which is and what has eventually lead to what is the subject at hand. You are surrounded by these time elements and they will accompany you, if you can't manage to resolve them here on Earth.

Question : Can it happen that someone has just one *singular* mental blockage, which has an *extremely intensive* effect, because it might not have been resolved over many lifetimes, whilst somebody else might have, figuratively speaking, *many more* blockages within their soul body, but which do not express themselves quite so compellingly.

EUPHENIUS : It *doesn't* depend on "how many" and "how long". The significance you introduce here is not the significance of GOD! It depends on the divine, namely to recognise that you are divine creatures, which must be ready to *accept* the divine LAWS.

- *With the acceptance of this divinity within you, you'll become aware what hinders you here on Earth to go your way.*

You will recognise that it's *not the multitude* of your obstacles, which indicate whether you are more or less. This is not the evaluation GOD applies! The evaluation GOD applies is that you are HIS children, that you are LIGHT of HIS LIGHT. By looking into the mirror of your soul, you'll be in a position *to recognise* this and to do something about it.

Question : How are we to recognise *ourselves* that we have the ability to extricate us from this merry-go-round and to resolve our blockages?

(TB: You don't muck about!)

LUKAS : Well, we have already shown you a possibility, which is very effective. And this might be the way to make progress here.

- *We would like to suggest to you, every one of you, to begin with this type of searching within yourselves and to regress well into your past. Start with the present and slowly work your way back.*

It depends on comprehending the meaning of the feelings welling up inside of you, by observing the SIGNALS coming from your body. You learn *to trust* and to yield to your feelings in this way. *This is the important thing*, which can be learned here. This gives you a very fine SENSOR, a TOOL, which will help you tremendously.

Participant : According to this, we have to actually recognise and resolve our blockages ourselves.

(TB: We cannot do it for you. Do it! We'll talk in a moment.)

LUKAS : You first have to *recognise for yourselves*, where the blockages appeared and to do so, you need what I have just described. - As long as we have nothing from you in front of us that we could analyse together, it would make no sense to start with any *personal* work. But there are still many general questions concerning blockages to be asked and to be dealt with. Quite a lot will become more comprehensible.

Question : How accurately can we recognise a blockage?

LUKAS : By observing the feelings that arise when you analyse, in thought, a situation, an encounter with someone, and by analysing these feelings of your's and by writing them down. I have explained to you very accurately already what there is to do. Start with that - and you'll understand.

Participant : I feel a sudden appearance of *pressure in the abdomen, a tightening of the throat* amongst other things every morning before I go to work - and this for the last ten years.

LUKAS : Exactly something like that could indicate a blockage triggered by your place of work, couldn't it?

Interjection : But I can't resolve this blockage by giving up my job.

LUKAS : This is not really what we talk about here. If you discover a *negative feeling* when you think about a planned change of job, then you might be in the process of setting yourself up for a blockage, if you change jobs *in spite of* it. To make it very clear once more:

- *You should analyse it very accurately, that is to say, theoretically ponder over the work you're doing that burdens you and then write down everything you feel.*

Certain thoughts that deal with your workplace or with the work you perform there, have developed before you feel anything. You should write this down very accurately. You should not try to analyse these emerging feelings just at odd times, at those rarely available times in between. It can't work like that! You should take a specific amount of time to do this, like one undisturbed hour. We can only make progress in this way, not by telling you wherein the problem lies. You must recognise and learn yourself. We'll help you with the solutions.

Participant : I have recognised this already: Certain thoughts arise in the morning, these thoughts create pressure and the pressure creates fear followed by a physical reaction.

LUKAS : It is not just about this particular point. Who can tell you that these feelings do not go *substantially further back* than you think and might have nothing to do with your place of work, but *only just now*, at this point in time, come to the surface after many years. This is why we suggest to going back through your whole life, right back to your childhood.

Question : Would you call what we term "blockages" the same or are there better descriptions for it?

LUKAS : This term describes the subject matter reasonable well and was accordingly *inspired*. Blockages are like locks, whose gates are closed and stay closed. The "water" builds up higher and higher. - Or take for instance a dam across one of your waterways, which is never opened. Many dams were destroyed because they were so heavily pressurised, that they gave way. - Metaphors like that could be used at will in trying to make it clear what blockages are all about and how they operate. The term mental blockages, pent-up ENERGY STREAMS, has established itself in your vocabulary to such a degree that we would like to stay with this terminology.

Question : If there are blockages, can the divine ENERGIES of LIFE enter the soul the way they should be able to?

LUKAS : Bottlenecks are present in the ENERGY STREAMS *between the SOUL BODY and the physical body* and this is why your physical body reacts with symptoms and illnesses, who's *origins* are hardly ever ascertained by a doctor. These are neural obstructions. It is the flow of VITALITY *to your physical body*, which doesn't function the way it is desired and the results are those *forced rest periods* effected by your psychosomatics, giving people time to contemplate their situation.

Participant : We hear from you that there are blockages that come from past lives and that they could now have an obstructive effect.

LUKAS : Oh yes, that is certainly the case - and it's not such a rare event either!

Participant : But if a blockage from a previous life can't even be resolved in the spiritual realm, it could represent a *particular heavy* burden for a freshly incarnated soul, because this kind of blockage can hardly be recognised by someone.

LUKAS : This is the only way it can work, otherwise an incarnation wouldn't be necessary. It is not very important what you were in a previous existence. It is of greater importance what you *have been up to, in* a previous life and this in regards to your interactions with other people. Occupation and social standing held in the past are *of no interest whatsoever!*

- *The identification and resolution of blockages can only be accomplished by the person concerned, as he was provided with a time-limited reincarnation for this and is not here to waste time!*

Interjection : But if it deals with a blockage *brought back* from a previous existence, we have no opportunity of finding the origin of the blockage.

LUKAS : Your feelings give you signals and you should write *these* down. We can disclose everything that happened in *another* life *after*, as we are informed about it. It is therefore not important whether someone has been a king or a pauper in a previous life. What is wholly and solely of importance is the way the person concerned has dealt with other people in certain situations, who might have been his subjects or his equals. We find quite often during regressions that some people feel quite exalted, when they hear that they once were a famous personality on Earth. What they don't recognise is the fact that what allegedly raises them above other people, is completely *unimportant*.

Please try to *enter into the spirit of* this topic, as *we can't undertake* this job for you. It goes without saying that you can say "no", if you're not comfortable that your private situation is discussed here. We will accept this and we'll love the one concerned just as much as before. Therefore, be honest with yourselves and your own soul.

EUPHENIUS : The important thing now is that you recognise, what a reflection of a situation is and what is hindering you from accepting someone else, your opponent for instance, as a divine being. That fact remains that you'll *always* encounter souls,

which bring certain levels of feelings within you to vibrate. This is important so you can grow and work on yourselves. It is not a coincidence! Coincidences don't exist. Everything is guided and directed. It is your chance to resolve your inner blockages, to cleanse your physical body and your soul here on Earth. You are the ones who have now the chance to recognise your blockages and explore where these levels of feelings originate from. You have the opportunity here to work this out with our help. This is a divine PRESENT and we ask you to accept this PRESENT.

Question : Is this based on *reciprocity*, if one continues to meet souls, which cause aversive feelings to well up inside us?

EUPHENIUS : Everything is subjected to divine LAWS and everything has its validity. All encounters, situations and events are interconnected and associated. It is an interplay of different levels, which converge and are there to motivate you to explore the causes with the help of your human intellect and to give you the possibility of an explanation for all the questions of: *for and against* and *why and wherefore*.

Question : The procedure to become aware of a blockage LUKAS suggested, reminds me of the psychoanalyses developed by *Sigmund Freud*. Whereby a patient depends on his own thoughts and associations by recounting his conflicts, memories and dreams. The psychologist tries to analytically reconstruct those events supplanted in the subconscious, which express themselves through symptoms like misbehaviours, fears and nervous disorders. Does your recommended procedure build on the psychoanalyses of *Freud*?

EUPHENIUS : Our recommended procedure is a point of reference that finds a parallel in the "*Theorie von der Seele*" by *Herr Freud*. *Herr Freud* had very good CONNECTIONS enabling to recognise that certain psychic causes were not based in the here and now, but had a long developmental history behind them. Meaning that very long period of time has lapsed, before a body reacts physically with pains and symptoms. The source of this is deposited through human behaviour in the subconscious, which was very clearly diagnosed and assessed by *Herr Freud*.

The subconscious cannot be verified medically or through surgery. You wouldn't find a subconscious anywhere, if you dissected a body for this purpose. But you know just the same that you have one! This means that the subconscious runs on PLANES, which mentally do not enter your consciousness, so that your intellect can not localise it. The subconscious is an area where crises and negative feelings are stored and hidden. You can also put it like this; one tries *not to perceive* it or to *supplant it*. Theses are unconscious mechanisms, which are carried out within your physical body to protect you.

- *It is important to recognise that there is always a source where blockages spring from. This is required to get to the heart of the matter and to dissolve this source with positive ENERGIES.*

NEGATIVE ENERGIES influence your whole life and hinder you from going your way here on Earth. These events are connected with other physical mechanisms and are encounters with other souls, with other ENERGY VIBRATIONS. These ENERGIES are your ANXIETIES, which lead to blockages.

Question : You mentioned that *Sigmund Freud* had good CONNECTIONS. What kind of CONNECTIONS are we talking about?

SETHAN : This human soul had a very strong connection with the spiritual realm. *Freud was in contact with ENTITIES he could communicate with.* During his life on Earth, he had an insight into the spiritual realm, that is to say, knew how mental problems affected the mentality, when souls were burdened by severe shocks and hardships on Earth. *Freud* became aware of healing processes, which were carried out in the spiritual realm and information about the significance and condition of the mental substance was transmitted to him.

Question : According to *Sigmund Freud*, the term “repression” describes one of many defence mechanisms of the soul. If something is too painful for the soul, it is suppressed from the human consciousness. But this is obviously the wrong way to go about it, isn’t it?

EUPHENIUS : This is exactly how new blockages are *set* and how new ENERGY STREAMS are *interrupted*. The soul tries to protect itself just like any other human being here on Earth, that is to say, when sorrow, sadness, pain, when many disorders and fears well up, the soul then has to *protect* itself, otherwise it would break. It would cry, go under and give up on itself. This would go against the purpose of reincarnation, as you are here to *grow* and to find a *new* way here on Earth, not the path of destruction and power, but the path of LOVE, acceptance and brotherhood.

Question : How can somebody know when and where a blockage has been set?

EUPHENIUS : It starts with the *reaction of the physical body*, when something disagreeable approaches externally. These are delicate interwoven facets, which send signals to the body, indicating that something is not in order. The soul is a very delicate plant, a very subtle LIGHT, which reacts immediately. It is not entombed in some nondescript encasement, but is a part of your physical life and is fused with your substance, meaning *that a soul must also be protected*.

If you don’t protect yourself and if you don’t give your soul the required nourishment, you’ll wither away, that is to say, not only your soul will wither away, but *your physical body also* and therefore you as a human being will go the same way. You’ll waste away, become depressed and ill. These are levels of diseases, which develop if the soul is not properly cared for. The soul too needs LIGHT and oxygen for its corporal body and a lot of the divine LIGHT INFUSION, to be able to accompany you on your earthly journey.

Question : What procedures can help us become aware of a blockage and permanently dissolve it?

EUPHENIUS : You'll become conscious of it by the *feeling* that something or other *appears* to you to be *different* about your opponent than when you encounter other people, that is to say, you perceive that something *runs along different tracks than normally*. You realise that your body *reacts differently* than to those people you like to have around you. It means that this opponent *awakens SIGNALS* within you, which causes you to *change your behaviour*. This can lead to a situation where you'll suddenly recognise feelings of fear within or a breaking out in perspiration or that you're *touched by a disagreeable feeling*.

You use certain proverbs, which have great significance here on Earth like: "*I can't stand him*", or: "*I don't want to see him here*", or: "*He's the last person I want to have near me*". These are all recorded valences, which over many years have been handed down as proverbial sentences. It always has to do with divine VALUES, which are *infringed* upon. The source of this is *to be recognised* and *to be analysed*, to find out *why* is happens that such physical reactions occur.

- *There is the physical level, so that you recognise that your body reacts differently or that certain symptoms of illness are already anchored in your physical body, which indicate that blockages were building up over a long period of time.*
- *There are SIGNALS coming from your subconscious so that you're aware that from a behavioural point of view, you behave discriminately when dealing with people. These are the weakest blockages.*
- *That you vary your approach when dealing with people. You thereby infringe the divine LAW, namely to accept everyone just as they are and to only see the DIVINE in them.*

Methods to dissolve blockages only function if a UNIFYING VIBRATION is present in the one who has the blockages and *recognised* them as such. They are a helpful support, letting ENERGIES run more freely, so that the blockages present can dissolve themselves. This can:

- *Be induced through healing methods.*
- *Happening through appropriate conversation.*
- *And it can also happen through meditation that individuals dissolve blockages.*

Question : How effective is Reiki in removing physical and mental blockages and to cause the ENERGY to flow again?

EUPHENIUS : ENERGY VIBRATIONS as in Reiki, can certainly help to influence certain points of the physical body, if they are positively applied by both sides, by the one who wants to have the blockages dissolved and also the one who makes the Reiki-ENERGIES flow. If excellent and harmonious vibrations exists between them and

positive thoughts concentrate on this level of feelings and the resolution of the blockage, Reiki can provide valuable support so that the ENERGIES can flow more consciously and freely. The release and an inner reconciliation with this feeling, which in some measure caused so much pain and suffering, is important to be able to release these feelings into other SPHERES.

Question : Can the PRAYERS of LIGHT from “SCHILD DES LIGHTES” (SHIELD of LIGHT), help solve, respectively release blockages?

EUPHENIUS : This energetic PLANE is also a *good instrument* to cleanse your body, your soul and your spiritual and ethereal PLANES. It is once again the *power of thought* and *the concentrating on the solution*, in connection with the *realisation* to have infringed a divine LAW with the *intercession*, to put the gained knowledge into practice, to internalise this LAW within oneself and to express it externally. In this case, PRAYERS of LIGHT can represent great support in strengthening the power of thought and to resolve a blockage.

Question : How can one, with the help of PRAYERS of LIGHT, recognise the essential problem, namely *how* a blockage developed?

EUPHENIUS : Reiki and other energetic PLANES of LIGHT serve to dissolve the *recognised* blockage. The knowledge, what led to the blockage in the first place, begins with a *personal spiritual effort* of every individual, namely finding out *which* divine LAW was hidden behind it, which was violated - or whether it has been recognised at all. This LAW will accompany you during your life on Earth and you must learn to *apply*, accept and perceive this LAW on Earth.

Question : How effective is kinesiology or the application of healing stones to bring body, spirit and soul back into balance?

EUPHENIUS : First and foremost, blockages need *self-realisation*, so they can actually be recognised as blockages. It doesn't help to just sit there and say: “I have a blockage, which expresses itself within my body in such and such a way. Well, here are the healing stones!” - I believe that everyone, if he goes within himself, knows where the first feelings appears and where the blockage starts to make its physical presence felt. Kinesiology is an important component in helping to ascertain where the blockage actually started within the body. It is an important and helpful function to enter the level of a year, a month or any other time to recognise that somewhere there lies the cause. - How do I get information, which enables me to make contact with my blockage? By asking my subconscious: Subconscious, give me the appropriate information to dissolve the recognised blockage. - Your physical reaction gives you a good opportunity to define the timeframe more accurately and by making inquiries within your own family, you'll find out *where* the cause is to be found. You then have the opportunity to go within and through meditation receive answers to certain questions.

Question : What about those people who have no family they could question about it?

EUPHENIUS : These people also have the opportunity to get information through meditation and nature. Always starts by orientating yourself *inwards* and not outwards any more. You tend to forget that all the answers lie *within you* and that you *already posses* all wisdom and every KEY to open the DOORS. - But you unfortunately don't take the time to look within, but are much too concentrated on the external world around you, so you tend to forget that you can utilise *many ways* to receive answers to this question. You don't take the time and - *you forget!* You are so engaged and occupied in the whirlpool of your material existence that you just don't find an inner peace and an inner relaxation which would help you *to observe* your inner world. You don't respect your soul -, you don't respect yourself -, and *that* is appalling!

Question : Do learning disorders with children indicate blockages?

EUPHENIUS : To start with: *noise* disturbances are elements, which are perceived by the senses. Noise means that children can't find the necessary *inner peace*, which enables them to concentrate on their life and their existence. All of you are exposed to elements of sound and noises. The noises of your world are a substantial factor why these substantial *learning* disorders come into existence. Noise influences your life on this planet. You are enclosed in a variety of noise frequencies. Your classrooms and your occupational situations are typified by *much too high noise levels*, that is to say, that you can't find the inner peace of your own existence. Learning difficulties are the result of this so that children can't exist within their own inner world, but that they are *so occupied* by external attractions, that they don't get the chance to develop along the path of their own existence.

- *Existing blockages are not caused by learning disorders, but learning disorders are organically based concentration disorders, of varied origins.*

Diminished learning capabilities are caused by the surroundings the children grow up in. One can only learn if one can muster the necessary inner peace to find one's inner self. All you grown ups must learn, namely learn to grow in a divine MANNER. You too are influenced by what your surrounding has on offer for you. But in your case, this is *not the* reason why you can't grow here in a divine manner.

Question : What would you say, if every one of us would take the time over the next weeks, to examine ourselves and to record the SIGNALS our bodies are sending? If it is all right with you, we can discuss the results with you.

SETHAN : It is very important that you recognise that *you're* the ones who can resolve the blockages. We are "only" - quotation mark - your COMPANIONS for this leg of your journey. That is to say, you must recognise what you want to achieve her on Earth and also *why you haven't been able to attain it*. It is all connected with the problem that you simply don't recognise and refract important DIVINE elements. You only take *what you can accept* and shy away from acknowledging and put into practice other LAWS. You are the ones in a position - every single one of you - to recognise this within yourselves.

- *We would like to encourage you to write this down and to collect these records over a longer period of time. We will deal with this theme at a special meeting later on. It will be a meeting especially designed for your souls. Those SUPPORTING us in this endeavour, are pleased to be permitted to participate in this circle. We would like to present you this divine GIFT.*

Regard this as a little bit of information, verifying that you are certainly in a position to take your own destiny into your own hands. We would like to give you the encouragement to accept your fate, so you can reach the next goals on your level of existence. We hope that you are successful in finding the divine LAW, where *you think* that you *founder* on this LAW.

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SETHAN : GREETINGS in the NAME of GOD and PEACE ACROSS ALL FRONTIERS! This is SETHAN speaking. We greet you in the LIGHT of GOD and thank you for your presence. - It has been some time since we had such close contact with each other. It still takes a little more preparation from our side to strengthen the integration between your plane and our PLANE. We hope that this evening is once again successful in bringing us together and letting the *significance* this meeting holds for you, grow. We extend very cordial greetings from ENTITIES from other SPHERES, who are looking forward to working with you here and who are pleased with what you do for other people. You're surrounded by LIGHTS who accompany you tonight. We all hope that this will be a blessed and informative evening.

We would like to mention once again that it is important for you to decide, if the help we are offering you, gives you the opportunity to partially dissolve your blockages, that is to say, whether you are ready to arrange this work with us here, with divine conviction. *This work is not designed to expose anyone in any shape or form or that anyone should expose his soul to the world.* It is just an opportunity for every soul sitting at this table to receive a method, to acquire of their own accord, an inner strength to recognised and dissolve their blockages. You are certainly in a position to complete this in a divine manner, without therapeutic help from outside, that is to say, that here are SPIRITUAL HELPERS around, who accompany, support and strengthen your soul on this journey. This also means that you receive ENERGIES and divine LEVELS of LIGHT here, which encourage your soul to let go of old patterns. Not every human being experiences this LEVEL of HELP.

- *Use it, so you can go along your life's journey on a level that can give you here on Earth the stability and the capacity to improve your work and also your human existence.*

Question : Blockages express themselves physically when psychosomatically induced physical complaints appear. But how do those subconscious blockages act, when there is no physical feedback?

LUKAS : This is not quite correct. An experience or an encounter with another person always triggers certain feelings, which could serve as an indicator that a blockage threatens.

- *This is why we ask you to take more notice of your feelings and to analyse them more closely.*

There are people in this world who have perfected the reading of their feelings to such a degree that by talking to other people, they *can sense* whether that person is genuine. This can be a great advantage with business transactions in your world, for instance. These people have recognised the power of their feelings or they had a good teacher help them utilise their world of senses.

The problem with you people is that you are emotionally so insensitive that you even laugh at others, if they dare show some feelings if something touches them deeply. Something like that is quickly explained as “sentimental nonsense”. *This is where you make a great mistake!* But as you say: Once the child has fallen into the well, it’s very hard to get it out again.

- *The emotional worlds can help to forestall a blockage in the making.*

Everything depends on the degree a blockage interrupts the ENERGY SUPPLY to the physical body. There are minor and major blockages.

- *In the case of minor blockages, it sometimes suffices to recognise ones own blockage, to write it down and to allow the problem to drown in the water of a visualised pond.*
- *But you could be so intensely blocked, that illnesses develop or that irregularities within the energy flow appear, which no doctor can diagnose.*

Question : How are we to understand this: “Drowning of written-down problems in water”?

LUKAS : This was just an example. You could just as well write down the problem on a piece of paper and then burn it. These are aids, which can dissolve and completely annihilate blockages. - In your world, one can often observe criminals throwing the weapon they used into water. They think that by doing this, their crime has also disappeared from view. It doesn’t work here. But in the case of blockages, the annihilation of the precisely written-down circumstances will help to dissolve the problem.

Question : Can you give us an example of a minor and a major blockage?

LUKAS : Well, your friend here experienced a *minor blockage* only the other day. But he was able to quickly transform this blockage with our help and his own discernment, into

FUNDAMENTAL VIBRATIONS. I believe my medium knows what I'm talking about... -

A major blockage can almost completely interrupt the FLOW of ENERGY to certain vital organs of the physical body and they can suffer long term damage.

Question : Can the feelings other people trigger in ourselves be equated with the so-called INNER VOICE?

(TB: Yes, exactly!)

LUKAS : Yes, that's the way it is. You have a lifelong HELPER at your side, who may only give you warning SIGNALS, or signs of approval, through your emotional world.

- *Educating your emotional world is particularly important, because almost everything in the spiritual realm operates through feelings and hardly anything through the mind. It is the exact reverse of how things operate on your Earth, therefore this training.*

How can you expect to live with us, in a world of feelings, if you only suppress your feelings?

Question : Are blockages from previous lives harder to dissolve than those created in the present incarnation?

(TB: No, never.)

LUKAS : No, certainly not. It is only harder *to recognise* blockages created in a previous existence.

Question : Blockages come about because divine LAWS have been broken. Are people on Earth confronted with blockages from previous existences that *repeatedly* deal with the same theme?

LUKAS : *Yes, this is what everything revolves around,* not to become an engineer or a professor.

Question : Do native tribes develop certain blockages?

LUKAS : Very few, if any. These tribes treat one another completely differently. They don't hold onto anything for very long, but leave their emotions free reign, as for example in man to man combat, so that a blockage can't even get a foothold. This can be compared with 'scream therapy' and other forms of psychotherapy. But this doesn't mean that you should settle everything through man to man combat, otherwise there wouldn't be any peace here on Earth. It can only be successful the way we have tried to make it plausible for you; this is the only way peace can be maintained here on Earth.

Question : What is the situation in the case of native Americans, who have been wrenched out of their natural environment and swamped with alcohol and drugs?

LUKAS : Even here were intertribal feuds. The White Man also causes the problematic you mention here and through the White Man's interference, blockages of the worst kind affect these usually very spiritual people also. The White Man destroyed a lot of things of the native tribes, the American Indians of North America and also the Aborigines of Australia. Through this, the White Man will be severely damaged. This can be gauged by the many blockages he sets himself. Something like that could never have happened to a Native American or an Aboriginal of Australia. Psychosomatic illnesses were not known there.

Question : What role does karma play with mental blockages?

LUKAS : Blockages *can* be *the* result from a previous existence and one can deduce a karmic connection from that. But this has to be clarified individually. Sessions of regression are there to help. The effects of karmic blockages are similar to the blockages you set for yourself in the present life. To be able to recognise the blockages, one has to train ones feelings or one can ask the SPIRITUAL WORLD if an excellent contact is available.

SETHAN : The present warm conditions cause us problems. Be patient with us. We'll find out soon enough how far this evening can progress and how successfully we can communicate through this medium. We hope that the available ENERGY will take us to the end of this meeting, if not, we'll let you know from our side when the energetic PLANES start to decline and the transmission through this medium gets too difficult.

(Taking our spiritual FRIENDS into consideration, the circle decided to generally let future meetings lapse if the temperature was too high. 'The ideal room temperature for psychic work is at around 18 degrees Celsius')

Question : Can you explain to us, *why* heat creates these problems for you?

SETHAN : We come from PLANES that are distinguished through their ethereality. We are very strongly influenced by higher temperature, because we spend most of our time in colder regions. We are surrounded by coldness to a degree that you too can *sense* this coldness on an INDICATORY and SENSORY LEVEL, signifying to you that we are present. We continuously battle with higher temperatures, because we always have to create a balance between our ethereal BODY and your physical world here. It is really difficult to accomplish an equilibrium between our WORLD and your world, because of the coarseness present here with you. What makes it even more difficult is when strong energetic elements enter the fray, which compress the physical conditions even more for us. -

Temperature is the main obstacle, making it hard for us to strengthen the equalisation. This is why it's often very hard to become active under very warm conditions. But there are mediums, who due to their LEVEL have grown up in

climatic zones, which certainly have a different temperature cycle, giving the medium living in southern areas certainly a different physical exchange. It is a little harder here with you, as you are not confronted along these climatic levels.

Question: Inspired by the theme on blockages, I have asked myself in recent times the question: What sort of entities are people really? I have tried once, including all the KNOWLEDGE you have transmitted to us, to list all the separate components that make a person and to assign them individual functions. I now ask you to intervene and correct me if necessary. I have come to the conclusions: Man is obviously a *multidimensional* being as he is made up of a *physical body*, a *mind*, the *soul*, the *spirit*, *CHRIST-CONSCIOUSNESS* and a *divine SPARK*.

- *The physical body is constructed by the incarnating soul within nine months. At birth on Earth, it receives also a mind, which can only think along three-dimensional lines and is thereby assimilated into the earthly environment. The union of body, soul and mind is called "man". The mind allows man to exist on Earth and to make his choices here. The consciousness connected to the mind and the memory is empty and free, so that the little citizen can grow up without the burden of things remembered from previous existences.*
- *Mind and soul reign over the physical body, which is a container, the soul can utilise to express itself. The soul can use gesticulations, mimicry, attitude and feelings to express itself. To do so, it needs all senses, organs, body-parts and limbs. All human cultures have developed their own special traditions of speech. It is unfortunate that the mind quite often has the upper hand over the incarnated soul and seems to lead a separate life; then it acts as it pleases damages the soul and the physical body through psychosomatics, similar to a virus that eventually kills its host. Even if the body sends us very accurate ALARM SIGNALS to focus our attention towards the underlying causes, the mind takes very little time if any, to ask concretely for the causes. It should be our aim to reconcile the mind and the soul here on earth, that is to say, the mind must concern itself besides physical matters also with spiritual matters and reduce its ego, so that the soul also receives the necessary NOURISHMENT that man as a whole may remain healthy. Once the mind and the soul have reconciled, the mind is redeemed and cannot serve the antagonist as a SOURCE of ENERGY - because it consequently only thinks positive thoughts. Meaning: The mind adopted the divinity of the soul and accepted it.*
- *The soul also seems to lead a separate life, then it also makes the body psychosomatically ill, if it is at first hindered from fulfilling its MISSION. In the final analysis, the soul separates that, which makes up its personality, from the physical body and its spiritual components and returns to the spiritual realm.*
- *The divine SPARK contains the spiritual GENE of the CREATOR. It is located in the centre of the soul. Therefore every animated entity is a PART of GOD and thereby similar to HIM. It is the divine SPARK that produces the connection to everything there is throughout CREATION.*

- *To attain CHRIST-CONSCIOUSNESS is the declared objective of the whole spiritual development. A small germ of CHRIST-CONSCIOUSNESS is inside the spiritual HEART of every human being, within the so-called HEART CHAKRA, at the centre of the chest and from there it shines out into the world. After an incarnation, the LIGHT shining from the HEART CHAKRA has either become brighter or darker, depending on whether the person in question has either gone forward or backwards in its spiritual development*
- *The spirit envelops all of these components and is an enormous, individual reservoir of consciousness, stretching out into the universe. It consists of many LAYERS and PLANES, which contain the subconscious and also the blockages. The spirit of man also contains the ORIGINAL MIND that every SPIRITUAL BEING was given at its CREATION. The ORIGINAL MIND with its levels of consciousness contains all memories of the human soul, right from the beginning of time. This reservoir of memory is only reunited with the soul, when it is back in the spiritual realm and the three-dimensionally thinking mind is not present in its original form anymore.*

Generally speaking, are my deliberations correct?

SETHAN : We would like to tell you that you have given a very good treatise about the PLANES and the CONNECTING ELEMENTS, which are very important here on Earth and they lead to knowledge. You have been successful in making this comprehensible using your phraseology.

- *It is significant to connect the individual PLANES together and to bring their potential to shine and develop.*

It is difficult to maintain a balance between these individual PLANES. The aim is to bring them into accord, namely in a divine balance. Quite often one can observe an *obstinacy* with you here on Earth, noticing that your mind holds the upper hand. This is a *developmental error* with the result that negative ENERGIES can spread and consolidate on Earth. It is important to bring these ELEMENTS to harmonise with each other, then this represents the human, divine being. It's a long way to there, to perfect this unity within oneself and to let it operate externally. It takes a long time to bring one's innermost to harmonise so that all PLANES are connected and harmonise with each other and are equated in their respective significance. It is always fatal when one PLANE disconnects from all these ELEMENTS and projects a picture that doesn't coincide with what the DIVINE is asking of you.

- *It is important to recognise the side of you, which always unbalances you and wrenches you from your own inner peace.*

Observe your feelings! And you will notice that you become more consciously reconciled with yourself and are connected and in harmony with yourself, so that you recognise this very quickly and are certainly in a position to change and even dissolve your own blockages.

- *Research your own medical history and you will recognise where on your lives journey important factors have been set, which have externalised as an illness. Thereby you'll recognise that these are important crossroads in your life, which you have to inspect more closely, so you can maintain your inner equilibrium.*

Question : What we have so far been made aware of about blockages by you, indicates that our preoccupation with our own blockages and their removal, is a very big guaranty to ensure very good health throughout our life. One kills two birds with one stone, if we may put it like that: One liberates oneself a) from the wheel of reincarnation and b) one also enjoys near perfect health. Is this correct?

EUPHENIUS : This is only part of it. What is certain though is that through mental blockages, your physical body is attacked and placed under negative VIBRATIONAL ELEMENTS, by the PLANES of RADIATION. The result is that you become ill here on a physical level and the soul won't grow as much as intended. Your body often gives SIGNALS for you to recognise when something in your daily life is amiss, according to what you should have realised and learned here. Accept this and recognise through this that your are guided across invisible PLANES, which make you aware that from a mental point of view, you should change something in the way you think.

You have the opportunity to change the wheel of reincarnation through this knowledge. You have the so-called *free will* here on Earth to slow this wheel down or to point it in a different direction. You can change and advance your contact with the ethereal WORLD through your own levels of feelings - and consider that your power of thought is a part of strong LEVELS you have no control over at the present time.

Question : Can one generalise by saying: If someone has *always been healthy* during their physical life, they *can't* have any *blockages* and are therefore not reincarnated anymore?

EUPHENIUS : This is not quite right. Quite often the opposite is true, people who *don't* preserve this ethereality, this delicate feeling and this sensibility, hardly ever become physically ill. It takes a long period of earthly development until the body reacts in this way, because quite often this person initiates a very strong separation of the ego and the soul. These people are punished twice, because they surround themselves with a dark aura, which *doesn't* allow any inner reaction.

These are *quite often very bitter people*, who feel isolated and withdraw from the others. These are souls who chose darkness. But this doesn't necessarily mean that these souls receive "punishment" along these lines here on Earth, then such souls are often not readily accessible through the expression of their illness. They don't recognise that their illness is *a chance* to modify their lifestyle and go into the LIGHT, but they continue to wallow within the dark SPHERES. An illness doesn't bring any change in their consciousness for them. The changes must therefore take place on other PLANES, and must take place through completely different realisations.

Question : Does *conscious* wrong doing automatically result in a blockage?

EUPHENIUS : Misbehaviour doesn't necessarily result in blockages. A blockage develops as a node from the ethereal body to the physical only when this happens *repeatedly* and over a *long period of time*. It's as if there were points of intertwinement within the mental FABRIC, where it comes to a solidification. It takes a longer time period until solidification develops, as you must consider that you as human beings must have the opportunity to recognise this and to analyse, if your actions and whatever you have inflicted on another was truly done in a divine SPIRIT. This is often missing, as you don't understand what your actions can initiate. It is as if you wanted to punish yourself. This isn't the way of the DIVINE, as you are supposed to gain knowledge, to think about it and to correct such mistakes here on Earth.

Question : To what a degree does our anger towards other people, for example our colleagues from work, co-workers, neighbours etc. create blockages for us or others?

EUPHENIUS : Quarrels or a disagreement, when it's about persisting on one's different opinion, are no violations in a divine SENSE.

- *Divine violations occur when negative thoughts are sent to someone, thoughts that indicate that one despises someone and that one can't accept them as one's equal. (This is black magic at work)*

A difference of opinion and an argument over different approaches and theories are *productive* and *serve the advancement* of your earthly mind. It would be terrible if you weren't allowed to hold discussions or express a different opinion or view here on Earth.

- *It all begins when divine PLANES are violated, when thoughts of destruction and conscious violations, be they physical, mental or in thought, occur. This comes about when you, through conscious thought envelop yourself in negative ENERGIES. This gives the NEGATIVE the opportunity to send lethal VIBRATIONS from you and through you, so they can attack others. - Be aware of accepting these kinds of ENERGIES. Review your feelings and you'll recognise when you're about to enter the dark AREAS!*

Question : Does the one who wants to live in peace, but *in spite of this*, is again and again verbally attacked by others, get a mental blockage?

EUPHENIUS : The one who *wantonly* injures another person is the one who imposes a blockage on himself. Meaning:

- *That the one who instigates unrest and consciously disregards and hurts another person is building up to a blockage.*

But it can also be a case of a mix-up with a karmic PLANE, that the one in question must also experience such a situation in a future existence, to be able to recognise the mental damage he caused through his behaviour.

- *The one who would like to live in peace and shrouds himself with the LIGHT and shows understanding for the behaviour of others, will recognise that many doors will open so that he doesn't present to others any angles of attack anymore.*

This once again is all about the power play between one person and another. The thought about power is very prevalent here on Earth. Power and thinking along destructive lines are damaging ENERGIES, which circle around this planet and it's always about bringing another person down to their knees, to be able to gain power over him, so that he reacts the way the other person expects him to react.

Question : Wouldn't it be best just not to enter into such idle talk?

EUPHENIUS : Not everybody can act like that! Because human LEVELS come into play, for example, one feels attacked and therefore negative feelings develop, fear and anger build up and before we know it we are on a negative LEVEL.

- *And this is what you should learn, namely to preserve an inner equilibrium, to enshroud yourself in LIGHT, to place these souls also into LIGHT and to forgive these souls the behaviour they are presently displaying. In this way a soul draws attention to itself because there is something it doesn't quite understand. Indicate through your behaviour where the right way is.*

Stick to your path! Let nothing dissuade you from going your way. You will encounter these tests *all the time*. If you look back on your life truthfully, you'll notice that certain situations repeat themselves in varied situations and with different people. *Recognise this repetitive effect!* If one is present, it is in conjunction with a blockage and you should try to internalise this blockage, *to recognise it and to dissolve it*. You have this opportunity, so that when you recognise the blockage for what it is, you'll try to *react differently this time*, when such a situation arises.

Just because of the fact that you grapple with this and intend to *react differently* when the next situation arises, you'll meet this soul in a different frame of mind and you'll notice *that these people change*. You have the opportunity to give such a soul LIGHT through your own soul and by doing so, you can completely change your own destiny.

Question : You tell us that situations, which occur repeatedly, have something to do with blockages. Is this also true of repetitive dreams?

SETHAN : Dreams are always connections to your subconsciousness and to spiritual entities, which would like to give information. It depends *where* this information comes from. This could be information coming from the spiritual realm, given to you so

that you can change something in your life. Repetitive situations can appear in dreams, which evoke fears, because they were locked up in your subconscious. These are always encounters in connection with actions, whereby you become conscious of the fact that fears are about to arise again.

- *You have to see where these fears come from and to interpret them especially for yourself, to find out why these fears appear here and now.*

This argument is not just with you, but also with divinity, because there is always some level of connection to be found there. It's a chain that runs across this bridge, to recognise, that all human conflicts, all human sickness, all reactions and confusions about the WORD of GOD and about your inner attitude towards DIVINITY is dissolvable.

Question : How does one envisage the process of dissolution of a blockage?

LUKAS : Well, it is a *releasing* into higher DOMAINS and this means a *conversion of ENERGY*, because their dissolution is impossible. Imagine it like this: A long time ago the apostasy from GOD took place. In this way the antagonist converts a part of HIS ENERGY into negative VIBRATIONS. These kinds of VIBRATIONS must be *redeemed*, that is to say, *reconverted*. But if you think negatively, the negative ENERGY *is strengthened* again and that is not the way of the LORD.

- *Negative thought builds an energetic blockage, so that not more damage is done. And this turns the tables against you, then these ENERGIES you developed turn against their creator and if these spiritual blockages are not resolved, they make you ill, in the long term, that is to say, the conversion of the ENERGY doesn't eventuate and thereby doesn't produce the "resolution" of the energetic FLOW, which was blocked.*

To recognise this and to forbear this in the future is your assignment on Earth, so it can serve the TOTALITY.

Question : Can blockages be transferred from one person to another? When for example a pregnant woman experiences extreme fear, could these feelings lead to blockages in the infant?

LUKAS : Yes, of course, but it primarily leads to blockages with the pregnant woman. *Fear represents lack of trust!* And because this woman has no trust in her CREATOR, she feels fearful. And as the lack of trust is a violation of a divine LAW, a blockage is not too far away.

To a secondary degree, this can also affect the infant, that is to say, the body of the pregnant woman influences its body. Even thou a special SHIELD is there for the child, its GUARDIAN ANGELS can't annul the effect of the divine LAW, not even in such a special case. If the child happens to suffer damage, it could have *karmic consequences for the woman* and providing for the child could be especially difficult in the future

Question : Can blockages develop through people we interact with on a daily basis?

LUKAS : Yes, blockages can also be building up through interactions with other people. They can develop by just omitting to talk about ones feelings, which might have developed during a conversation or an action which might have *initiated a misunderstanding*. One tends to bottle up negative feelings instead of immediately reacting to them by asking the person concerned what he really meant to say. By acting this way, a small blockage develops which nearly paralyses the one with the blockage in his actions and will make it very hard for him to address these feelings later on.

- *We advice you urgently to change this and immediately talk to the other party.*

If he is unco-operative, one should keep one's contact with this person to a minimum, because *at this point in time*, any further contact would be futile. Forgive him his thoughts and actions and accept that he doesn't share your point of view: Your point of view may also contain some mistakes!

Question : Has *everybody* on Earth blockages?

LUKAS : Especially in the civilised *Western countries*, that is to say, it is *very prevalent* in all the industrial nations. People living in harmony with nature encounter these types of energetic BLOCKAGES of the LIFE FORCE hardly ever.

Comment : In this case, one should be pleased if one doesn't meet too many people during one's next incarnation.

LUKAS : One can't really put it like that. If you're incarnated into a group of souls who have reached a high inner spiritual level, then the experience of living in such a community is an extremely joyful one, because all of them *abide by* the divine LAWS. You are still to experience something like that here on Earth and the result of this will be that blockages will not eventuate anymore.

Question : Which of the divine LAWS is the most disobeyed LAW here on Earth?

LUKAS : You disregard all divine LAWS! Have a look at the seven MAJOR COMMANDMENTS and the SEVEN DEMANDS. Read them every day! Also look at our treatises we talked about *at the beginning of our work with this circle*. We reviewed some important and precious themes with you right from the start and this with good reason, because you wouldn't have approached this subject of your own accord. We didn't want to continue with the Menetekel questions, which are so precious and important, at the start of our co-operation, because *you have to work on yourselves first*, otherwise where would you stand?

Question : Can one assume that no human being will be in a position to cross over to the spiritual realm *free of blockages*? The question now arises: Where do these blockages we take along, remain?

LUKAS : *This is an error!* You are certainly in a position to remove your blockages in *this* life. Let somebody help you and do not try to accomplish everything by yourself. Consider that one deals here with *invisible* SPHERES *you* can't see - but we can! The interplay of the colours of your aura and your ethereal body are to us like an open book. We can "read" you and this is a great advantage for you here in this circle. -

If you *don't make use* of this advantage, you'll just have to live with your free, but blocked will. In spite of this, we'll continue to support you, through other avenues available to us. But if you would completely reject our support and would have nothing to do with us - something we believe would never happen - we would have to withdraw and discontinue our indoctrination. But our LOVE would be with you even then and the necessary PROTECTION, the spiritual PROTECTION against negative influences would still be active for you.

- *If a souls returns to the spiritual realm without dissolving its blockages, this VIBRATION will be carried over into the spiritual realm and the soul will be integrated into the appropriate LEVEL of the spiritual realm.*

We like to help you so that you're not integrated into *unpleasant* LEVELS of the spiritual realm. This is the reason for our indoctrinations here and also other places. Everyone should profit by this.

SETHAN : You have certainly the opportunity to stay with yourselves and to look inside of yourselves. You are certainly in a position to recognise what kind of negative VIBRATIONS you have inside your body, which have attached themselves to your ethereal ELEMENTS.

- *You can verify this by reflecting on the day's events before going to bed, on a daily basis, review all the important meetings you had during the day.*

Through the dissolution of NEGATIVE ENERGIES with your thoughts and through the support from our side, *if you ask for help*, we can convert these NEGATIVE ENERGIES into positive ENERGIES. You can practise this so you're able to dissolve old and new blockages, because you *keep* tripping over certain STATUTORY PLANES. The LAWS you contravene and ignore on a daily basis are divine LAWS, because you live in a flow of external reflexes, which block your thoughts in this direction. I deliberately say *block*, because you can't see with your spiritual EYE and your HEART. The NEGATIVE ENERGIES place a smoke screen around you, conditioned by the fact that you're surrounded by the disregard of divine LAWS. These are virtues that befall you repeatedly in your daily drudgery.

- *Please reflect on whether it is possible for you to review your day before going to sleep, mentally and consciously becoming aware of other ENERGIES and other strategies and to learn through this to deal with such LEVELS differently. Consider that you don't just have to perform physical labours here on Earth,*

but you're also here to render spiritual and divine LABOUR. This is a large field, which at the present moment in time is not tilled the way it ought to be.

You have collected a lot of information during these meetings, but only a few amongst you have been able to apply in everyday life. We know how hard it is to pick up the first thread and to consciously deal with these divine LAWS.

You're surrounded by envy, jealousy and by other powerful elements, which partially hinder you from leasing you from negative thoughts. But you have to learn to cross this bridge so these things can't get to you, and to convert these negative ENERGIES into positive ENERGIES.

- *We can only offer our help and we will help you, if you ask us.*

Start by consciously taking this into your day-consciousness, so that you realise that you are not alone but that we are helpers, who will help you at this point in time with the conversions into positive ENERGY.

Participant : I believe I speak on behalf of everyone here, when I ask you to help us with all that we talk about here. We couldn't manage it without your help.

SETHAN : Ask in a *deliberate* way! - Ask with a *genuine inner conviction* and not just superficially and phlegmatically! - Ask in situations where you definitely feel that you are surrounded by ELEMENTS, which do *not* fit altogether within the divine PLAN. We are here and we will guide you. Please remember that you have a free will and that you can decide right here, which direction you want to go.

Question : Would it be better if we would place the discussions about our personal blockages at the end of the dialog on this subject?

SETHAN : We'll concentrate at first on your series of questions, so you have the opportunity to rehearse it, to refine it and eventually to try this out. Pick something at random and try to *consciously* put it into practise in your daytime consciousness. As an example it could be:

- *That you try to consciously surround yourself with LIGHT and to ask for divine LOVE and divine PROTECTION. Do this a number of times during the day.*

This is the first exercise you should carry out until the next meeting. Try to practise the SURROUNDING-YOURSELF-IN LIGHT exercise a number of times every day and incorporate it into your daily routine in such a way that it becomes flesh and blood to you. You'll notice that you'll treat other people *completely differently* and that you'll interact with them *completely differently* also.

Question : Does this equally apply to children and adults?

SETHAN : Children have a *different level* of consciousness. Infants still have access to the spiritual realm. They see ELEMENTS, APPARITIONS of ENTITIES and have a

connection with the DIVINE, which you as adults have completely lost due to the influences of your environment and through the things you learned during your development on Earth. Children are affected by *completely different* influences and as far as their decision making process is concerned, have a different modus operandi. You as adults are subject to your free will, but your mind has partly gained the upper hand in your human way of thinking.

- *A child will first develop its consciousness and the connection to its mind, to receive equations and comparability here on Earth. - An older child has already passed one level of development, before the free will takes over, and it can decide for itself, which way and direction it wants to take.*

Question : How much do old phrases hinder us, phrases like: “I’ll never manage this” or “I’ll never get rid of this illness”. Does this way of thinking set blockages?

SETHAN : These handed down phraseologies, which are flung at the soul *from outside*, can certainly establish blockages later in life. Through repeated experiences made by such a soul and the internalisation of these externally interpreted conclusions, soul, mind and spirit can be influenced. A *self-examination* and correction is not carried out anymore, but everything is accepted, *without* first making sure that it is *really* so. These are phraseologies that lead many souls *astray* on their spiritual journey here on Earth. These souls are entrapped by expressions the environment flings at them. It takes a lot of will power to dissolve and the convert such packages, such blockages.

Question : Does this also apply to self-suggested belief structures?

SETHAN : Every soul has a connection to the spiritual realm -, don’t ever forget this! Every soul can *remove itself from this immolation* and can dynamically go its own way. This is a release for the soul, as if it was loosing its shackles. A soul certainly has the opportunity to annul blockages and to free itself from such negative expressions, dictated by its environment, with the help of divine LAWS. It is as if the human form was occupied by alien souls. It is also possible that alien souls leave a human body and return to their original DOMAIN. Every soul has a connection with divine ENERGIES, enabling them to positively change their life and their outlook.

Question : How do major blockages affect the physical body?

SETHAN : The physical body is *especially vulnerable to damage*, when it is negatively affected by major blockages. The result of this can be a state of disorientation and psychic illnesses, which prevent a total perception with the senses. Just have a look at what happens to a psychically ill person, it is confused and sometimes so disorientated that it is not able to lead a free life in accordance with the WILL of GOD.

Question : Can one assign *certain* illnesses and disagreeable circumstances to blockages? Does cancer for instance develop from an *especially* strong blockage?

SETHAN : All forms of illnesses your body displays have something to do with the behaviour of the person in question here on Earth. It can be about actions, which are connected to divine LAWS, and because they have been transgressed, blockages develop in the energy flow of the physical body, making the physical body ill. But it can also be that these blockages were set by other people and that some type of illness can occur.

It is always dependent on the fact that the *togetherness* - that's why you are here on Earth - is identified by the reality that these forms of injuries emerge *when* divine LAWS were *broken* or *ignored*. This is a process that *doesn't* happen from one day to another, but runs over a longer period of time. But it is important that one differentiates very accurately, whether this was added to the life experience through a solidified blockage or through a karmic connection.

It *isn't always* true that cancer is dependent on whether there is a blockage present in the physical body. It can also be of karmic origin, designed to provide certain processes of dissolution here on Earth. As we mentioned at the beginning, blockages arise when divine LAWS are transgressed. It is always in connection with the divine PLANE and the physical plane.

You are here together to learn to abide by the divine LAWS . But it unfortunately happens quite often that you consider this a heavy burden, because *you don't make it apparent* to yourselves, the effect the power of thought in your interactions with others, really has. You are not familiar enough with your adversary, that you *can perceive* what he sends in his *thoughts* your direction in positive or negative ENERGIES.

- *Envelop yourselves with the divine LIGHT a number of times daily, so you can make contact with your self and so that you don't forget the DIVINE.*

You live in a concoction of time elements here on Earth, which do not exist where we are. You are subjected to completely different situations than we are here in the spiritual realm. You are physically limited and linked to coarseness, which is hard to overcome even through an inner GLOW.

- *Observe yourselves and you'll become aware that you can cleanse and heal yourselves!*

Question : Are there some typical aspects of illnesses that develop through blockages?

SETHAN : As I have mentioned before, typical aspects of illnesses are *psychic diseases*. Your confusion here on Earth is a confusion of your soul, which is on a search to find the TRUTH. Your soul is confused and transfigured, because it *can't find* the way to GOD. The psychological type of illnesses, especially prevalent in the civilised parts of your world, are an indicator that we deal with blockages, which were created through your activities and actions.

- *Psychological type of illnesses always have their origin in the violation of divine LAWS.*

This is why many people hear voices. These voices that want to be noticed so they can communicate with the soul. Because of their spiritual state of confusion, these souls have lost the reality factor in relation to the physical life and move about between INTERMEDIARY PLANES, looking for a chance to gain an insight into the other SPHERES, to then return to their originality and there to continue their journey.

Through your medicinal supplementation, *additional* blockages are created, namely in such a fashion, that the entrance to these SPHERES is barred to such souls. They then find it very hard to come to terms with your normalcy and reality. Just have a look at your drugs and your substance abusers. You all know that you had addictions and relapses in the past- and the spheres you were then acquainted with.

Question : One assumes these days that mental blockages cause disorders in the endocrine system and thereby influence the immune system. Did the acquired immune deficient syndrome AIDS develop in this way?

SETHAN : A weakend immune system is based on psychological blockages, which cannot guarantee the flow between the individual organic planes. Your immune system is a shield, there to send warning signals to your body. It is unfortunate that you don't perceive these original warning signals anymore, because your immune system is already very weak. Because of your low LIFE-FREQUENCY, you're not equipped to perceive this anymore. Through this, deceases like AIDS and more frequently physical ailments are increasingly accelerated and are weakening your body even further, because you are not able to perceive your inner and external world anymore and you can't fathom the effect your thought processes have on your world and especially yourselves.

- *If your immune system were strengthened by your positive way of thinking, micro-organisms like viruses, which are spreading across your planet because of the level of contamination present there, would not stand a chance.*

Because of your negative thoughts, - all of nature on your planet is now subjected to a completely different process and development. Nature is not able to deliver as many healing processes as before, but increasingly delivers more negative processes, namely in the shape of such viruses, which make your body so sick that your soul loses the power to continue existing in your body.

Question : Is it at all possible to lead a life free of *blockages* on Earth or are blockages pre-programmed for all people?

LUKAS : Yes, certainly, it is by all means possible to lead a life free of blockages and this happens when there are no encumbrances present from a previous existence. Not everybody is born with karmic encumbrances, so those blockages appearing at a later date originated in *this* life. Pre-programming, as you call it, would indicate *conscious* programming on the part of the "CREATOR" and his HELPERS, but

believe me, nobody hopes for a life free from blockages for his children more than the FATHER of us all!

Comment : The term “pre-programming” was directed more at the influences from the professional life, private life, etc.

LUKAS : These influences only have an *indirect* impact. It is your free will, *which decides* how you deal with it.

Question : Can one’s upbringing, during childhood or through the general environment one lives in at the time, build blockages, if one doesn’t seem to fit into the scheme of things for instance?

LUKAS : All the aspects you mentioned can initiate blockages. Your childhood is also part of this and in this respect *particularly important*. For an adult, entering the workforce free of blockages for instance, everything works out a lot simpler.

- *People who trigger blockages in others, will have to experience the same blockages in a later life. Consider this: There is compensation for everything! And this is why you have to reconcile all you debts, down to the last cent.*

Question : Accordingly, based on the upbringing I provided as a mother of two, I could have set myself blockages and through this maybe even some karma?

LUKAS : Yes, that’s how it works. Whereby you don’t have to worry too much on this account. Some of the situations you’re familiar with, you could have handled more consequentially, because you *knew exactly*, how things *should* be handled. But at the time you let it pass, realising only later that you had made a mistake. - But life is a school and life lasts eternally, as time in non-existent, not in your *true HOME* anyway.

Question : Can mental blockages be set during the embryonic stage of a child?

LUKAS : Yes, already at this early stage grave mistakes are made. Consider this: The child is emotionally bonded with the mother and therefore mental development is present. Too many mistakes are made because you, as human beings, have no idea of the harm you do. It would be a true blessing if especially you could let your spiritual knowledge flow through your professional everyday life. But unfortunately we have to keep this most important work hidden, because you have proclaimed it taboo and this is the great tragedy of this world!

Question : Does the Church know about the problem of mental blockages?

(TB: Yes, it knows about it.)

LUKAS : The Church certainly knows about these mental blockages, but from our point of view, they are correctly dealt with only in the rarest cases. The leaders of your

Churches are quite often blocked souls themselves and don't even recognise their own misery. I ask you, how can the blind lead the blind?

Question : Who can make us SEE, if the Churches can't do it?

LUKAS : *We can*, the SPIRITUAL WORLD of GOD, with its thousands of HELPERS, here just for your small world.

Question : Are aggressions a sign of mental blockages.

(TB: Yes!)

LUKAS : This can be so, if the aggression is not a characteristic in *itself*. You find it hard to recognise this at times, when a lovable person doesn't recognise his actions under psychic stress. He doesn't know of any other way to help himself and therefore blocks his ENERGIES, which then lead to aggressive discharges. A blockage *can* show itself in this fashion, but *it doesn't have to!* Blockages can quite often be based on the state of an inner consciousness, when for instance someone searches for harmony and peace, but can't find it.

Question : Have human souls, living here on Earth under the present conditions of our society, any chance at all? The standard family doesn't exist anymore, there are only single parent families, stepfamilies and patchwork families left. How can souls guard against this?

(TB: One can do that also.)

LUKAS : Well, this planet is a *higher* school and not a public or primary school anymore. The Earth with all its - from your point of view - *irrational conditions*, make the *final* detachment from the physical possible. This is why the quality of this school can not be estimated highly enough.

How can incarnated souls protect themselves, you ask? Through the publications of your circle for instance, many souls have rediscovered their "joy de vivre" by reading them. People now protect themselves with the knowledge they find in your protocols and also with the knowledge gained from the Berlin Protocols. All of this spiritual knowledge *represents special PROTECTION* for the people of today, in this country and many other countries of your Earth. This inner knowledge represents the only protection, then your Churches offer you very little.

Question : Blockages not only hinder the development of the soul, but the whole person is also restricted because on their blockages here in the physical world and subjected to developments, which don't always run along positive lines. Is there a reciprocal effect between the spirit body and matter in this respect?

LUKAS : One influences the other. You know that *everything constitutes a oneness*. Man is a unit, consisting of a body, spirit and soul and this is why all of these components influence one another reciprocally.

Question : Accordingly, adults can partially protect themselves by reading your considerations, preventing blockages from occurring. But how does this relate to children?

LUKAS : Oh yes, there are people out there who can hardly wait to read the latest of your protocols. The exceptional thing about this is that these people try to consciously integrate the new knowledge into their life, because they recognise the logic in all of this. -

Children suffer from the disadvantage that they are *dependant* on the knowledge of their parents. If the parents are not informed about GOD, HIS CREATION and all its coherencies... (TB: with life) ..., it follows that these children are certainly at a great disadvantage. Just look at the children living on the street and in slums. You yourself have firsthand knowledge about this through the work you do.

- *The most important thing is that children receive a solid spiritual BASIS, so they can weather the storms of life. A tree with long and deep reaching roots is considerably better equipped when exposed to thunder-storms than an atrophied tree, with a hardly distinctive root system. Can you make sense of this?*

Comment : The slogan in the professional work we do is: Everyone would like to be LOVED, whether they're children or grownups. It's always the central theme. What this naturally entails is that one sends out LOVE oneself.

LUKAS : That's correct and this is why you should treat other people and your own children the way you *want to be treated by others*. It's that simple! One can only hope that sometime or other, everybody undertakes the necessary self-examination in this respect, instead of sneaking a glance at others all the time.

Question : While we're assembled here, I would like to ask a question entirely unrelated to our current theme: The well-known German politician *Jürgen Möllemann* died during a parachute jump. Was this suicide or was there somebody else involved?

SETHAN : This particular human soul decided to go a different way here on Earth. He alone *planned this action*. This soul decided to leave planet Earth. It was his free will to do this. He chose a way out to save his family and himself any further mental anguish. This soul is still very much connected to the physical and requires a lot of LOVE and LIGHT from all the people who lovingly remember this soul. This soul requires ENERGY and PROTECTION from you (through prayers) so it can find the PATHS and DOORS leading to the spiritual realm.

Question : What were the difficulties he had to overcome when passing into the spiritual realm?

SETHAN : This human soul hasn't found its way into the spiritual realm. He isn't prepared to leave this planet, this physical plane, *at this stage*, because together with other souls he's trying to intervene with the events presently happening on the political stage.

All of this hinders him from recognising his true task, namely to find a way to liberate himself from the DARK ENVIRONMENT, he finds himself in.

Question : What kind of PROTECTION does he receive from the REGION of LIGHT?

SETHAN : SPIRITUAL ENTITIES, prepared to guide him to the spiritual realm, cannot get close to him at this stage, because his unwilling to listen and perceive whatever the REGION of LIGHT tells him.

Question : We often heard from you that man has a *free will*. But on the other hand we hear: GOD'S WILL be done. How can man have his *free will* under these circumstances?

SETHAN : Your free will *is* GOD'S WILL and therefore you must look at this as an alliance and not as separate entities.

- *GOD'S WILL is the free will he has given you. It's a GIFT from GOD, allowing you the freedom of choice and therewith a large number of possible choices. You all carry the WILL of GOD within you.*

This WILL of GOD is identified by *free will*, leaving a soul the choice to decide *which* development it wants to claim for itself mentally and as a human being on the physical plane. Free will is *a part* of GOD and consequently GOD'S WILL, will be done, because HE has handed this part of HIM to you. It's an alliance, which is safeguarded by the fact that your soul is absolutely in a position *to recognise* this alliance and in spite of this, may chose its *own* development.

Question : Can man's free will be verified?

SETHAN : One can certainly and very accurately verify free will. Everyone knows that there are rules and regulations. It really starts with really simple things: One knows for instance that one should drive at 30km/h only in a traffic-calming zone. Many drive *faster*. Free will is mirrored here also, just to mention a small example. Everyone knows that because of common sense and the rules your legislators have put in place, one *should* respect this speed limit. But *you decide to ignore* this law.

Free will can be found on many planes and it's many facetted. Free will contains logic and the mind and is related to these elements. Free will is *not* a freely floating element, that in regards to the soul and thereby freedom, is denoted differently depending on whether one is rich or poor at the time. It's a complete misunderstanding if one thinks that one can extricate oneself through it from incriminating situations.

Free will always includes a *variety of choices* everybody has been given and is not determined by an inner perseverance, because you as human being, with the help of your consciousness and your mind, are in a position *to effect changes in your life*. But you shy away from going different ways, because you're stuck in a system. This in itself act as a blockage, because you're not ready to journey *other ways* or *other planes*.

Question : According to this, the joy de vivre and the quality of life are obviously and decisively dependent on mental attitude and one's self-image. One can therefore only advice everyone to *be open to* new information and changes, then all of this results in more movement, success, health and above all contentedness and it doesn't create any mental blockages. Is this correct?

SETHAN : That's how it is. Life always moves in waves, that is to say, you are continuously in motion. But this movement is not the movement of your physical frame, but refers to the fact that you're constantly moving in your *whole development*. There is no standing still for you! Because your brain, your mind and your thoughts are in a mobile state and are working continuously, you are also developing further.

There is no rigidness for you! For example even *autistic children* progress continuously in their development. What is important is that you recognise in critical situations, which tend to bring confusion into your lives, that it is always important to see *the positive in it*, so your advancement can progress. Many people come to a halt and feel sorry for themselves and don't recognise that *this is also* one process of growing, namely for the soul and for physical life. And this is where the danger springs from, many people can't make themselves consciously aware that everything they're confronted with, has a reason and fulfils a purpose.

- *Be more aware of your existence and your daily life and you'll recognise just how many opportunities you have for further development in a lot of areas.*

Question : If someone has build up blockages over a period of many lives and more are added all the time, is such a person actually viable?

SETHAN : Such a soul has to live an earthly existence under the *most severe conditions*. These souls are karmically bonded with their blockages, that is to say, that such a soul experiences here on Earth a fate - I deliberately say fate - , which is thought to be a very heavy burden by others. These souls carry a very heavy burden due to the *restriction* of their free will, mental development, mind, spirit and consciousness, so that they're not able to externalise these elements during their life on Earth. This means that these souls are often trapped within a body, which *detains* them and thereby stops their self-development from taking place. This serves a specific purpose, these souls will externalise a lot of LOVE and WARMTH towards others, but they will be hindered in the external development of their free will and their own mental development.

Participant : You mentioned that these souls are trapped within a body that *detains* them and that their self-development cannot take place. - One of your previous answers mentions that our mind, our thoughts, are *permanently* active and in a mobile state, allowing us further development. Apart from that you mentioned that there was *no standing still* for us, and that even autistic children continue to make progress in their development. There seems to be a contradiction here.

SETHAN : There is no contradiction here. The first example was in relation to souls, who find themselves in a body that is not viable, that is to say, *physically* and *mentally handicapped* people, whose soul is embedded in such a body. They are not prepared to externally perceive this human plane of development. These souls undergo an *inner development*, identified by the fact that they can't *externalise* any negative thoughts, nothing negative altogether really. The soul has to *depend* on the help, LOVE and support of *others* so it can exist on your plane of existence. Such a soul learns to recognise and accept humility and divine LOVE. A large portion of its blockages is removed through this. All of this means that these blocked souls, based on the behaviour *from outside*, progress completely differently and therefore their soul undergoes a *completely different* development.

Question : Does it help to simply *express* a personal problem and to *admit* that one is suffering because of it, to dissolve the associated blockage?

SETHAN : The self-realisation, that one has broken a divine LAW in relation with a fellow human being and by expressing this in thought and also verbally, can dissolve existing blockages. These blockages will find it very hard to re-establish themselves later.

- *If you're consciously intend on applying a divine LAW, one you have stumbled over repeatedly and you recognise that it's exactly this divine LAW that you have permanently infringed upon it in the past, you can affect the dissolution of the blockage, by consciously accepting this LAW.*

This demands that you ask the CREATOR and also those ENTITIES who accompany you and help you in particular situations, *for forgiveness*, so that you can recognise when such negative thought-impulses occur. You'll find that this is a TRAINING PROGRAM, and that you become ever more sensible to certain personal expressions and recognise then that they can completely disappear from your thoughts.

Question : Consequently, we don't necessarily need a worldly therapist to dissolve blockages?

SETHAN : You can carry this out yourselves. You are divine beings, equipped with a free will and with your *own* HEALING ENERGIES within you. Once you have *become aware*, that a blockage is the cause of your ill health and you realise *which* divine LAW lies hidden behind this and triggered this, you are certainly in a position to dissolve the blockage *on your own*.

Question : Does this have to happen at a specific time or is this possible at any time?

SETHAN : To be able to dissolve a blockage, the realisation that a blockage actually exists must be present. Many people find a blockage is not really a complaint and they don't use this inner signal to question the hidden meaning of it. Only once an illness rears its head do they eventually ask themselves, what could be the cause of this illness. Blockages take a long time before they become physically apparent.

- *Blockages can only be dissolved when mind and soul, that is to say, the person in question is ready to rid itself of this scourge and to consciously deal with the situation and the inner conflict. This means changes in the life of the particular person who wants to dissolve its blockages.*

But you know that it's very hard to leave one's present route and to go on a *new* path. It brings fears and insecurities, which hinder people from dissolving their *self-inflicted* blockages. Blockages can't be dissolved by a medicinal pill or by other medication that must be swallowed. Blockages need a *conscious* dissolution of patterns in an area of your life that needs change, that is to say, to become more familiar with *other points of view* and to apply the divine LAWS on *oneself*. This naturally entails a lot of work and this is why many people don't understand why they should expend a lot of time and effort to do this.

Question : To what degree does a *fanatical* attitude on any subject build up blockages?

SETHAN : Fanaticism is a high-grade source of danger in your education here on Earth. Fanaticism has caused a lot, a whole lot of mischief and is a source of energy for the NEGATIVE. Fanatics triggered many wars. A lot of mischief, fear, hardship and insecurity developed because of fanatical attitudes. Access to the soul is blocked by such tactics, because fanaticism is *diagonally opposed* to what a soul needs in LIFE ENERGY. Fanatic thoughts can encapsulate a soul and stop it from emanating light.

- *Fanaticism destroys LIFE ENERGY, because NEGATIVE VIBRATIONS, which in turn block the LIFE ENERGY to the heart and soul, control it. Fanaticism can develop these blockages.*

Question : There are people who have a feeling that there is something completely amiss with them. Because of this, they put relationships at risk, relationships that are very important to them. What's the cause of this and is this type of behaviour connected to blockages?

SETHAN : Misbehaviour is a characteristic you people here on Earth master very well. I hope that some of you assembled at this table remember when and where they have also been guilty of doing so. Human action is subjected to these erroneous decisions. Consider this: You are here to *learn*. You *are allowed* to make mistakes here on Earth.

- *What is of great importance is that these transgressions are not psychologically directed to hurt other people or to exercise control over them!*

There are transgression, which happen *spontaneously* and where the spontaneous human soul suffers from worries and fears over their actions. In a case like that, one can also make a mental *apology* on a soul level. - Members of this circle also make mistakes and this is only natural. You are also here on Earth to go on your journey in a divine sense, but be prepared to travel on rocky roads too.

Question : Can the manipulation of the chakras also serve to recognise and dissolve blockages?

LUKAS : Working with chakras *primarily* serves to open up the energetic funnels of your spiritual BODY, respectively, make them resonate at a VIBRATORY LEVEL that makes the flow of ENERGY possible. That's the important thing for the time being, so that you can live a life free of *blocked chakras*. - The *spiritual and mental blockages* you've touched upon have to be recognised first. Any further effort is a task, which has to be carried out *by the one with the blockages*.

- *It is not enough just to work with chakras so one can get rid of blockages. Working with chakras can and should be carried out in conjunction, when dealing with blockages.*

Working with chakras is not a panacea that releases and removes blockages. Quite often your chakras *are not yet fully developed* and in spite of that, they must not necessarily be blocked. These are two different things, they may communicate with each other, but they have to be treated separately.

Question : But what if a chakra is not able to function at all?

LUKAS : This is also a blockage, but not one of those we are presently discussing.

Question : Can possessions by alien spiritual entities, which have taken control of someone, lead to blockages?

(TB: Yes.)

LUKAS : This is something of a completely different nature and apart from that, a *very important question*. It is by all means possible that an alien ENTITY, who endeavours to spiritually influence someone, will also influence his energetic BODY. In an extreme case, it can happen that an alien soul separates the original soul from its body to such an extent, that a permanent connection with the alien ENTITY is made possible and that it won't allow the original soul, because of its weakness, to become active anymore. It's important that something like that *is recognised* and most importantly, *correctly treated*.

The neurologist *Dr. Wickland* was one of those people who could accomplish something like this amongst other things and he had great success with it. If he was able to talk the ENTITY into leaving the body it illegally occupied, the original soul again had control of its body and all the old blockages returned straight away, because blockages are present *within the body of the soul*. The alien soul has its *own blockage* and the original *its own* - therefore individually different ones. In spite of this, a possession can be looked upon as a blockage. But it's a *different kind* and not one we talk about within our theme.

Question : Is it possible to medically dissolve mental blockages, with the help of natural healing products?

LUKAS : No, because blockages are pure and simple a psychic problem. The only thing that eventually might help is *a damping of one's own intellect*. This already takes place when the one concerned recognises that he is challenged and that he has to act. The blocked person must dampen an intellect, which quite often interferes and dismisses everything as nonsense and insists that there are no mental blockages present. Such an intellect must be damped before treatment can begin. But this doesn't happen very often then once someone has come to the conclusion that treatment is in order, he'll grasp the HELPING HAND offered by the spiritual realm *on its own accord*, while the case I mentioned at the beginning doesn't often realise this and therefore cannot recognise blockages.

Question : You often talk of "becoming conscious" of a blockage. Do you refer to the mind that has to be transformed onto a completely different *level of discernment*?

LUKAS : Yes, that's very important. The mind, respectively your intellect, must accept that something must be done, so that everything moves forward again. The soul is naturally the first to recognise this, then after all *it's* blocked and restricted in its activity, respectively in its connection with the physical body. But the intellect doesn't consider this important and often repudiates the existence of the soul completely. How can someone recognise a blockage under these circumstances?

Participant : We appreciate your willingness to assist us in working out our private blockages.

EUPHENIUS : We are happy that we are able to experience this *phase of realisation* with you. Be assured that you are supported and guarded by the many souls, who are at your side. You're embedded in LIGHT and you're protected and guarded on all of your day to day levels. You are able to communicate with us, even if it's only for short mental dialogues. We'll always lend you our ears and we'll support you through all the processes you're passing through. We are happy to be COMPANIONS to your small circle here. We wish you excellent success and are looking forward to future gatherings.

Comment : I believe that all of us here have mental blockages. You often indicated our existing blockages during our Christmas meeting, but we weren't readily aware of them and therefore couldn't work with our blockages at the time.

LUKAS : Generally speaking, you are correct. Yes, we have quite often given you hints, sometimes you had to read between the lines and sometimes it was done quite openly, but you will only recognise these hints, if you pick up your protocols *repeatedly* and *read them attentively*. We have mentioned this to you quite often. But you don't always do the things we suggest to you in friendship even though we know exactly what you are lacking. You treat these things very roughly instead of proceeding with more *precision*. If you would treat your daily work like that, you would have lost your job long ago.

It is a great problem for us to get the human mind to accept all of this, then we are only in a few cases successful. The situation your planet is in mirrors this. It's quite

comical for us to observe the way you *get caught up* in your daily work and thereby *forget* the MOST IMPORTANT. You'll have to learn to live *in both worlds*!

Question : May I put a question about a current topic? It was unfortunate that our medical know-how failed when they tried to separate the twins *Ladan* and *Laleh* in Singapore. How is it even possible that two souls can find room enough in such a physical body?

SETHAN : Both bodies were individually occupied by *one soul*. The amalgamation of the bodies had the effect that the brains and the layers that are externally visible, connected with each other. From a mental point of view, either body had a *different* soul. This was made very apparent by the fact that both souls were absolutely aware that the medical intervention could bring positive results, but could also be fatal.

Both souls were GUIDED and had an inner conviction that they could continue their journey in the spiritual realm after their separation. Both souls were prepared to take this risk and are now together on PLANES, where they can developed the beauty of their individuality to complete consciousness.

Question : Is there a karmic reason for these kind of conjoint creations or are they just a “freak of nature”?

SETHAN : This is happening on a genetic level and it always ensues that souls with a karmic tie incarnate into bodies like that. These bodies are always claimed by souls that are conscious of the suffering they have to endure here on Earth. But this also offers an opportunity for further development in a different spiritual direction here on Earth.

Question : You once told us that the soul of a child synthesizes its physical body during pregnancy. If this is the case, the conjoining of the deceased Siamese twins can't have been a freak of nature?

SETHAN : The so-called “freak of nature” was only the fact that the ova of the mother were genetically interwoven with each other. Suggesting that the cell walls were not completely sealed so that the two ovarian souls amalgamated. A genetic effect based on a miss-programming of the cellular make-up.

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Case study no. 1 of a blockage (Automatic writing medium: Male)

SETHAN : GREETINGS IN THE NAME OF GOD! This is SETHAN speaking. I welcome you to the meeting tonight. We would also like to give you our LOVE in conjunction with the divine LOVE, which is within you and is distributed by you to everyone you're in contact with and you would like to send your LOVE to in thought. We therefore strive to make sure that this LOVE continues to grow within

you and that this LOVE will one day become so grand, that it will become especially important for the divine and also for all the people on Earth.

It's unfortunate that the Church is not the place where divine LOVE can be expressed this intensely. The Church is subject to *their own scripted* rules and regulations, which are *not solely* shaped by *divine* CONDITIONS *anymore*. The Church is misguided and misgoverned and this by negative ENERGIES, which find fertile ground with many churchgoing people and it produces externally visible negative VIBRATIONS. We regret that you have no leaders here on Earth, which work in a *DIVINE SENSE* and proclaim HIS WORD. We hope and rely on the work done by circles like your's here, so the truthfulness of the CREATOR can find external expression. Please ask your questions.

Participant : I will now start with the questions about my *personal* blockages. Is this all right with you?

SETHAN : We thank you my friend, for the courage you show in seeing a possibility within this circle to treat your blockages. We will start with you unless there are questions from the other participants, which might be of importance in regards to the protocol. Otherwise we'll begin now, to a degree, to open your eyes to the SPIRITUAL WORLD. We hope that our information will assist your consciousness and your mind to vibrate in unison, so you become aware that all of this intertwines to *release* you from encumbrances.

- *You have the opportunity to recognise this, but unfortunately you don't make the most of these chances, because you are partially blind in this respect and you don't respect and accept this true COMPONENT of your earthly existence.*

We'll now begin with this second stage and hope that we will be successful in opening your third eye, so you'll have the opportunity to journey on a PATH of LIGHT here on Earth.

Participant : I have been thinking about my mental blockages during last week and come to the conclusion that there are not too many blockages present. Well, I seem to arrive at the same result all the time.

SETHAN : What is important is that you consciously *know* here and now that blockages *have* developed and you *feel* that they *interfere* with your daily interaction with the people around you and those you encounter and that you realise that something *isn't* proceeding along divine LINES.

Participant : I can say the following in regards to this: My childhood was very nice and completely without problems. The same applies to the period of my professional education - come to think of it, until now. At any rate I didn't register any reactions when I mentally retraced this time period. In spite of this, I still detected two blockages:

- The first blockage is connected with the former *Medialen Forschungskreis Schwabenberg*, which I was the protocol master of during the years 1983-90. Incidences happened between former members of the circle, which ended up in court. The whole disharmonious situation affected me very deeply.
- A further small blockage developed when financial transactions went wrong, because in various branches of a well-known German Bank, people in leading positions were perpetrating financial fraud, something the investors couldn't foresee.

When reviewing the situations I was under the impression that the *first* blockage was the *more significant* of the two. What can you tell me about those conclusions?

SETHAN : The first and the second blockage *are related to each other*, but in a completely different way. It's important in your case that you give your forgiveness to these souls you've encountered with divine LOVE and this in a divine sense and with LOVE.

- *Forgiveness is a part of divinity! - Your inability to forgive blocks you at this stage in your relationships, it takes affectionate thoughts associated with divine LOVE to make it all flow again. Your divine LOVE is disturbed because of this blockage and you're hindered from giving it and letting it flow openly and faithfully to other people. Forgiveness is the topic you have to deal with and where you have to decide if there is an opportunity to brake up and abolish this blockage.*

Question : Only just recently I limited the contact with my colleagues from work, because they started to harass newly appointed colleagues and others also. I generally don't want anything to do with these kinds of people. - Whether this is the effect of a blockage or whether I have acquired a new blockage through this, I can't assess. What is the answer here?

SETHAN : This is only a fringe area, where *no blockage of any kind* has developed for you. The irritation has developed because of the *first mentioned* grievance, which has been thrust at you on a mental level. The ensuing mental injury had the result that you had become *very introverted* and found an inner way to deal with it, which was really different from what you had in mind. You are now beginning to walk the divine path, but because this old burden is still present, it hinders you from giving the divine entities around you open and free access.

Question : Have I missed other blockages? If I have, could you please indicate them to me, as I can't make any progress on my own.

SETHAN : What is important is that you have recognised *this* blockage. The question now arises whether you're ready to *confront* this blockage *now* and to tackle it by taking the first step in the right direction?

Participant : Yes, I would gladly like to do so. What is going to happen next?

SETHAN : We would like you to perform a meditation with this group along the usual timeframe (about 20 min.) and that during this meditation, you *visually* draw towards you *all* human beings you should ask for forgiveness and that you *ask their*

forgiveness in the name of GOD and that you forgive them also, so that they can go their way in divine LOVE. Only by forgiving yourself, can you forgive others. This is always linked together. These ENERGIES always return to you.

To forgive is an important deed, assisting acceptance into the brotherhood and divinity. Give *each* of these people *visually* a *divine GIFT*. Give thanks for the opportunity to have met them and the fact that you can now freely say goodbye to them. - Before every meeting, our medium visualises a VORTEX of LIGHT in the midst of your circle.² We would now like to ask you to lead every one of these people individually into this divine LIGHT and to forgive them. And don't forget to *forgive yourself also* for all that has eventuated between you.

Be mindful that you really *don't forget one single person!* Be also mindful that really *all* souls who have injured you and made you suffer in any way here on Earth, are *all actually* present in your visualisation. There can also be souls there, who already reside in the SPIRITUAL REALM and are therefore not present here with you.

Take your time when meditating and be aware that you *really* allow *every* soul enough free space so that they can mentally contact you and impart a few words or messages to you. We hope that you could dissolve a number of issues after the meditation and during our farewell.

Interjection : You say that *I* should ask these souls for forgiveness. I can't imagine what I could have done to them. On the contrary! *I'm the victim here* and I'm not aware of any guilt.

SETHAN : It's not that you have done something, but the fact remains that there was a negative feedback to you. Bitterness, anger, sadness, fears and an inner *mental* devastation emanated from you towards *these souls* and *was sent by you*. These are the things you have to free yourself from. These are elements that don't belong to you but belong to the DARK PLANE. Convert this DARK PLANE into BRIGHTNESS!

Question : Just when should this meditation be held?

SETHAN : We would like to assist this meditation *here* and *now*. Our medium will be very close to you and will endeavour to give you IMPULSES, to find out whether there is a soul somewhere that you could have overlooked.

Question : Is my personal analyses correct or have I missed something?

SETHAN : For the moment, these are the *major elements*, which hinder your mental development here on Earth, I didn't want to use the word "block", they also hinder you from freely approaching other people, to incorporate them into divinity and to meet them as divine entities. These are the reasons that the obstacles still obstruct

² Mentally released human souls should be discharged into this VORTEXT of LIGHT, so this intellectually hindering connection can finally be severed,

you. You are surrounded by all of these old vulnerabilities and by the mental anguish you felt.

Participant : That's right. The experiences resurface under certain circumstances and this after 13 years. But there are not only negative things to report from that time. It was only a few members that plainly showed their true colours, because of their mental instability and insensibility. It was unfortunate that especially the mediums were involved. During all those years as a protocol master, I have learned a great deal from the SPIRITUAL GUIDES. I believe that one has to separate the negative human traits from the positive SPIRITUAL WORLD. The subject matter is good, but it always fails because of human nature!

SETHAN : It is important that you separate this *very accurately!* You know that all your lives here on Earth are important experiences for you, helping you to find your way here in this physical world. But be mindful that the equilibrium and the scales of your *humane* and your *mental* development are balanced.

Question : You mentioned that the blockages I found were the "major elements". Accordingly there must be others?

SETHAN : There are only small blockages present at this time and it's our greatest wish that you'll recognise, *with the help of your third eye, which* are the ones. These are very easy for you to clean up

Question : Should we start with this meditation right away?

SETHAN : If you were agreeable, we would like to *use this as a first platform*, to give you the knowledge and also as an acknowledgement for the other members of the circle.

Question : Will just one meditation be enough?

SETHAN : Experience this for yourself first and then decide whether meditation gives you the opportunity to see this level mentally more clearly. Make use of this opportunity so you can *get a feeling for this*, enabling you to approach other human souls *on a completely different level*, to receive them lovingly, to respect and accept them as a part of you, to then let them go into divinity.

Participant : Many thanks for your words and for your infinite patience.

(After the 20 min. meditation was over the MESSENGER of LIGHT reported back)

SETHAN : Dear children of GOD, this is SETHAN speaking. Please close your chakras! You're gathered here in a circle where you start to look at your own mental existence, thereby learning all about your own LEVELS so that you're able to affect changes in your lives. We will accompany you on this journey, because change is important for gaining the next level that is on the agenda for planet Earth. We will assist you and are very pleased that we may journey this path with you. We hope

that you're successful in dealing with situations *more consciously* and that you recognise that similar situations have transpired many times before.

This knowledge will strengthen you so that you can deal with these emotional levels *differently* and *more consciously* the next time. We will support you and be at your side to help you, so that you can resolve this problem here and now. We hope that this experiment gives you self-knowledge so that you can find yourself and intensify the contact with your inner self along these lines.

My dear friend, please change places with our medium. Verify the information. We'll continue to be with you this evening and we'll give you the power and the courage to journey along this new path. We hope that all of you will journey on this PATH of LIGHT and that you recognise that all of you carry the same CONNECTIONS within you, namely the divine SPARK that unites you all.

- Medium : There is *still another blockage* present that you should take into account and it has to do with the death of your mother. This has just been relayed to me. Could it be that you couldn't forgive your mother for dying so early, leaving you when you were just an adolescent? - Did you send negative thoughts to her because of this?
- Participant : What you just mentioned astonishes me. I've completely forgotten about this. - No, I didn't send any negative thoughts to my mother at that time. The situation was different: Shortly after her death I sat alone in my room crying and - I must say in my youthful ignorance- mentally attacked and cursed GOD and called out to HIM in a loud voice saying that I hated HIM for taking my mother (48 years old) away from me. This progressed even further, to a point where I questioned the existence of GOD altogether. This happened at that time because of my youthful stupidity and ignorance and I'm still very sorry about this. I don't know whether this derailment can be rectified at all.
- SETHAN : This is one point of reference that will aide you in *broadening* your perspective and also help you to recognise that you will make your mistakes here on Earth and that you're *not* here to do everything absolutely *perfectly*. You are here and you're allowed to make mistakes. There is nothing wrong with it. Because of your *new knowledge* and through your LOVE for GOD, for your mother and all the people around you, what you just mentioned is only a very small item and it will not tip your life's scales unfavourably.
- Participant : I don't know how I can resolve this derailment in a meditation.
- SETHAN : It has already come to a dissolution because you have the knowledge and the tip-off you received made you think about it, you realised that this had been hidden within you and you already apologised for it.
- Participant : Thank you.
- Question : Every child creates a bond of contrasting qualities with its parents when very young. Can one call these contrasting qualities blockages?

- LUKAS : No, they are not blockages in that sense. These little souls are not able to activate their carried over blockages and certainly not able to set new ones; this will begin with advancing years, when the mind starts to increasingly dominate. Only then will the time for blockages begin for the children too and they will end up with the kind of problems we discussed during past meetings. Speaking about the mental level, early childhood is an age for consolidation.³
- Question : Is it true then that blockages are only consciously set or dissolved once the human mind has developed?
- LUKAS : When the necessary awareness is present, that is to say, when the mind is fully aware of the physical plane and its inhabitants, that happens at around the age of 14.
- Interjection : I have always assumed that children could build up blockages at the age of three or four?!
- LUKAS : No, that's not the way it is. The soul has full access to its physical body only at about the age of 14 years, because the necessary power of reasoning to set blockages is only present around that age.
It is true that the soul of a child can be severely damaged early in life, that is to say, even before its birth into a physical garment, but this doesn't have to be in connection with blockages. These are mental damages, which could trigger or induce a blockage later on more easily, but blockages are not developed at this early stage.
- Question : Children learn from adults. But the necessary relational level must be developed first so that the children can learn. There are enough inter-relationally disturbed children, which suffer from this inter-relational disturbance throughout their lives and will never be rid of it. Some will have to work therapeutically at it to be able to get rid of it at all. What's the classification for this on your side?
- LUKAS : Suffering from fear for instance, fear when the child observes the father hitting the mother and the child. These kinds of fears can lead to a change of personality.
- Question : According to this, the lack of ability to bond with others is a mental disorder, set during childhood and has nothing to do with blockages?
- LUKAS : Yes, that's right.
- Question : Are we as human beings or as souls of children actually in a position to enter into relationships of different qualities during our lifetime, if we lag behind in our development for instance or at the age of 14, if we become consciously aware and we could possibly organise this differently?

³ This means to secure and fasten the existence of the soul within the physical body. Only after around the age of 14 years gains the soul complete control of the physical body.

- LUKAS : Well, it varies. GENERALLY speaking, every soul is equipped with all the FACULTIES to master all the turmoil life offers right from the beginning. No soul has within itself more energy than any other soul. The CONFIGURATION is the same. But the level of impairment varies because of different environmental conditions, they are the factors that sculpt the soul. It very much depends on how and by whom the soul is guided, so it can find its way back on an even path to its INNER SELF.
- Question : Should one separate these flawed children from their parents or does one deprive them of the chance to confront their aggressor?
- LUKAS : The ability to recognise this my dear friend is what defines a good social worker, exactly the same as a midwife or a doctor should be able to assess the condition of a newborn baby. It's important that these people can recognise what actions must be taken, practical experience and the important realisation that such a small child might already be a flawed personality are of great help here, then there is more to this small person than its genes can tell you about.
- Question : Is the age of 14 the start of the eventual separation from the parents?
- LUKAS : Yes, one can put it like that. The "separation" should start at about the age of 14, it is naturally individually different and depends heavily on the upbringing up to that stage. Your son will also be successful. He might have been a little overprotected and shielded from the outside world.
- Question : Where does the karmic connection fit into the problems of these emotionally disturbed families?
- LUKAS : Well, karmic connections are certainly present there. But you can't fathom those anyway and that's why they operate automatically in the background. But this automation doesn't necessarily designate an automatic dissolution of karmic ties. That's not how this works. - We will answer this question for you with the help of a GUEST that has just announced himself. Once you have dealt with your acknowledged blockages, we will clarify your karmic encumbrance with the help of our GUEST.
- Question : What do the available healing processes for a soul look like, if it has been harmed during childhood, because its parent have given it so little substance? The BASIC spiritual KNOWLEDGE is truly present within, but is has to be found, strengthened and stabilised first.
- LUKAS : A soul can't be destroyed. That's impossible! It ca only deviate from its stable inner path or to put it another way: The stable BASIS that underlies everything was taken away from it. And if this BASIS is missing, the children become headstrong and stubborn while others back off and become introverted. These are all indications that something mental is amiss. You can recognise distresses like that during the phase of their juvenile adjustment period you call "puberty". But puberty is a natural occurrence and has nothing to do with what you mentioned before.

Question : Who is the GUEST that announced himself?

LUKAS : It's a BEING of LIGHT who will be in charge of this important work with the help of SETHAN. I will not beat SETHAN to it and name this guest already, then he would like to do so himself. This GUEST will only be present once your personal work is done, that is to say, after every one of you have done their homework and recognise their own blockages. We can't do this part for you. The teachers in your own schools never deliver the solutions to school projects. - Please understand this! You undertake this endeavour not for us but *for yourself*, even if it's unpleasant! We are, plain and simple, just your ATTENDANTS and you tell us whatever you want to tell us. We then confirm if it's compatible with the divine PLAN. I believe you have understood this.

Question : How is this going to be managed?

LUKAS : We have already told you how. Please read your protocols again, otherwise this evening will be crammed full with automatic writing.

Participant : I would like to report that the method to dissolve my mental blockages suggested by you and carried out by me, *functioned extremely well*. This is an excellent opportunity for me to get rid of my blockages through my own initiative.

SETHAN : Mental blockages do not just contain the part we have dealt with here. It's just the *first* step, *a beginning* and that's what it's all about. To apply the method, you'll have to take any further steps by yourself. The method isn't necessarily applicable to everybody. Visualisation is one possibility to make oneself consciously aware and to accomplish dissolutions of the things NEGATIVE ENERGIES have caused within your soul. This means *reconciliation with yourself*, *learning to forgive* and to be able to accept others with LOVE and also allowing them to proceed without the interference of negative thoughts. Negative thoughts have cramped and poisoned your soul. This was the *first* step and you have the opportunity to continue along this journey and to work it out.

Participant : I can feel the effects and also that it works. I was astonished how well it works. I thank you for this!

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SETHAN : GREETINGS IN THE NAME OF GOD AND PEACE ACROSS ALL FRONTIERS! This is SETHAN speaking. We greet you in the name of GOD and with the harmony of the universe. The spiritual PROTECTION is adequate, but we need more time to assimilate your VIBRATIONS with ours. The long interval made it difficult to work with you individually in such a way that the VIBRATIONS intertwined and harmonised with ours. Please be patient. We'll build on this during tonight's meeting.

We are supported by the many souls assembled here, they also support you this evening, giving you the security so you have an opportunity to open up to the invisible SPHERES who's VIBRATIONS can only be detected if you are in harmony within yourself. We hope that this evening offers every one of you the opportunity to recognise yourself and the opportunity for your soul to develop further.

Participant : We have a letter from a Turkish reader here. He writes that he spend some time at the Black Sea Coast near the town of Düzce, where four years ago a severe earthquake struck and many thousands of people lost their life. Can you give us some information about this? The letter goes on to say:

“ I still saw a lot of debris of collapsed houses. My in-laws live about 20 km from this place. It was very fortunate that the ground where my in-laws live is solid rock. According to some reports, many people saw a huge fireball flying at great speed from the Black Sea towards Düzce, where it disappeared shortly before the earthquake.

I asked others if they had also observed this event and all acknowledged this. The village my in-laws live in was brightly lit up when the fireball flew over it. It was as bright as day. The inhabitants can't remember if there was heat or other consequence in regards to the fireball, which is quite understandable under the panic stricken circumstances. But something that is repeated over again is that this fireball “*split the sky in half*” and that shortly after, the earth began to shake. There was no mention of that in the media. -

I now ask myself if this fireball could have been “methane gas” that escaped from a fissure in the earth or did the inhabitants of the area see a spaceship? - The second question is: is this was the same kind of event as all those years ago in “Sodom” and Gomorrah”, when the SANTINER flew over these cities at great speed and thereby caused the earthquake?”

SETHAN : There is a SANTINER present who gives us the information that this fireball was a spaceship of the SANTINER. This spaceship was there to absorb energetic vibrations of the earth so that an even greater destruction by the quake was prevented. This earthquake was caused by an inner tremor, brought about by developing subterranean gases.

The SANTINER made themselves visible so that they could protect the other villages from the effects of the quake. It was a divine intervention, under orders from GOD, to give you an opportunity to have faith and to realise that HELP from other ENTITIES is possible and is also forthcoming.

It's unfortunate that the effects now happening on your home planet, with increasing magnitude, could not be completely intercepted by the SANTINER. Your Earth is subjected to heavy stress and has now arrived at a stage, where it must protect and change itself. *A new age of development* has now come into play.

Interjection : In spite of that, many people lost their life and the ball of fire wasn't recognised as a spaceship, but could have been a meteor instead.

SETHAN : What is a fact is that this so-called fireball was the energy centre, which was charged with the vibrations present, to then release them into other spheres.

Question : How can the residents of the area believe in a divine intervention, when so many people lost their life during this earthquake?

TAI SHIIN : This earthquake was provoked by human mischievousness. *You're the actuators* of what happened in Turkey. It was *not* a divine occurrence or even premeditated by GOD, but it was brought about by egotism and transgressions based on false doctrine, which you continue to inflict on Mother Earth.

We were given this MISSION by GOD to help there and to collect those human souls, which were about to journey back home to the spiritual realm. We led these souls so that they could find their way home into the spiritual realm and go towards the LIGHT. - This was not preventable through GOD'S ORDINATION, because you have *caused* this quake *yourselves*. The CREATOR *didn't* want this earthquake *to happen* and certainly didn't initiate it to trigger a tragedy here on Earth.

Question : Maybe thousands more would have perished if you had *not* intervened. But that can't be verified. - Why didn't the spaceship come sooner so even more damage could be avoided?

TAI SHIIN : We are also subjected to the messages we receive from the divine PLANES. We are only allowed to do what is transmitted to us as our MISSION of GOD. We are not the ones who make the decisions to interfere in your worldly affairs and your free will. We are not allowed to change the history of your world! The people on Earth are the ones *who can do so* and are entitled to contrive this here on Earth.

Question : But how can these people find faith and the realisation that help from other ENTITIES is possible, if information is withheld?

TAI SHIIN : Information finds in way into the world out there and the letters you're reading, deal with this theme and give you the opportunity to ask the questions here, are proof of that. This will draw a wide circle and spread information so that the souls there can also go on the journey and make contact with DIVINE ENTITIES. You're all in a position to develop your own psychic abilities and to show the way in GOD'S direction. -

All of you here in this circle are the ones who have undertaken this journey and you are now the ones who *prepare* the way for others, so that they take courage and begin to believe that there are HIGHER ENTITIES. They will then carry on under their own responsibility - and you'll recognise that you're a building block, helping to spread the WAVES to the outside. These WAVES are channelled by ENTITIES, which support and guide these souls. There are also souls in Turkey who undertake this journey.

- Question : Wouldn't it have been better, if the spaceship could have been seen in its original shape and size?
- TAI SHIIN : This would have been too terrifying, as the spaceship would have taken over a gigantic area, which would have caused an *even greater crisis*. The belief in GOD, the belief in spiritual ENTITIES and the belief in HELP from other stars hasn't spread quite far enough. A panic would have ensued and many souls who wouldn't have come to terms with this spectacle, would have been at a crisis point, because there are many sceptics and thinkers here on Earth who consider all of this as absurd.
- Question : What was SETHAN talking about when he mentioned a new age of evolution, that was about to start?
- TAI SHIIN : You are on your way to glide into a completely different dimension. The Earth is about to occupy a new dimension, making a leap into a completely different PLANE of VIBRATION. Over the next few years, you'll will realise and comprehend what is really hidden behind this divine movement.
- Participant : We thank you for your answers.
- Participant : As far as my blockage is concerned, which I was able to recognise with the help of your method, I would like to continue the *commenced* process of dissolution the way you have suggested. I have a feeling that I will be successful through this approach.
- SETHAN : Through your self appraisal and through the courage you have displayed here, you are certainly in a position to recognise where it is necessary to apply this process of dissolution. This is an important realisation for you, namely that you, as a human being, have the opportunity to accomplish your own potential for transformation, with the co-operation of your ANGELS, your SPIRITUAL LEADER and with the ENERGY of GOD. This can be accomplished through an inner cleansing and through self-confidence.
- It isn't necessary that anybody from outside offers their support, because you're capable of accomplishing this for yourself. You too have recognised that you carry HEALING PROCESSES within you, which you didn't recognise as such before. This means that you have inner LEVELS for HEALING, so you can go your way into the positive.
- Question : You say: "Be mindful that you actually *don't forget one single person!* Be also mindful that really *all* souls who have injured you and made you suffer in any way here on Earth, are *all actually* present in your visualisation. There can also be souls there, who already reside in the SPIRITUAL REALM and are therefore not present here with you". I didn't quite understand the last sentence.
- SETHAN : Check it out. It was a reference to your mother.

- Question : Do I have blockages from a previous existence and if in the affirmative, could you name them?
- SETHAN : You can *request* them through a meditation if you like, so that you gain an insight *there also* and so you get indications which are not impairing you to such a degree. These are blockages from previous lives and they are a small and minute part of your soul. What I'm saying is that you can place these, for you as yet unrecognised blockages, into the LIGHT and ask that a blockage is made discernable for you through meditation and that you'll be able to dissolve this blockage during the meditation according to the example and the plane of dissolution we have discussed, so you can release it from your soul.
- Question : Why can't you just indicate this blockage from the past to me?
- SETHAN : This would be too easy, then this would mean that *we* are doing your work *for you*. You have to recognise for yourself, *which* blockages still affect you life here on Earth. Blockages you are presently not aware of.
- Question : In that case I don't understand what duty the announced GUEST should perform? I assumed that this BEING of LIGHT would indicate our blockages from past lives to us.
- SETHAN : This GUEST will indicate mental LEVELS, which are stored on completely different LEVELS of VIBRATION. These LEVELS are connected to your dual soul and the life of your soul in the spiritual realm.
- Participant : Could it be that we still haven't quite worked out what blockages really are? - I perceive *my* blockages entirely differently. Why is this so?
- SETHAN : Everybody has *diverse* blockages, which are arranged differently. Don't be confused by this. Souls are of various quality, various LEVELS and of various insights. And your thoughts are definitely correct and true. Don't be led astray by people who call their blockages by different names. *Your* blockages are on a *completely different* level. Your blockages are of the original substance, which you already possessed, in previous lives.
- *If you recognised the most prominent blockage and were able to dissolve this blockage, your other blockages will dissolve by themselves -similar to a domino effect - because you managed to dissolve the original problem of your soul.*
- Participant : But the real problem is that I must first ascertain *which* of my many blockages is *the most prominent*.
- SETHAN : You know very well which is your *most prominent* blockage, it's the one that influences your whole life the most and impairs you very strongly in this life. You know which one it is and in which context it has to be looked at. You can and you have the opportunity to gather from within enough POWER, inner STRENGTH

and HEALING, that you can overcome this problem with the help of your ANGELS and the ENERGIES that we allow to flow through this circle.

Participant : If I may briefly interrupt: I would like to bring everything connected with *my* discussed blockages to a conclusion for the time being and continue with the method you suggested, at home. This gives somebody else the opportunity to deal with his mental blockages the next time.

Participant : How are we to continue? What would be the most sensible way for us on a mental level, in the eyes of the spiritual realm?

SETHAN : We go along with anything you as a group decides. You can decide for yourselves how you want to arrange the next meeting. We will bring the necessary TOOL with us to support you and to give you the opportunity of a mental release. - We would like to give you encouragement! Encourage you to take this step. Encourage you to enter a LEVEL where you can gain an insight, so you comprehend *why* you are confronted by the mirror image of your soul here. You all have the options within you, to solve these conflicts and problems. Get rid of any ideas that you might not succeed. Don't act as if you're the ones that will never accomplish this. You're able to deal with this problematic with the mental substance you have collected during your years as a member of this circle, otherwise we would never have dealt with and discussed this theme with you.

Question : Of what significance is the subconscious in relation to mental blockages?

LUKAS : Well, subconsciousness and consciousness are terms your psychologists use and this is why we want to stick with these, even though this terminology is incorrect. These subdivisions adapted by your psychologists are *not correct*. To answer your question: Consciousness and subconsciousness is one unit. This is always forgotten, respectively wrongly defined. This is why this question can't really be put like that. - We would like to answer you as follows: There is something you like to apply automatically, to put something in the large chamber called consciousness. But this large chamber is in reality a RUBBISH DUMP, which looks like an absolute mess with most people. This rubbish starts to ferment and some day a VOLCANO erupts. Compare this process with the boiling magma inside the earth: It presses ever upward until one day an explosion takes place, and the whole extend of the disaster will be exposed. Your so-called subconscious acts in a similar way.

Question : In connection with mental blockages, what is the function of the mind?

LUKAS : The mind *makes choice possible for you*. From an early age, you have options and if you're not prevented by some adult to make your choices, the choices you make are actually in harmony with the divine. But if you're *forced* to do something that *contradicts* your inner choice, you'll become ill if this happens often enough. But before a choice can be made, knowledge has to be gained. Only then can a choice be made, either in one direction or another. What is important is that you don't loose your individual freedom, then *freedom of choice* is a divine GIFT.

Question : Can animals also get mental blockages?

LUKAS : This is hardly possible under normal circumstances. Only once they make contact with people who sometimes treat them atrociously, can mental damages, that weren't originally present, occur. Animals often behave like children, that is to say, they are open and without suspicion. Only once they made contact with the world of people, their behaviour changed dramatically.

Question : Are there people without mental blockages?

LUKAS : Those people exist and they have a special MISSION and were given specific knowledge. They recognise spiritual connexions a lot easier, during their life on Earth. This makes them organise their life significantly differently and it is unassailable, unassailable in regards to negative environmental influences. They deal with it completely differently and their inner resolve is as solid as a rock. These people are rarely encountered on Earth and they are not found in the limelight of public life.

Question : Are there any differences between the mental state and its associated blockages of the native tribes and the industrial nations?

(TB: Yes.)

LUKAS : Naturally, especially here! In regards to native tribes, it is quite similar to the above-mentioned people, which carry out their service in isolation. A blocked soul is rather the exception to the rule in native tribes. But in your industrialised world it's the complete opposite.

Question : According to this, there must be a lot more souls with major mental blockages in our century than in the past, Then the native tribes were strongly influenced by the industrial culture. What does this mean in regards to our Earth's history?

LUKAS : Yes, that is a tragic final conclusion. You recognised it correctly. Look around you and see how the world suffers, because of completely inappropriate expectations and through the greed for money and power. People on Earth have blockages, which *prevent* any divine INFLUENCE. Your mind has taken complete control and suppresses your soul. It's not without reason that certain illnesses are on the increase and are consolidating within your ethereal BODIES. - Well, what does this mean for planet Earth? But you know this for yourself so I don't have to tell you, but I would like to tell you:

- *Everything that is presently happening and is going to happen on Earth happens according to your own will - and not the will of the CREATOR! Consider this carefully when you ask why GOD allows all of this to happen. So don't make the LORD your scapegoat!*

Question : Are the mental blockages we bring with us from a previous existence and the new ones we set for ourselves really matrices for the antagonist of GOD?

LUKAS : What has to happen first is that you must *recognise* the blockages you brought with you from the past and *above all, all the new ones added later on*. If they're not recognised and act destructively and against CREATION, you will have become marionettes of the antagonist, a plaything for the POWER of DARKNESS. But if you have recognised the problem, you can do something against it. But if you don't do anything, it's either maliciousness or pure laziness or also quite possible, you are lacking a belief and trust in a POSITIVE WORLD. It's quite often the last point that prevents a lot from happening.

Because we know this, we strive to use every available CHANNEL, so we can help you and pull you out of the quagmire. But our problem is how to convey the ETERNAL TRUTH to you, if you lack the appropriate belief? This is why *personal experience of self is number one priority*, when it comes to removing the last doubts. We do everything to make this possible for you, but - as mentioned often enough - life, your life, is orchestrated by you and *not us*. If pupils don't learn at school what the teachers teach, they will fail later on in their professional life.

Question : To what extent is the CREATOR informed about the reasoning and the behaviour of people in general?

SETHAN : The CREATOR is connected through the divine SPARK, found *within every* soul, *with all* souls that exist in the universe. Your thoughts are received, no matter what shape or size they come in. If you approach the CREATOR directly as the CREATOR, your thoughts are sent and they will find the RECEIVER. The CREATOR has access to *every* soul and makes contact with all ELEMENTS and all creatures. The CREATOR is the ORIGINAL SOURCE, feeding you HIS ENERGY, so you can actually exist.

Question : But if the CREATOR, as you tell us, is informed about the reasoning and behaviour of every human being, what then is the function of the GUARDIAN ANGEL?

SETHAN : Its function is to give you INFORMATION. The CREATOR cannot interact with you this way. The divine SPARK within you is the CONTROL CENTRE, where everything that's divine is received, namely the valences that constitute the divine, valences like LOVE, humility, forgiveness, brotherly love and all the divine LAWS you have come to know through us. All of this is stored within the divine SPARK. It's the ORIGINAL NUCLEUS within you that is in contact with the CREATOR, with the SOURCE of LIFE. The GUARDIAN ANGELS serve you as SUPERVISORS, helping you to make life easier and more enriched and to lead you to a PLANE later on, that is predestined for you.

Participant : We thank you very much for all your answers.

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Case study no. 2 of a blockage: (Male member of the circle, inactive trance, automatic writing and automatic drawing medium)

Participant : I didn't write down anything about the theme of blockages. You all know my blockages and from my point of view they are mainly fears, which certain thoughts intensify. Am I correct in my assumptions?

SETHAN : My dear friend, we would like to tell you right from the start that your mind and your thoughts do *not* flow in harmony, but work *against one another*. Your original fears were not formed in this earthly life only, but you have brought with you from your past lives many fears, which are now detained within the nucleus of your cells. It's very hard for you to find a way here on Earth to heal your body, because you repeatedly bring various impulses into play through your mind and especially through certain thoughts. Your soul tries in vain to fight these thoughts off, but your mind and your thoughts suppress this.

It's very hard for you to find a way here on Earth to balance everything harmoniously, giving your souls and your joy de vivre a free hand. It's important for you to realise that you have the opportunity by way of your inner substance, to influence it. But this will only come about through a long learning process and through changes within your own life cycle. It doesn't help you at all to look for other ways to avoid conflicts, stressful situations and negative thoughts. You will not find this in this earthly life. Unless you start, little by little, to acquire a *different attitude* to life and a *different* quality of life.

You know that your physical body already sends you signals, indicating to you that something in your emotional body is amiss. There is no point in closing your eyes to the problem, or trying to run away or push it out of your mind. They will catch up with you, because they're a part of you and because you're *you*.

We would like to give you a few tips whereby you can learn to find, little by little, a *new* ENERGY, enabling you to find a way of this merry-go-round, so you can to occupy a *different* level.

- *It is important that every morning, you send LIGHT to every cell of your body. I know you find this hard to visualise. It meets your requirements if you mentally allow the divine LIGHT to flow into all the cells of your body in a positive manner, do this seven times in a row, thus taking in ENERGIES for the day.*
- *We would like to ask you further, that you concentrate your thoughts on your fears during the meditation that's about to follow. You will see that you'll encounter fears you already know. These are everyday fears, which continue to catch up with you and accompany you on a daily basis. What we would like*

you to do is to accept these fears, once they have been made known to you, and that you express thanks for the realisation and that you send these fears into the LIGHT. Just say: "Fears, go into the LIGHT." Let the thoughts go and let the fears go also.

It's hard for you to understand this, because most of the time, you try to compensate for all of this, through your intellect. Give your soul a chance to grow, so it can confront these fears and maintain the equilibrium within you.

- *Please write down your fears once you're ready to let them go, write them down and then consciously burn them, so you too can accept this procedure within yourself. Say goodbye to these fears in a divine manner.*

We would like to ask you to carry out this PLANE of LIGHT, this EXERCISE in LIGHT *daily* - and do this in a positive manner! You need special GUIDANCE to accomplish this and you *have* this GUIDANCE, then deep within your heart you know that you are guided and carried by a divine PLANE. Only your intellect and your darker aspect repeatedly try to question and to disown this. Don't give this dark aspect any chance, but look back through your life and you'll remember situations, where you were *protected, guided and directed*. - By acknowledging this, you can fortify yourself and transform your thoughts. It is difficult and it doesn't happen overnight. Once our GUEST is present, we'll give you important indications to this theme. Trust yourself; trust in us and trust the divine within you.

Participant : I have a couple of questions in regards to older protocols, which have nothing to do with the theme we are presently discussing. May I ask these questions now at the end of our meeting?

SETHAN : We would prefer to do the meditation first, because we have ANGELS of HEALING present, which are *especially here* to give all of you ENERGY. We request you to ask these questions the next time, so this FLOW of ENERGY IS NOT INTERRUPTED. Please understand the situation. We will answer these questions during our next meeting.

(The meditation lasted about 20 minutes)

Participant : Thank you for giving us the opportunity to look at things from a different point of view.

JOSUA : GREETINGS IN THE NAME OF GOD AND PEACE ACROSS ALL FRONTIERS! This is JOSUA speaking. I'm a SPIRITUAL GUIDE of our friend here and part of a TEAM that's assembled around him, because he has great latent psychic ability, which will one day come to the surface. It's a great honour for me to speak a few closing words on his behalf tonight:

Begin to love yourself for your own sake, because you are worthy to be loved. Kind regards from your father who is present and very proud, that he may be here to observe how you continue to progress with your work here. His LOVE is with

you. He is proud of you because you had the courage to take this step and is pleased that he was able to experience all of this tonight. Time and again we encounter souls who are prepared to do their work in the SERVICE of the divine.

We thank you for all the LOVE you have directed towards us. We will pass on this LOVE in a divine MANNER and allow this LOVE to flow here on Earth. I close this meeting in the name of GOD and hope you'll experience a journey FULL of LIGHT and encounters with entities that'll meet you with LOVE and divine VISION, next week. GREETINGS FROM GOD! - JOSUA

Participant : Thank you very much.

Case study no. 3 of a blockage: (Healing medium, female.)

Question : It was very difficult for me to carry out a review and to write down everything that surfaced from my subconscious. I was totally distraught inside. Every time I thought about my mother, my stepfather and my sister, all the things I had to endure *up to the age of six*, came flooding back. I was crying inside and had a lump in my throat. There is apparently a deep-seated blockage hidden in my soul, which has not resolved itself up to now. What can you tell me about this first segment?

SETHAN : We know that your experiences during the first few years of your life have been *momentous* through your life so far. We know that your soul received very deep wounds and received mental shocks, which haven't healed so far and are so strongly connected with you, that you can hardly think about these people, who would under normal circumstances affectionately care for you, without sadness. You also experienced painful encounters with other souls, which should also have been supporting you.

- *Your soul is full of sadness, anger and fears, which repeatedly try to find a way to catch your attention, so that they could be cleared up.*

It's very hard for you to understand, why your mother allowed you to be helplessly exposed to this. You were very much shaped by the first years of your life and you're still affected by this. These are mental imprints, which you haven't been able to shake off. They weigh heavily on you, not only physically but also mentally. There is great anger within you towards these people, which have harmed and destroyed you inside. This anger has not come to the surface so far, but is expressed in your assessment of other people, which you meet with a lot of respect and dignity. But this anger must find an outlet so your soul can be free to renew and mentally cleanse itself so it can be healed.

You have a right to be angry towards these two souls, which have made you so sad that so much of it would affect you. This sadness and anger must find an outlet to cleanse your soul for the rest of a life that, on the whole and with the GRACE of GOD, has been lived very well. We wish that you were ready to make peace with

these people, these souls, so you can be free of your fears, your anger and your sadness.

Question : How can I help her?

SETHAN : My dear friend, you have unfortunately no opportunity to go through this process with your wife. She must decide for herself, whether she *is ready* to enter into a dialogue with these two people so they are released, because both of these souls are still at her side and assert an influence.

Participant : I will gladly do so. On what basis is this going to be managed?

SETHAN : You will *make contact with these two people* during the meditation and you will start *a conversation* with them. But it means that *you must be ready to release* these people, you must also tell them that you forgive them for everything they've done to you and you must prepare their way into the spiritual LIGHT. This dialogue is important, because it will give you enough information to have this conversation and ask all the questions you always wanted to ask these two people. This conversation will be held under protected circumstances, that is to say, this meditation is accompanied by your circle and also an extended CIRCLE of PEOPLE, which is assembled around our friend here on a spiritual level. We know how hard it is for you to meet these two people with LOVE and humility.

Participant : I thank you! - During my review I ascertained the following: I was a very wild, impertinent and sometimes introverted child between the age of six and fourteen and I got by as good as I could. I always knew that my granny loved me very much. Even during my first apprenticeship I realised that I was missing my parents very much, because my female apprenticeship master oppressed me to such an extend that I questioned my very existence and mentally ask my father for the reasons he had left me.

SETHAN : Your father is very close to you and has been at your side all of your life on this planet Earth. He knows that you have a great yearning to be with him and that the LOVE you direct at him has such a purity, that it allows for a very close contact between you and that this is identified by a very close relationship. Your father is present here and at your side. He is prepared to support you with dignity and to be with you whatever decisions you'll make here.

Your father knows that you had to embark on a difficult journey on this planet Earth without his support during your early childhood and that deep within, you're very sad about the fact that he had to leave you so early in your life. He also knows that you reproached him for all the things that happened to you, because he left you here on Earth on your own. Your father would like to tell you that he is very close to you with his LOVE and that he never left you on your own, but always tried to accompany and protect you inspirationally. He is one of the ANGELS, who accompany you on Earth and he was able to get to be here, because your soul *requested it*.

Your father knowingly took up this task, so he could accompany you here on Earth for a while. He knows that he had to leave you during a time when you needed him most, but he couldn't escape his destiny.⁴ He hopes with all the LOVE he feels for you, that you are prepared to forgive these souls, which have hurt you so much here on Earth.

Question : I thank my father for accompanying me inspirationally here on Earth and for standing by my side with his protection. - Was it very egotistically of me to have impeded the spiritual progress of his soul in the spiritual realm through this?

SETHAN : Your father is with you and he chose this challenge for himself, his soul and for his further spiritual development. He's taken up this challenge with joy in his heart and is pleased - very pleased - that your soul *recognises* the solidarity and inspiration that emanate from his soul. The two of you are kindred spirits and will one day journey together. Your father is a GUIDANCE COMPANION who will accompany you throughout this earthly existence until the day you die, that is to say, until you pass over to the spiritual realm. You are souls that are anchored and who'll continue their journey in the spiritual realm.

Question : To my question of why my materialisation exercises are not progressing as hoped for, you answered that my mind, my spirit and my soul are not harmonised. Did I set myself a blockage because of this?

SETHAN : You are an earthly being that has high hopes and *demands* a lot of *itself*. You put *yourself* under such a lot of pressure, that the results of it are obstructions within these three ELEMENTS. If you would realise that by taking things a little easier, doing things more peacefully, harmoniously and with the GRACE of GOD and the LOVE of GOD, you would see just *how much easier* these ENERGIES would flow. You are certainly capable from a psychic point of view, but your mind partially blocks your efforts - if you like to put it like that. Your expectations and your inner restlessness want to carry this out right away. The demands you make on yourself increase the pressure situation and *interfere* with the ENERGY FLOW in your living sphere. This leads to constraints and blockages in your ENERGY FLOW. You interrupt your own psychic journey, because you burden yourself with this extra pressure.

Comment : I'm not really aware of this.

SETHAN : We wish that you work on this by TRUSTING in GOD and hope that you accomplish your materialisation exercises by allowing the ENERGIES, which are generated during the meditation at the start of the meeting, to flow. We'll be at your side and support you by directing the ENERGIES that you need, to you. Show trust and you'll recognise that this is GOD'S WISH.

⁴ Shortly before his active participation at the OLYMPIC GAMES at HELSINKI in 1952, the wellknown wrestler had a fatal accident with his motorbike near Hohensieburg. He left behind his wife and his 3 ½ year old daughter.

- Question : Thank you. - When TRANSMITTING ENERGIES to heal the soul, I've noticed that I intuitively lay my hand on the spot, where these HEALING ENERGIES are needed. Can I intensify this?
- SETHAN : Yes, you have these HEALING ENERGIES within you just as you have the psychic ability needed for your materialisations. You feel intensively and very intuitively where in the body these ENERGY STREAMS are required. You're quite accomplished in this because in previous lives you have *practised* this healing vocation *repeatedly*. You're a soul that has many of these healing abilities at its disposal. Take pleasure and feel when your hands are searching the spot where they are required. A HEALING ANGEL, who is always at your side, will fervently guide you. You are aware that these ENERGIES are flowing and you also know that they originate from the divine SIDE.
- Participant : What you just told *her*, resembles *my* own problem, namely that our mind dominates.
- SETHAN : The reason for this is that the two of you emulate each other in character. You're walled in by a framework and you don't realise that the outer wall blocks you way. You're a couple of souls, which allow themselves to be guided *by the power of reasoning most of the time*, instead of trusting the positive ENERGIES, which are anchored within you. You are souls that are afraid to be active on the outside. You are also souls who shy away from externally *expressing* the divine. This is all of your own doing. Escape from this cage! You can give your soul this freedom, as you are mature enough to do this service for your soul.
- Interjection : But I always though that I do show human emotions.
- SETHAN : I didn't really mean human emotions! This *wasn't* meant by that, but the fact that you often withdraw within and thereby won't allow your *soul free* reign. You always take into consideration what *others* need and can't see that *you* suffer because if it.
- Question : I detected further that between the age of fourteen and twenty I had to fend for myself and was very hard on myself. Later on I got to know my husband and his family and that offered me security. I could once again breathe freely. My childhood memories faded and finally disappeared in the bottom drawer of my soul. - My memories of the *Medialen Forschungskreis Schwalenberg* affect me only half as much as they affected my husband. - I don't know whether I set myself blockages during my professional life. There is always something one sees mirrored in others that might be there so we can learn from it. This is all that I received. Can you tell me more about this?
- SETHAN : You were forced to make your own decisions here on Earth and become independent at a very early age. This independence was like a protective shield for you, safeguarding you from further harm and attacks. But because of this, you walled yourself in and left only a few small windows open, just enough to exist here on Earth. You nearly went as far as cutting off your own air supply, because

you were afraid of further injuries. Other people you met augmented your mental blockages and you were strongly influenced by them as they tried over again to harm you and to debase your value as a person and a soul.

Your personality and your self-esteem were not allowed to decide and act freely at the beginning of your adult years. This developed only during the last (30) years through your connection with your husband and his family.

The windows of your soul opened and you got the chance to discover your soul and the divine within you through psychic work within a circle. You discovered that you're a person that can be loved and that you can also love. You discovered that you're a person that commands respect and that people treat you in a dignified manner. For the first time in your life you realised that you're not an infantile soul that can only be harmed, but you learned that you're someone that can express a lot of human warmth and LOVE. You felt that you're one of GOD'S human creatures, a child of GOD. You have also realised that you're loved because of who you are and not something you visually represent, or because of what you do or can offer other people. You are loved as a human being just the way you are, this and the fact that your old self-image had disappeared, is something that was very important for you to find out during the last years .

You're a divine human child that can convey a lot of LOVE and a lot of confidence. We congratulate you for these high mental qualities. We would like to say to you that you're a human child that carries divinity within itself and that you could also show it on the outside. Don't quarrel with the past, but *look to the future*, there is a lot of beauty waiting for you.

(After a short discussion a meditation of 20 minutes followed)

Participant : GREETINGS IN THE NAME OF GOD, dear SETHAN. We hope that the meditation had a positive outcome. Please talk to us.

SETHAN : The soul of our dear friend can now breathe easier. You find that a lot of things will change. Those two souls would like to express their thanks for what you have achieved here. They would like to apologise for all the things they've done to you. They regret what happened in the past and thank you for your forgiveness, they also thank you for the LOVE you showed them. They take their leave and will go to the SPHERE that has been allocated to them. They salute you with divine LOVE.

Participant : I thank you for your support and for your help.

Participant : I just can't imagine that blockages that had time to grow over many years can be eliminated through a simple meditation.

SETHAN : These blockages are only *partly* resolved. You have to *continue to deal with this theme* with your mind and soul! You will receive further support, when the announced GUEST will discuss further steps to be taken. If you feel a need to

deepen the demonstrated meditation and to continue along this path, the things we have shown you give you an opportunity to make contact with yourself, that is to say, with your soul. It is *the start* of a series of changes.

Question : We have a letter here. A female letter writer states: “Myself and many of my acquaintances are about to loose our jobs, because most medium and large scale enterprises are on the threshold of insolvency or have already announced it. I feel quite certain that the whole economy is about to collapse worldwide. I realise that the old always has to give way to the new, but in spite of that I’m looking for consolation. I would be grateful if you would discuss this theme one day, as it’s very topical and I’m sure there are many affected by this.” - What can we tell her?

SETHAN : These processes, which are presently happening here on this physical plane, are making many human souls fear for their very existence and create a lot of fear and anxiety, these VIBRATIONS are very apparent here on planet Earth. This fear and suppressed hatred are bubbling away. Consider that this spiral has now reached a point where a new way of thinking must emerge, namely thoughts about divine LAWS, love of neighbour, tolerance and the acceptance of sorrow, thereby releasing new ENERGIES, so that LOVE and humility can also develop. There is presently a LEVEL of VIBRATION here on Earth that bears the stamp of power, egotism and destruction. This all ties in with the ENERGIES presently existing here on Earth.

Question : How is this going to continue?

SETHAN : It is in your hands and not ours. All we ask of you is to find a way to look out for each other, to grant everyone a place here on Earth and that you recognise that not everything has to be subject to power and money. You are now on the threshold where you’ll have to decide which way you want to go.

Question : How does one survive this chaotic time?

SETHAN : By pausing and making sure that you don’t loose yourselves in all this chaos and that you don’t allow yourselves to be carries away by all these feeling, which are presently rampant everywhere. Don’t VIBRATE with hatred and retaliation. Stay positive and pray that you’ll be able to give this positiveness to the divine SIDE, allowing us an opportunity to intervene.

Question : Is there a SANTINER present?

SETHAN : Yes, a representative of the SANTINER is present. As we have announced before, during all your meetings in the near future, there will *always* be a SANTINER present to answer any questions that might come up.

Question : I have a question here from a reader, which I have withheld because of the theme we are currently discussing. In this letter it states (in abbreviated form):

„I have been busy for a number of days now to transmit my thoughts and kind regards to the SANTINER. I know that you are here and that your love for us and our love for you connects us more than ever. I'm not a medium or a super human her on Earth, but I have a longing for you. It is not that I want to leave the Earth, as there are people here that I love and that love me in return, but I feel that I don't really belong here. My greatest wish is to see the universe as a human being, this infinite space with its planets, to see you and to show you that human beings can be different. It is only a wish and it might be fulfilled soon. I often send you messages, but maybe I'm too weak.“

SETHAN : We would like to tell you that these yearnings are absolutely real and understandable. It's a wish to be able to understand immortality -, the realisation that there is life after death. This soul lacks the confidence that this really exists and that it's actual reality. The connection between the BROTHERS from the STARS and him has been made. His thoughts arrive. With more patience and by sitting in silence, he will recognise that these messages do arrive and that he receives INFORMATION for his soul in return. It's important for him to realise that he is part of the divine PLAN here on Earth and that one day, when the time is right for him, he'll gain the knowledge that everything is reality and the truth.

Question : This person writes that he „feels“ that he doesn't belong here. You tell us that we as human beings have to learn to take more notice of our feelings. Where does his feeling originate from?

SETHAN : He is here on Earth on the right plane, that is to say, his reincarnation here on planet Earth is very important for him. He must recognise that the Earth is where he belongs and that his goal is his further development. But his goal has not been recognised yet and that is due to the fact that he doesn't open up to his true SELF, that is to say, he must strive to recognise why he had to take his place here on Earth. It's important for him to recognise that he must go his way here on Earth, right up to the conclusion of his spiritual development. The connection with the SANTINER is a given. Many people have such a connection, they feel that there are ENTITIES around them and that CONTACTS between their soul and these ENTITIES are taking place. This knowledge makes many feel insecure and yearnings are present. But it is important to make this journey here on Earth and this right to the end, to complete and bring to an end the goal that everyone sets for themselves.

Question : We divided the Earth into various zones and countries, wherein every nation leads their own existence. The natural result of this is that conflict between the nations can happen. What are GOD'S PLANS for the future in regards to this?

SETHAN : The PLAN is - as far as we have knowledge of it and as far as we're authorised to pass this knowledge on to you - that you people on Earth have to recognise that the colour of someone's skin, the language spoken or someone's faith, which can be very diverse, is of no importance. What is of utmost importance is that you accept these people, no matter how diverse they may be on the outside, and that all of you together form one unit and come from a common ORIGINAL SOURCE. This is important, so that you learn to accept GOD'S COMMANDMENTS and all the tenets that are anchored with it, to then begin to learn. This doesn't only apply to

you but also the greater picture, to world affairs and the Earth itself, the growth and realisation of the divine faith.

Question : Does this PLAN include a blending of the races?

SETHAN : We cannot tell you at this stage what the end effect of this will be. Just be aware that you are the ones that hold the destiny of your development in your hands.

Question : The Menetekel mentions that one day there will be a „Eurasian“. Does this mean that Europe and Asia will find one another and that the result of this will be the disappearance of all borders?

SETHAN : Desire and realisation are two different things. Be aware that you have free will and therewith can decide how far you want to take your development.

We would like to inform you that at the next meeting the announced GUEST will be present, and that he will tell all of you individually something about their blockages. This GUEST knows your souls very well and also knows how your mental development has progressed during the last centuries. Your unanswered questions will designate the closure of this theme the next time, giving everyone a chance to consider if some important questions remained unanswered or were only partially answered.

Case study no. 4 of a blockage: (Female inspirational and automatic writing medium)

LUKAS : We will now begin with the part that has been missing so far and wonder with anticipation what SIGNALS our dear friend received from her subconscious, which got her thinking. We also need from you this *self-discovered INFORMATION*, enabling us to get right to the point. - But first we would like to tell you the following: During your life, you were successful in strengthening your faith and your trust in GOD. This is something you achieved over a long period of time. Please don't stop there but continue on. Observe and evaluate your behaviour. We are happy with you and your successful work as a medium is, amongst other things, the result of this.

- *One thing you still have to learn is to practice composure. Your inside is damaged by excessive stress, which is also expressed in your physical body. You have become ill because of the inner stress of your soul and your spirit, and this could certainly have been avoided. The spirit comes first and then the body! - You are surely aware of this.*

This was just a general introduction from us. We now expect the key points of your life, which we would like to discuss with you.

Question : Dear spiritual friends, I have reviewed a number of stages of my life and have come to the conclusion that no crisis or situation here on Earth caused my blockages. Through meditation and by sitting in silence I became aware that my

blockage is connected with self-sacrificing LOVE, which I can't muster either for myself or in respect to others. I feel that this stops my mental development. Is this feeling correct? If not, please make the appropriate correction.

(TB: You were correct.)

LUKAS : You're on the right track. It's as you say and it's linked to the fact that, neither in this nor in your past lives, have you ever learned to deal with something that bothers you, with *serenity*. You often end up in a panic and this also finds expression on the outside. This puts unnecessary pressure on your soul and so it withdraws. I ask you: How can you practice self-sacrificing LOVE, when your mind builds up stress, which, if it had learned to be serene, could help your soul to break through a lot easier. Light and shadow alternate a lot in your life, and this is often generated to the extreme *by yourself*. But your soul wants to express self-sacrificing LOVE in this world. This is your MISSION in LIFE. But sometimes you get in your own way. Therefore once again our hint:

- *Observe yourself and evaluate your behaviour towards yourself and also towards other people.*

This problem affects you privately as well as your professional life, whereas you find it sometimes easier to show self-sacrificing LOVE professionally. This is why you are in the right place as far as your profession is concerned. We would like to tell you that this weakness of character flows into your present mental existence from past lives, because you *still haven't managed* to neutralise these weaknesses. One can resolve *many more problems* when one is composed, *without* becoming ill in the process! It pays to step back a couple of paces before looking at a large picture, while you often push your nose right up close whilst still trying to gain an overview. That's about it for the moment. Is there anything else that caught your eye?

Participant : Furthermore I would like to mention my *nonexistent patience* and my *lack of tolerance* towards others. I also sense that I'm sometimes very impatient and quite often lack a certain understanding for situations.

LUKAS : Patience and tolerance are the *result* of composure! - Do you feel something?

Participant : Yes, these are the very things I find very difficult. I can't manage to connect with divine LOVE when this happens, because I feel somehow blocked and my ability to see my opponent as a divine ENTITY vanishes.

LUKAS : Yes, these are temporary blockages that won't stay with you. Because of your *missing* composure and its effects, blockages can *repeatedly* be *triggered* in your case, but you can dissolve these most of the time, with the help of your faith in the REALM of GOD and your requests for HELP. These types of mental blockages are not as severe as permanent blockages but they can trigger many illnesses just the same. - Please continue.

Participant : I don't really know how to continue at the moment, dear LUKAS.

LUKAS : We would like to give you the opportunity to deal with these points, during the following meditation. We would like you to visualise situations that cropped up either *privately* or also *professionally* and you're aware of that they hindered your soul very much. When these situations, these mental pictures well up within you, analyse them and release them into the spiritual realm, the way we have demonstrated this to you earlier during meditations. Please tell us if this way is not your way. We will then try to find another solution together. But if you should cope with this meditative solution - and we will open CHANNELS for you to help you - then you should remember these and continue these exercises during your meditations. You will realise after some time, that you can deal with certain situations considerably - I emphasise *considerably* - *better*. This will have a positive effect in your private life, your professional life and on everything else the world has in store for you. -

We always need your co-operation, then this is *your* work and *not* ours. Please start the meditation now, the way you did during the last meeting and give your friend here the ENERGY, so that she can concentrate her thoughts on her problems. We wish you great success with it. SETHAN will contact you later. If you notice something out of the ordinary during future meditations, talk to us about it and we'll see.

(A meditation lasting about 20 minutes followed)

SETHAN : GREETINGS IN THE NAME OF GOD! This is SETHAN speaking. We would like to encourage you to *read through your own program once again* before the next meeting, so we can answer any questions that may arise. It is important to internalise this once again, because the HIGH ENTITY that will take over part of the next meeting, will give you information about your souls and your mental existence. - Your friend here became aware that there was something completely different at the forefront of her problems, during her meditation, and we are certain that she will ask a few questions in regards to it. We hope that every one of you learned something that will help them do something positive for themselves, and it doesn't always have to be some external help for your body and your soul. You are able to be aware of your mental life and to heal and to spare your physical body, yourself.

* * * * *

The VISITOR

SETHAN : GREETINGS IN THE NAME OF GOD AND PEACE ACROSS ALL FRONTIERS! This is SETHAN speaking. We welcome you cordially to this meeting, which will be a very special one, because it's the first advent and because my part at the meeting will be carried out by our GUEST, present here today. - I'm very pleased that we find ourselves within a framework of LIGHT and divine

VIBRATIONS here, to conduct this meeting in devotion to the CREATOR and the knowledge that all of you here are ready to receive these messages from us, so you can further develop your spiritual and mental journey. - Our GUEST is happy to be present here today and is ready to coordinate the second part of this meeting. We begin with LUKAS first. I will report back at the end of the meeting.

Question : As you have informed us, there are mental blockages that are set from outside, for example, by other people or also events we experience here in our physical existence. On the other hand, there are mental blockages we bring with us from past lives. Wherein lies the difference, respectively, how do you assess the various blockages?

(TB: Mentally.)

LUKAS : The difference is fairly neutral. No blockage is better or worse than any other. Mental blockages are blockages of the soul and they should be avoided *as much as possible*. - The *new* blockages appearing here on Earth are set by you, because words or actions by other people negatively touch you inside. This is not the right approach, that is to say, you are not ready to deal with this and need more time to learn. The time it takes to learn depends on how far your mind - not your soul! - is prepared to *recognise* this. Then before one can learn something, a rational realisation is necessary. - The blockages you *brought* with you are those that were not completely healed in the past and now have to be repeated. The intensity is dependent on the willingness to learn, on the knowledge *already gained* and the associated dissolution process.

Question : There exists a connection between the spirit, the soul and the body. How do we classify mental blockages in this context? They seem to start anywhere: either mental or spiritually and effect the physical body.

LUKAS : It deals with *mental* blockages and as the soul is ultimately the driving FORCE, that is to say, the motor of the physical body, its helmsman, it's easy enough to understand that the soul has to be healthy, respectively completely healed *first*, if something positive is to be achieved in regards to the physical well being of someone. *Everything is spirit*, meaning that everything is enveloped by the SPIRIT of the LORD and originates from HIM. The problem is your earthly mind, it often works *against you* and in doing so hinders a lot of the things that are of crucial importance for your well-being, your fortune and happiness on Earth. The mind too is a spiritual COMPONENT, which should be redeemed by you. What this means is that the mind must be *adapted* to the mental VIBRATIONS, so that it can, together with the soul, some day enter the spheres of the spiritual realm, instead of remaining back on a Earth as a negative VIBRATION and thereby further intensifying the negative FIELD the Earth is suffering from.

Question : What is the function of the divine SPARK in the scheme of things?

LUKAS : Well, the divine SPARK is the GIVER of LIFE. It gives all of you your ENERGY of LIFE. Compare this SPARK to one of your broadcast receiver, which has to be

tuned to a specific station, so you can hear something. The divine SPARK is permanently tuned to the FREQUENCY of GOD and receives from there the ENERGY. This SPARK is *a part of HIM*. One tends to forget this. - The human mind has no influence on this SETTING. But the mind can *prevent the necessary amount* of this ENERGY of LIFE from reaching you physical body - and if this happens, psychosomatic problems and illnesses appear.

Question : As our thoughts are connected to our mental well being, the question arises: how does the Earth deal with the thoughts of people? The Earth is bombarded by negative thought-forms on a daily basis. Does this bring with it a kind of blockage?

(TB: Misfortune - the nation breaks down - everything.)

LUKAS : The Earth *doesn't* get a blockage, but it resists these negative VIBRATIONS in its own way. It is a feedback on your mental state. This is the reason why it creates no problem from beyond the Earth, to see how the inhabitants of this beautiful blue Earth are going, what they are thinking and how they act or if contact with them would be meaningful.

- *You will only make contact with the MESSENGERS of GOD from space, when a certain level, that is to say, a minimal spiritual level has been achieved.*

You shouldn't be surprised when, at first, only entities far removed from GOD seek to make contact with you, because most of you are tuned to *their* wavelength. We hope that this is going to change during the next 10 years, then only once your Earth is not prepared to tolerate its tormentors anymore or when the existence of the planet is at risk, will divine powers interfere. The LORD will not allow that you destroy HIS house, which HE gave you at your disposal. But you know all about this and any further commentary is unnecessary. - We would like to bring this part to a close and hand over to our GUEST. I was very pleased to be able to work with you again. GREETINGS IN THE NAME OF GOD!

LUKAS

Participant : We thank you for all your answers and welcome our GUEST very cordially. We still speculate about what this will be all about.

ELIAS : GREETINGS IN THE NAME OF GOD AND PEACE ACROSS ALL FRONTIERS! This is ELIAS speaking. I'm very happy to be a GUEST of your circle tonight. I know all the souls assembled around this table very well and greet both of you my friends as soul mates very cordially, I know both of you very well and we have travelled together for quite some time.

I'm very pleased to be able to participate tonight in the meeting of this circle, enabling me to give you important messages about your mental development. It's an obligation for me to tell you that the LOVE of the LORD, the LOVE this circle

receives from the spiritual WORLD and refracted by you, is of a very high status. You're enveloped by the LIGHT of a great number of souls, which journey with you along this road and prepare and PROTECT this circle, with its willingness to work with the spiritual realm, so that it is possible for us here to make CONTACT with the spiritual realm.

Tonight is the first time for quite a while that I give you messages and information through a medium. This is a special event, not just for myself, but also for the BROTHERHOOD assembled here, to make these messages available to you. You have a TEAM of ENTITIES here, which have a lot of respect for your work and your mental development. It is amazing that you selected the theme of "mental blockages" for your further development, it distinguishes you and indicates that you are ready to take the next step along the path of your spiritual development. If you wish and if you like, you can now ask questions about the blockages you brought with you from past lives. If there are no questions and if you're agreeable, I will tell every member individually something about it.

Participant : We are surprised and pleased to welcome such a good FRIEND from the past and are also happy that you want to help us recognise ourselves.

ELIAS : Your wish to make renewed contact with me was expressed many years ago. It hasn't been possible to undertake such a mission as often as one would like. This is why I'm grateful and happy to be present here tonight.

Participant : We are grateful also, really! - In respect to our theme of "mental blockages", we have to express our gratitude to two readers of our protocols, for their encouragement to select this theme over others. This married couple indicated to us the importance of recognising mental blockages. They have been involved with this problematic for many years. I believe that you know them. Both of them know of your past connection with the former *Medialen Forschungskreis Schwalenberg*. The spiritual realm often tried to encourage discussions on the theme of „mental blockages“ through references in their messages. Unfortunately none of the former members, including myself, were able to recognise this. It is therefore very pleasing that it works so well in this circle. There is, generally speaking, a very good co-operation with our readers also and this helps the progress of us all.

ELIAS : My comments to this are that everything takes its time and finds its own level. You were so involved in your own affairs that you never actually realised what working in a circle *really* is all about. You were too emerged in your own human shortcomings, that the *true meaning* and the *true contents* of a meeting, what a meeting actually meant for every individual, escaped you. The *divine LAWS posed too much of a hurdle for you*, and you went your separate ways, because you didn't interact on a *mental* level, but only through your all too human level of reasoning. You never really recognised that mental connections always exist between every single one of you. You rated other *human values* higher than the significance and importance of everyone participating at those meetings.

Participant : Yes, that may be right. I had trouble dealing with the memory of those days for a long time. But all of this is behind me now.

ELIAS : You have taken a step in the right direction my friend and thereby enhanced the salvation of your soul. Your soul received alleviation and it doesn't hurt quite as much as before. You endeavoured to regulate much through your intellect but never realised that your soul send out completely different messages. It therefore took a long time before you started to take actions, so that your soul would heal and become pure and clear for what is about to happen.

Participant : Where the danger lies is that with all the optimism and inner obligation to convey the gained knowledge to others, one forgets oneself and doesn't realise that one has many character flaws oneself.

ELIAS : It was time that *this* circle here started to concentrate on itself and move forward again. It is now the time to concentrate your soul, your inner IMPULSE and your divine SPARK on the CREATOR. It was important to recognise that you're standing at a crossroads, where you have to start to observe yourself so you can perceive *new* IMPULSES, to initiate this further development. You have recognised this and it gives us a reason to rejoice that we, your SOUL COMPANIONS from the spiritual realm, can accompany you on this journey of redemption.

Participant : We thank GOD and HIS HIERARCHY that this is even possible. Do you want to tell us something about the blockages that we brought with us from past lives, individually? Maybe a few extra questions might be the result of it.

ELIAS : It is important for me to know if *all of you* want this and if *I* may direct this message to every one of you individually, so that you can decide whether there are extra questions called for or whether a lot of question still buzzing around in your head are automatically taken care of.

(General affirmation)

ELIAS : As we are all agreed on how this meeting tonight should proceed, it's a special pleasure for me to start with a soul, which is very close to my heart and which mentally accompanied me and supported me with a lot of ENERGY, during the time of the old circle (Schwalenberg), where I was active in the past.⁵ I want to tell you that it's a great pleasure for me to communicate with your soul tonight, to discuss the hardships and needs, you're grappling with in this physical life. - Your soul brought blockages into this life from past lives, which still hinder you today. You have dealt with some of these blockages that have been newly imposed upon you in this life. You have started to heal old wounds and old scars, which have been inflicted upon you here in the physical. This has influenced you very much in this life.

⁵ We mean the healing medium and future materialisation medium.

We know that you're a human child that emanates a lot of LOVE, but that also has a need to receive a lot of LOVE. You have experienced very hard times, in your past life also, where LOVE, tenderness and acknowledgement have never been part of your life. You're a soul who journeyed through a very deep valley of sadness and misunderstanding. You have left this darkness behind you now and are beginning to go into the LIGHT. We are pleased that you undertake this journey so bravely and with so much courage. You were misunderstood in your past life when, from the goodness of your heart, you tried to send LOVE to your fellow man. You tried to send LOVE and received hatred and contempt in return. These impressions still surface today, when certain VIBRATIONS from other people affect you. You are very sensitive to what your opponents tell you and the way your adversary actually sends this. You are very sensitive and receptive where these VIBRATIONS are concerned.

- *We would like to take the opportunity to tell you that you should consolidate the divine humility within you in regards to all the people who are not well disposed towards you. Remember that these people are also on a journey and that their soul has also been affected by various incarnations. Your humility and the humility of others are an important point, which you still should deal with and consider.*

We wish you all the best on your divine journey. You are guided by a great number of souls, which are around you and accompany you. You were and are a soul of the LIGHT and you'll recognise more and more that you carry ENERGIES within, which make it possible for you to heal other people.

Question : How can I consolidate my humility?

ELIAS : We would like you to think about what we just talked about and come to terms with it, so that you gain an inner outlook. We will then be ready to answer your questions, through the TEAM that is present here at these meetings.

Question : Will my efforts to materialise something bear fruit in the future? Will there be some progress?

ELIAS : You were a high priest in a past life and the compulsion to materialise something is within you. But this element can only emerge from within you, when your three LEVELS are ready to VIBRATE in harmony. Your mind and your heart, combined with the divine SPARK and the spirit are presently not aligned. You trip over your intellect and thereby block your other LEVELS. What stops you from expressing this ability that is within you?

Participant : I will think about this. Thank you very much!

ELIAS : The next soul I want to talk to is the one of our friend here.⁶ Your soul is very sensitive and highly perceptive and has a high psychic ability, which is very

⁶ We talk about the presently inactive trance, writing and drawing medium.

pronounced. The mental blockage you brought with you from your past life originated during a time, when your soul was blemished due to the destruction of your original trust in yourself and in your perception of GOD. You were someone who preached the belief in GOD and also expressed it. You were ready to die for this belief and for this inner POWER and the pressure crushed you in your past life. Your soul is disappointed that the people around you during that life didn't want to listen to you and didn't respect you. They destroyed you and this damaged your soul. You are now beginning to assemble all the broken parts of your soul.

Your soul is filled with divine LOVE, but this LOVE can't presently find its way to the surface. You're imprisoned inside yourself, because of the fears that arise from the destruction of the original trust, affect you so strongly that you can't see the true way.

- *You can only regain your original trust, by starting to trust in GOD and by seeing GOD in everything.*

You have so much LOVE in your soul, that you show a high level of psychic ability. But it can't emerge to the outside, because you are so strongly affected by your fears, that you *can't tolerate* this divinity within you. The belief in GOD and in yourself was destroyed at that time. From that time on, you stopped believing in what your INNER VOICE had to tell you. Your intellect has definitely the upper hand. You're an entity that spread divinity in times past. You were a human soul that expressed the divine and the belief in GOD, the CREATOR.

- *Now, because of your fears, you act reserved and just can't recognise the POWER of CREATIVITY within you.*

Ever since you started this physical existence, you had a GUARDIAN ANGEL supporting you. This GUARDIAN ANGEL has a strong connection to you. In a past life, the two of you tried to spread the word of GOD amongst the people. This ANGEL of SALVATION is very close to you and surrounds you with his LIGHT. If you would listen *more closely* within, you could hear him. He desperately tries to make CONTACT with you.

Your faith and your LOVE are strong once again. But your doubts are still the product of your intellect. This is not advisable in your case. You're a soul that has a large stockpile of divine knowledge and divine ENERGY. Allow this ENERGY free reign and you'll recognise that you're loved and honoured by many people here on Earth. You have a divinity within you, which is very strongly connected to the spiritual realm. We hope that you'll become aware of this! - We will not despair, then we believe in you and we also believe that you'll rediscover your original trust. We only wish that you become more willing to *search* for this original trust during your meditations. Your ANGEL of SALVATION is a brother of yours and will be with you through all situations of your physical existence.

Participants: These are completely different perspectives for me. I thank you very much.

ELIAS : And now to you my dear friend, my soul brother, who had to suffer in all the experiences you had to undergo⁷ and who was nearly destroyed by the LOVE you felt doing so. We know that you are strong enough to cope and deal with this. But everything takes its time and course, until one realises that something has to change. Your soul is an old and wise soul that has done a lot for this planet, from a divine point of view. You are one of those who recognise what it takes to spread the WORD of GOD.

- *Your soul suffers from the fact that you, as a human being, cannot give to other people the same divine LOVE that you give us, those ENTITIES that participate in your meetings.*

You suffer from the same problem as our inspirational medium, who feels divine LOVE very clearly within, but in spite of that can't express openly. Your soul shines and is ready to give divine LOVE to everyone.

- *It's important to not just spread the WORD of GOD, but one's own INNER SELF, namely the INNER IMPULSE and the INNER SPARK.*

You have the capacity and also the opportunities to do so. Divine LOVE is anchored within you and your soul is full of this LOVE. Pass it on and be aware that you *don't* treat anyone *differently* than the other! The respect for *every* soul is the instrument that brings about a connection between souls -, respect and acceptance!

You were hurt by others in your past life as you are hurt in this life. It repeated itself. What is so special about you is that don't give in and this makes your presence here very important for us. You are the one who manages this circle and points it in the right direction. You are the one who has a great interest in all that's happening in this circle. It is important that you don't loose this LOVE and that you don't throw this LOVE away. You were deeply hurt before in a past life, because the divine LOVE you offered was not accepted and respected. You tried to lead people into the LIGHT of GOD and they recompensed you with contempt and abuse. You had to learn to get over this.

You passed the first test today by looking at a past circle's situation from a different point of view. Thereby you have reached the first level, bringing your divinity to express itself for everybody. We thank you for all you have accomplish and are happy that you're a member of this circle.

Participant : I thank you for your kind words, but I don't want to neglect to mention all the people who support me and all of us here.

ELIAS : Compare it to a star: You are the centre and all around you there are many branches and networks. These are the fundamentals you need to do this work. It is wonderful to see that you are guided by so many souls, which support your work and appreciate you for the work you do.

⁷ Protocol leader oft he old "Medialer Forschungskreis Schwalenberg".

Participant : Co-operation, especially amongst diverse psychic circles had always been the aspiration of our departed friend Wolfgang, it's a shame that he had to go so early.

ELIAS : He often guides you and gives you the message that he's very pleased with the work you're doing here and he very proudly announces this in the spiritual realm, many of the souls present here, were directed here by him, that is to say, guided by the energetic VIBRATIONS from the spiritual realm.

Participant : Thank you very much. Please say something about our inspirational medium.

ELIAS : This will take place on *your* LEVEL. I will be present here again the next time and will try to give you information through my IMPULSES. I'm looking forward to working with you. This is a completely new experience for me and I hope that the two of us can collaborate as harmoniously as in the past.

Participant : There is no doubt left for me. I thank you very much!

SETHAN : GREETINGS IN THE NAME OF GOD. This is SETHAN speaking. I hope that the surprise at the first advent was a pleasant one for you. It always gives us a great feeling of empathy when we see the progress in your development.

Participant : We thank you and a special thanks goes to our dear guest ELIAS for his messages.

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LUKAS : GREETINGS IN THE NAME OF GOD! This is LUKAS writing. We greet you very cordially and are pleased that our GUEST enhances our circle tonight. I would like to hand over ELIAS and wait for the transmission for our inspirational medium.

(Break in transmission)

ELIAS : Good evening my dear friends! This is ELIAS speaking. I'm very pleased that it's possible for me to write here and, in conjunction with my medium, I'm happy that this is possible. I am now ready to transmit the message to you.

(Break in transmission)

You had to fulfil a difficult task in your past life in your search for the TRUTH. These were hard times, when you and your husband experienced a wretched existence surrounded by a horde of children from a lot of people who lost their life during a war. You and your husband provided lodgings for many children and both of you spread the WORD of the LORD in those days. You also applied your capabilities for intelligible communication and helped these little human souls wherever you could.

When partisans killed your husband, you had to do justice to this duty alone. You placed yourself in front of the children and tried to give them a home. But you could only cope with this to a degree and received little help from anybody. This is the reason why ANGELS were placed at your side, which you *could actually perceive* during that incarnation. This produced a great TRUST in GOD within you and it has stayed with you to this very day. Through this help you received from outside, you quickly recognised the TREASURE GOD placed at your disposal through these psychic CONTACTS. Unfortunately only a few people wanted to accept this in those days.

You are very strong these days and you couldn't imagine a life not thinking of GOD and HIS ANGELS anymore. The knowledge about it affected you in this life very much and it will continue to do so. Don't worry! The more someone worries, the more his TRUST in GOD disappears! - Please read this aloud, maybe new questions will arise from it.

Question : I could not perform this psychic work without a TRUST in GOD. The question for me is: How can I integrate divine LOVE into my day-to-day life? This still creates great problems for me.

ELIAS : You *don't* do this work *for us*, but for GOD. There is a difference! Referring to your lack of ability to reflect your TRUST in GOD and divine LOVE to the outside, is connected to your inner apprehension that you might encounter a situation you can't control. You're afraid that other people won't understand you and you also fear the loss of objectivity and recognition, which you certainly need to carry out your occupation. We know why, but if you can continue to enhance your TRUST in GOD, you'll be able to rise above this and others won't be able to attack you anymore and this will dissolve all your existing problems.

Question : Thank you. - Do you have any further tips for me?

ELIAS : Yes, there is something else I want to say to you. LUKAS already mentioned it before:

- *You should practice your inner composure more often and transform your temperament, which often gets in the way, into serenity. This would bring about a strengthening of your own self, that is to say, you would experience a marked improvement in your ability to trust, something you could use very well during your life on Earth.*

Just like everybody else assembled around this table, you are also on the right track. Take each other by the hand and *journey* along the path towards your common goal - *the goal of all of us, together!* We will certainly HELP you. This applies *to all* people worldwide who *acknowledge* the REALM of the LORD and who confer the LOVE we show them to other people. - I would like to say goodbye for now and hand you back to LUKAS. If you should have any more questions, I will be *available at a moment's notice*. I'm looking forward to co-operate with you again. GREETINGS IN THE NAME OF GOD!

ELIAS

Participant : We all thank you very much for being here and for your messages.

Medium : GREETINGS IN THE NAME OF GOD, dear SETHAN! We welcome you to the second part of the meeting. Can you please tell me how the connection between ELIAS and myself came about?

SETHAN : GREETINGS IN THE NAME OF GOD! I welcome you to the second part. This is SETHAN speaking. The fact is that your hand was guided by LUKAS, but the inspirations came from ELIAS, meaning, that the personality of ELIAS became recognisable and noticeable in the characteristics of the writing style. This was a test for you so that you'll recognise when a change takes place and that various ENTITIES are able to use you as a medium. The BRIDGE is the SPIRITUAL GUIDE and it was LUKAS in this case. ELIAS thanks you for being so open on the inside, so that the WRITING could take place. I wasn't too sure at the beginning if this would be possible tonight. ELIAS will continue to participate as a GUEST until the Christmas meeting and will be available to give additional information to some of the questions. ELIAS will assist in organising our Christmas meeting and he will report back to us through the voice medium.

Participant : We are very please about that!

Question : What happens to the blockages of a soul once it passes over to the spiritual realm?

LUKAS : They are *not* dissolved as you might have assumed. These are VIBRATIONS that *do not* fade away and return when the soul is ready to reincarnate. -

- *Nothing is forgotten and no ENERGY ever goes missing. Everything that was ever thought and acted out can only be forgiven, that is to say, dissolved by the CREATOR, when an action or a correlating thought of contrasting quality makes this possible.*

Question : Blockages harm the soul. Is this the reason that a HEALING SLEEP is necessary for the soul after the changeover into the spiritual realm?

LUKAS : Blockages *don't harm* the soul, but block it. There's the difference! This is why blockages have to be seen as a TASK, which has to be worked out on a suitable planet, that is to say, in a suitable environment. This HEALING SLEEP has nothing to do with blockages. This sleep heals you, that is to say, VIBRATIONS that adhere to you, be they from an occupational or a war-related experience, are changed during this HEALING SLEEP. Your *character* VIBRATIONS, mental blockages belong in this category also, are something else.

Question : Is there an opportunity in the spiritual realm to reduce one's own blockages, so that one might not have to reincarnate?

LUKAS : The opportunities are rare because your own level of development places you amongst souls of similar or equal attitude in the spiritual realm. How can the blind lead the blind? It's very hard to learn from others if you're on the same LEVEL. You can only descend to lower SPHERES of our realm, that is to say, reduce your individual VIBRATIONS, so you're able to help your BROTHERS and SISTERS there. But for you to do so entails a healthy mental BASIS, that is to say, a strong belief in GOD, trust in HIS HIERARCHY and in your own ability. But very few souls that change over to our REALM have this ability. Most human souls are, to our dismay, unable to recognise *where they are* and *therefore* a lot of souls remain for a long time near your physical domain.

Question : Do the mental blockages we bring with us from past lives come into play, when the circumstances and the family is chosen for the next reincarnation?

(TB: Certainly.)

LUKAS : This can certainly be the case. For example: Let's assume that you have a problem with people of different coloured skin. For instance, you might have treated them inhumanly or you just couldn't accept them. It is therefore certainly possible that you, in conjunction with the KARMIC COUNCIL, are looking for opportunities to alleviate this mental deficit. You and your GUARDIAN ANGEL, who knows the mentality of the new country, are advised to incarnate, respectively reincarnate. This constitutes further EDUCATION for you, which becomes necessary and which you want to absolve again of your own free will, according to your insights.

Question : To what extent attract the people in Iraq, being exposed to many negative VIBRATION, the basis for mental blockages?

LUKAS : All the human souls, arriving here on our side from that particular area of your Earth, are in an unbelievable poor state of mental condition. Many are fanatics and full of hatred. It is not an easy undertaking for us to place these souls into a HEALING SLEEP, even if they're ready to leave the immediate vicinity of Earth. It really is not an easy assignment GOD'S HELPERS perform out of their great LOVE for HIM and HIS entire CREATION!

Question : Can the souls you talked about, who are still hanging around Earth, further influence events on Earth through their power of thought?

LUKAS : They try that in areas where people have a similar level of VIBRATION with great success. *Everybody* has a certain level of psychic ability, but many people are unaware of the spiritual connection, believing it to be *their own* thoughts and ideas, which suddenly develop in their head. But in reality, it is suggestive influence and inspiration at work. The NEGATIVE WORLD utilises suggestive POWERS. *We are not permitted to do this!* We could also lead you back to GOD with suggestive POWERS, but the LORD would like you to do this or want to do this, *voluntarily*. And this is the difference between us, the WORLD of LIGHT of the spirit, and the endeavours of the WORLD of DARKNESS.

Question : Are you saying that a deceased person can still send thought energies?

LUKAS : But of course, this is actually part of the basic knowledge of a spiritualist. If you, as a soul with a physical body can send thoughts, why should a soul without a physical body not be able to do the same? - A soul without a body is *better equipped* to do this as it's *free* from any physical restrictions.

Participant : Accordingly, we as human beings are the one's who write and influence the history of the world?

LUKAS : You contribute to it. You write the history of the world and furthermore you also write your own BOOK of LIFE. - We would like to wrap this up here and hand over to SETHAN. May the SPIRIT of the LORD enlighten you and give you STRENGTH to do justice to your life's mission here in this country.

(Short interval)

Question : There are certain situations where one encounters some very unpleasant customers, be this at work, as neighbours etc. Are there any souls who make themselves available as touchstones for other souls? Can their influence also trigger mental blockages?

SETHAN : Everything has its validity and reality. The encounter with different soul gives you the opportunity to test the mental disposition of yourself, that is to say, to what extend you're prepared to utilise your free will to the benefit of the LAWS of GOD. You are confronted by souls who awaken certain vibrations and IMPULSES within you, so that you have to choose whether to adopt these or to continue on your way into the LIGHT. These touchstones, these souls give you a chance to control your own development.

- *You will always encounter areas that look familiar to you and you'll always be confronted by situations that resemble situations from the past. You have to analyse more closely why such a situation or such a person has crossed your path again, namely because you have to make some changes within your own mental framework so you can serve this soul and also serve yourself in a divine MANNER.*

Comment : This isn't always easy. Maybe it would be better if one avoids contact with people like that.

SETHAN : You'll always have the opportunity *here* in your physical existence to take your leave from human souls, do this in a humane and loving way and do this on a mental, intellectual and emotional level. You have the opportunity to renounce them from within and to send them into the LIGHT so you can continue on your own chosen path.

Question : Can it happen that some people are burdened by unresolved blockages from past times, which are beyond their capability to cope with?

SETHAN : *No soul will ever have to bear more than it can handle or cope with.* All the tasks given to a soul from the realm of GOD are always to such a degree that the soul will be able to cope with them in this physical life. You will bring those blockages with you that are pertinent at this time so you can test and reorganised them in this physical life. You will not be *overburdened* with VIBRATIONS that you're not able to breathe freely in the divine. This means that you'll only receive such a burden to bear that you will be able to change it into pure divine ENERGY.

Question : Does a mental conflict situation arise, if *before* its birth, a soul, wishes to perform a different occupation than the one it actually practices here on Earth?

SETHAN : This has only something to do with a mental blockage, if this occupation creates stress impulses and new ENERGIES, which encourage the soul to meditate and reorientate. The direction your choice of occupation takes can be changed and corrected by your free will. It is not the case that your career restricts your own scope for movement.

Comments : It depends on the age of the person. A 30-year-old can change his job a lot easier than a 50-year-old.

SETHAN : If the career or a stressful situation a human soul endures affects the human soul to such a degree that it leads to pathological damage, this soul has to review the situation and decide if it wants to accept this fate or not.

Interjection: A 50 years old with a family to feed cannot break out of his professional cycle.

SETHAN : These thoughts trigger a struggle for existence within you. You fear that nothing new will develop after. *One has to let go of the old from within, so one can start something new.* Ways and doors you can't see now, would open for you.

Question : Many people have a feeling that their life isn't going anywhere, even thou they go about their work with a lot of love and effort. Is there a blockage hidden behind this or are these fateful events?

SETHAN : These human souls orientate themselves in *one* direction only and forget that they are ENTITIES that have to experience *also other* ELEMENTS here on Earth. These contacts for instance, when one has a critical look at one's own life story and one's own existence, brings with them insecurity and fears for many a soul. They're afraid to look at their own image, their own individual personality. They often entangle themselves in situations in their life without realising that they are just treading water. But this has nothing to do with any further mental development, as this happens all the time.

Question : Physical complaints often are the result of an old, unresolved mental conflict. To achieve a permanent cure, it is necessary to reawaken these old unresolved conflicts, which often originate in childhood. To what degree does *psycho-kinesiology* bring purification and actual healing?

SETHAN : This type of analyses of the body opens for many souls a door to the outside. Mental crossroads and conflicts often surface as physical conditions. This type of body contact gives indications where blockages or ENERGY STREAMS are not flowing to the degree that results in a healing process for the body. This type of analyses of the body is a subconscious signalling of the body, whereby the soul receives an opportunity to set external impulses and signals.

Participant : With this, we want to end the theme of “mental blockages” *for the time being*. Complimentary questions will be collected as usual. - Just a few questions on a different subject before we conclude: There are three, to me well-known people, (names were mentioned) who quite independently from one another complain about short-term headaches. A short and sharp pain appears high on the right side of the head and is very intense. They would like to know what could be the cause of this. - Coincidence?

SETHAN : This is not a coincidence! Because of the HEIGHTENED ENERGY circling around this planet, those highly psychic people, dealing intensely with the IMPULSES of Earth’s history and the level of interaction of the SANTINER, are receiving IMPULSES from that direction so that they can prepare themselves within, experience their psychic makeup very strongly at this point in time. We are dealing with the spiritual PLANE here and it enables us to make contact with higher ENTITIES. This serves to awaken the cells, which are then activated, enhancing psychic ability. It’s the area of the brain that is still shrouded in darkness. It’s that level, that harmonises with the THIRD EYE.

Question : Thank you. - My godchild tells me that she had an unpleasant experience. It happened during the night, she felt her covers gripping her tightly around her body, as if to prevent her from getting up. She couldn’t move and felt paralysed, but was fully conscious. In this fearful state, she could perceive ENTITIES. She couldn’t get to sleep last night and went to work at the hospital very tired this morning. During the process, which reminded her of scenes from a “horror movie”, she continuously prayed for divine INTERVENTION. These FIGURES then disappeared. What can you tell us about this?

SETHAN : First of all, we would like to cordially say hello to this soul and encourage her. Because she is very spiritual and very advanced in her soul’s growth, many unfamiliar souls try to catch her attention so they can receive help from her. These souls have found an open DOOR through her, whereby they can draw their fate to her attention. *There is no malice behind this.* But we understand the fears and anxiety in connection with this.

- *It would be of great importance for her to shroud these souls in LIGHT and on their behalf, request that these unknown souls may find ACCESS to the spiritual realm.*
- *With the support from other people who are familiar with earthbound souls, she should perform a meditation so that a lot of ENERGY can develop and these*

wandering souls utilise this energy to travel the path to the spiritual realm. We therefore ask this circle to support this human soul at an appointed time, so that these earthbound souls can find their way into the LIGHT.

Question : How can this support take place?

SETHAN : By mentally fusing with this soul and by sending it LIGHT, enough energetic, divine LOVE and LIGHT, that these unknown souls are expedited into the spiritual LIGHT.
- We would like to say a few parting words to the theme of “mental blockages”, namely that mental blockages - be they from past lives or set during this life - give you the opportunity to do quite a lot about them, through an inner trust in the divine LEADERSHIP and through your own free will, giving your soul the necessary healing and opportunities in this life, so you can undertake your earthly journey here. You’re informed about the necessity of the divine LAWS, about activities and conduct and about free will. You received a lot of information and also tools to undertake self-healing and to activate your INNER DOCTOR, to bring your soul into consonance and fulfil your healing program, so that will be able to deal with any mental anguish here on Earth.

We realise that a lot of things are very hard to put into practice in your physical life and that you have to remind yourselves continuously to try something else, to put something of the divine LAWS into practice in a positive way. You are sometimes trapped by your intellect and by the “*let me be guided by other people*” attitude. - The divine SPARK, your connection with GOD, will always be maintained and will always give you the IMPULSES and divine ENERGIES you need to undertake your journey here. This path leads you back to GOD and guides you and other souls to those SPHERES your soul is embedded in, to continue their journey into the spiritual realm.

- *Mental blockages are opportunities for your soul to undertake the next steps in the right direction here on Earth. Mental blockages - if they’re recognised and dealt with - give you a chance to liberate yourself from external appearances and from conditions that make your soul ill and burden your body. You have the chance here on Earth, to develop yourselves to such a degree that you will reach your spiritual goal here on Earth.*

LUKAS : We want to inform you also about a change that might take place this year. Depending on the situation, it might happen that a different SPIRITUAL BEING will take control of the written part, at your Christmas meeting. We hope that this will function.

Participant : And what will you do after that happens?

LUKAS : If I do cede my place to a dear FRIEND, it will naturally be in the interest of everything. This is always mentioned in your introductory words at the start of every meeting. We therefore hope that you’ll be able to accept the change -, even if something akin to sadness wells up in my medium. I will naturally remain part of the TEAM for as long as you want me to and I’ll report back when I’m asked to do so or

when it's necessary. We hope that all of you will start to deal with the DIVINE fact, that we exist and are here with you, more *consciously*. We are not a peripheral apparition that is present here once a week, but are with you every day, every hour, every minute and every second. We are with you and we will help you if you ask us for help. Envelop yourselves in LIGHT and you will recognise that you'll observe what is happening with you INTERNALLY and externally, more *consciously* and *much more intensively*. GREETINGS IN THE NAME OF GOD!

LUKAS

SETHAN : All LIGHT BEINGS around you thank you for the opportunity to perform their work here in the physical realm. They learn from you too and thereby gain the opportunity to develop further on this plane of existence themselves. It's not only you who learn, we as your spiritual FRIENDS, also learn and we are also here to develop further and to work on ourselves. Not only your mental life astonishes us, but also the fact that you're trying to perceive everything *more consciously* and anchor everything *more consciously* in your life. It is good to see that you are ready to look *more closely* at what you can achieve during your mental existence, for your own self, in a DIVINE manner.

We close this meeting with a QUALITY of LIGHT that will enable you to recognise that the LIGHT of GOD doesn't just shine on you, but that you *carry it within you*. We hope that this self-realisation grows within you so that you may grasp and comprehend your mental existence. May your hearts open up to the concerns of other people and to the realisation that not everything other people expose you to is always meant to be either evil or bad. Look at their behaviour from the divine LIGHT'S point of view and recognise that those kind of people also look for a way to GOD and that they're also entitled to make mistakes. - We close this meeting in the NAME of GOD and hope that you have fastened the realisation of the quality of your soul inside of you to a degree, that you recognise the DIVINE GIFT you were given. GREETINGS IN THE NAME OF GOD!

SETHAN and the TEAM

(TB: All the best!)

Thanksgiving and good-byes. A short meditation followed, to affect the closure of the chakras.
