

PSYCHO-SCIENTIFIC FRONTIERS

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

Theme: **Look after your soul, it heals your body**

(Parts 1 – 10) An addenda from the *Menetekel* of 1961

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

Preface

The *Mediale Friedenskreis, Berlin (Psychic Peace Circle, Berlin)* starts off with a short course on health today. We are dealing with mental therapy here and we will continue with this subject in our next brochures. Most of the motivations for this stem from the WORLD of SPIRIT.

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The leader of the Psychic Peace Circle, Berlin

March 1961

Look after your soul, it heals your body! (1)

Rhythm and harmony are the LAWS the human soul is *subordinated to*. The soul is very closely associated to the harmony of the cosmos and we must endeavour to remain in contact with this rhythm and this harmony. This is impossible these days without a conscious aim, because otherwise we simply *succumb* to the pernicious influences of our environment.

- *The materialistic race of our time displaces all mental subtleties that would otherwise bring consonance with the COSMOS for our harmonious feelings and thoughts.*

Lust for power, craving for recognition and avarice have started their journey of destruction across the world and brought about a situation that challenges us to fight a constant battle to defend ourselves thereby not allowing peace to reign.

People are unfortunately condemned to constantly absorb titillations that *damage* their harmony. It is almost impossible to find consonance with the cosmic VIBRATIONS out in space. But we may not flag in our efforts to search for consonance with Mother Nature. Caring for one's soul is a subject that is very capacious:

There are colours, light and sound to begin with.

There are harmonic and disharmonic colours and sounds. There is also harmonic and disharmonic light. Loud colours, so-called screaming colours, can cause damage to our soul. To deal with what colours have a calming effect on us is important. It is important to dress accordingly. "Modern" can turn poisonous and expose us to lingering illnesses.

Brightly lit rooms are often a great disadvantage and the same is also true of deficiently lit rooms.

The colour of light is of importance. These factors have been given too little attention to by medical fraternity. We can observe our own reactions in order to ascertain *which* light can damage us, because the soul tells us through a certain feeling whether we find something agreeable or disagreeable.

In addition to this are odours and other sensations to one's senses.

What damages or promotes our wellbeing can be ascertained here also. We challenge medicine to deal with *odour-therapy* on a larger scale, because this represents a large field of information in regards to restoring human health.

We should show more interest in Mother Nature.

Being connected to nature whilst being fully aware of its spiritual coherences is *more* than yoga, is *more* than the usual form of naturopathy. To deal with flowers and animals is important to the soul, because the CREATOR created everything to mutually complement each other. People who are close to nature are more harmonious and have healthier nerves. Today's hectic people *disassociate* themselves from nature, even if they have a car at their disposal. People should not suffer from manager's disease. There is a huge difference between the scent of flowers and tobacco smoke. We live a completely unhealthy lifestyle and we want *to push the blame onto GOD!* – Harmony

represents balm for the soul. Why don't we utilise this balm? – Healing with the help of poisons should be a last resort because there are other divine possibilities available.

Comment: We ask all doctors and naturopaths who subscribe to our brochures to show more interest in healing the soul.

April 1961

Look after your soul, it heals your body! (2)

Sleep plays a very important role.

It is much more important to have a good place to sleep than to give other pieces of furniture preference. People require room to move at night, they must lie comfortable. Fresh air is also imperative. Besides, the body must, *if at all possible*, lie on a relatively hard surface. Most of today's very prevalent damage to people's backs, damaged discs, is due to sleeping in beds that are *too soft*. The body, even if it is ill, gets use to a harder bed. – Sleeping on straw, palm fronds or seagrass makes you *psychic*. Psychic abilities are even further promoted by sleeping on wood. – *Beds* made from *metal* are not particularly healthy. These beds might be of importance in regards to vermin, but they are otherwise not particularly beneficial when it comes to cosmic INFLUENCES on the human organism.

The OD-ENERGIES the body is loaded with are of immense importance.

Medicine hardly pays these ENERGIES any attention. But these ENERGIES are of decisive importance to maintain a healthy soul! This is why it is important for the body to lie in a *meadow*, preferably near a forest or an ocean *beach*. Almost all people that live by the sea are psychic. People living on islands even more so.

Particularly promoting is one's mental ease.

This can only be achieved through acquired composure. Let's take a closer look at this: Today's cultured people damage their own harmony. They watch *terrible clime shows* or read *exiting books*. Ergo: They raise their excitement levels and *damage their nerves*. These titillations are detrimental to their health. These things do not have to be enhanced, because normal life offers sufficient disharmonies.

One should avoid argumentative people whenever possible.

Because they are unfortunately impossible to convince and can only be helped when they finally realise that everybody avoids them. This is how it ought to be anyway. Without the help of positive people, their viability is in doubt.

Haste, annoyances and all negative mental attitudes are dangerous poisons.

One can immediately recognise a harmonious person by their gait. One's gait should be *unconstrained, relaxed, somewhat proud* and as much as possible *upright*. Native tribes provide us with an excellent example. A proper gait also affects one's breathing. Inappropriate footwear hinders one from walking unrestrained, it affects one's mind.

The first step towards UNIVERSAL HARMONY is a *friendly, relaxed passivity* in regards to all mental stresses caused by the behaviour of other people, ergo a *friendly indifference* towards all active negativity. Most people make a great mistake, one that completely undermines their soul's health and eventually also affects their physical body.

Important: The position of one's arms.

In all positions of the body, particularly when sitting down, the arms should *not be crossed* and neither the solar plexus nor the area around the navel should be covered. *This is where the most important COSMIC nerve centre is located.* No pressure should be applied to this nerve plexus, neither with hands or any other objects, also not during physical exercises, even massages should avoid this area if at all possible. This area of the body should quite often be exposed to fresh air.

May 1961

Look after your soul, it heals your body! (3)

A lot of doctors might have recognised that the soul has a great influence on the body, but even if they call this process "*psychosomatic*", very few of them know the *true* functions of the soul.

Spiritualists have superior knowledge to that of doctors in this respect. It is therefore inappropriate for a doctor to reject a spiritualist or a healer as *unwanted competition* or even call them quacks that know nothing. Doctors admittedly possess considerable knowledge in regard to the human body and the rest of mankind can no longer do without them. But the close co-operation between spiritualists and doctors would be a desirable goal, because the soul is part of all human beings and seen in the correct light, is *worth more* than the physical body. But the soul is also exposed to great dangers.

- *The soul can also become ill. Those types of illnesses are often so distressing that they able to put an end to physical life.*

There is naturally also research into the machinations of the soul, ergo psychology, this field of special knowledge has unfortunately gone down the *wrong tracks*, as this special field of knowledge is controlled by medical science. One cannot compare mental suffering with organic suffering. But physical suffering can however influence the soul and vice versa. It is therefore important to know enough about the functions of the soul to be able to make the *correct* diagnosis. Illnesses are best healed when *the cause* of them is correctly identified.

The co-operation between spiritualists and doctors in Brazil is excellent and this is also better organised in England than in other European countries, *Germany* has been left *far behind* in this respect.

We do however not want to deal with healing through prayers, because some very progressive communities already exist in this field of knowledge that seriously deal with this, so for instance the English *Greater World League, London W 11, Holland Park 3, Lansdowne Road*, it maintains a branch in Germany. We intensively deal with the *problem of healing the soul* through correct behaviourism within the harmony of the divine order. If the soul receives fresh cosmic ENERGY through this, the body connected to the must therefore also profit from this.

The state of health of terrestrial mankind could be excellent if medicine would take a true and positive stance in regards to assessing the human soul. Seen from this perspective one would assume

that medicine would apply itself with all its available power and esteem so that the present day officially tolerated and even promoted poisoning of the population's health through narcotics and drugs would not be an issue.

The human organism is in some respects a chemical laboratory, one that under the direction of the soul, can *produce* a sufficient amount of poison to poison itself severely. It is one of our future tasks *to find a way* to align the directorship of the soul in such a way that the body reacts in *positive*.

June 1961

Look after your soul, it heals your body! (4)

Discontentment is undoubtedly as dangerous an infectious disease as a bacterial epidemic.

Let's take a look at native tribes: There are contented natives that display their contentedness through their bodies abounding with health. But there are also natives tribes showing all the signs of misery and discontentment. The various native tribes show the same characteristics to a higher or lesser degree. How is this possible?

- *This is due to a little heeded form of self-poisoning through dangerous titillations, it emanates from the soul and affects the physical organs and forces them to perform disharmonious activities.*

One should analyse the (negative) magical powers of Africa's medicine men to verify this. These sorcerers affect the souls of their people through incantations and *force them suggestively* through immaterial titillations that then affect the brain. The resulting disharmonious failure of the most important organs of the body do not just lead to severe illnesses, but with irrecoverable certainty to their demise. One is inclined to call this devilish cult of these medicine men a "superstition". This superstition, seen in the right light, is a **POWER that can kill**, well even to a specific time and hour!

One now holds the opinion that today's cultured people are so free from such superstitions that its imprecations cannot harm them. Far from the truth! – Europeans, well actually *all* human beings here on Earth are endangered by this devil's magic without being aware of it, because this abhorrent **ENERGY** is called: *Mental depression*. Even the best surgeons in all the nations on this planet kowtow to this power. All operative artistry is without success if they are unable to remove such disharmonies from the soul of their patients.

This is how the whole population of this Earth ends up poisoning itself and to make matter worse, these disharmonies are *hereditarily* transferred to the physical body. This means that an organic disease of important organs caused by the soul will in time become *hereditary*. A danger lurks here that no electro-microscope can directly identify. This is why it is our duty to immunise ourselves against these types of contamination.

The vaccine to prevent this is called: *Contentment*.

Scientists undertook a very informative experiment: One collected the *condensed breath* of a person that was mentally *agitated*, respectively excited, prior to taking the sample. This showed that the exhaled moisture, depending on the severity of the induced depression, exhibited a brown colour to a higher or lesser degree. The stronger the mental disharmony, the browner the fluid of the condensed breath. This fluid was then injected into rats. This immediately killed those rats that were

injected with the condensate of a darker hue. -

This experiment clearly indicates that mental disharmony, respectively discontentment within the body's organism creates a dangerous poison. This poison also has an effect that is externally perceptible, because these discontented and disharmonious people *age prematurely* and grow unsightly, their skin withers, their muscles turn flabby and the blood supply to the skin is adversely affected. Inner circulatory disorders stem to a high degree from disharmonies.

- *Contentment and harmony can only be regained through DIVINE PEACE within oneself, that is to say, by endeavouring to gain HIGHER KNOWLEDGE.*

When CHRIST healed, he did so *via the soul* of the patient.

July 1961

Look after your soul, it heals your body! (5)

The fear of death spread throughout the world has led to a mass-psychosis of enormous proportions – a clear break of trust between body and soul.

Our instinct for self-preservation floods our emotions with the fear of death. A completely twisted, materialistic philosophy *raises* this fear *far* beyond the normal level of our instinct for self-preservation. People do *not just* fear the demise of their body, but beyond that also the destruction of their soul, the extinguishment of their individual personality. When assessed according to these aspects, death seems to be a *dreadful* affair and the complexes that arise from this are the cause of incurable diseases, particularly those that are of a psychological nature.

The fear of dying is in reality *completely unfounded!*

A reader of the *Menetekel* wrote to us saying:

“I came across a number of your brochures by coincidence. I had been lying in a neurological ward of a hospital for a long time and was not getting better. After reading one of your brochures, all of my questions had received a clear and immediate answer. – *I was completely healed from that moment on!*”

CHRIST said: “*Your faith has helped you.*” One has to assume that these words were not correctly understood, because CHRIST could only have meant that knowledge, respectively insight, produced a great, healing ENERGY within the afflicted soul.

- *When a soul is completely surrounded by divine ENERGY, the energies of its physical body also changes, because the body's glands and organs are activated through this. Our psychologists unfortunately know too little about the spiritual soul within the body of all human beings.*

A *garbled* church religion does *not* offer people security, only a *very vague* hope. Church religion does indeed not deny the possibility of resurrection, but it teaches nothing about the *immediate* and continuous existence after one's exit from the world of physical matter. CHRIST said to those hanging next to him on the cross: “...you will enter paradise with me today.” – With the word “paradise” CHRIST meant the spiritual realm. CHRIST expressed himself *clearly enough* with these words, namely that *not just he*, but *all* disembodied people enter the realm of the spirit and this *at*

the blink of an eye and in regards to paradise, into a *positive* SPHERE!

One should *not* rely on dusty traditions! The way alchemy was a forerunner to chemistry, biblical traditions are comparably also *forerunners* of a true FAITH in GOD, one that is *still to unfold*.

- *Mankind can only become healthier through a verified FAITH in GOD, because only HIGHER KNOWLEDGE in regards to the reasons for the human existence allows mankind to recognise their dangerous vices for what they are.*

FAITH in GOD is *incomparably more powerful* than any hypnotic or suggestive therapy. The cult of native tribes clearly verifies this fact.

- *But in order to undertake the first step towards the successful healing of the soul, one has to endeavour to believe in the immortal POWER of one's own soul to such a degree that not the slightest doubt remains.*

All fears people entertain will *disappear* in this way! – Beyond that, the POWER of the demons that surround human beings according to spiritual LAWS, will also yield. One could call such a condition an “*impregnated human AURA*”, because such an AURA repels anything to do with LUCIFER.

August 1961

Look after your soul, it heals your body! (6)

When talk turns to illnesses one has to think of their *causes*. We're dealing with bacteria or viruses with infectious diseases. But there are also other “pathogens” and they come via the soul. One of these “pathogens” is called: *Materialism*.

The word materialism can be interpreted in *different ways* by people. Everything that *belongs* to one's everyday life *cannot* be regarded as misanthropic materialism, but the things people do *not necessarily* require to exist, but would like to possess anyway, can.

- *Luxury is one of those sources that can poison people's mind.*

This danger can be explained with an example: A rich man can afford just about everything. He undertakes great journeys, possesses cars, lives in luxurious hotels and allows himself to be pampered every which way. But all of this can at times be a thorn in a less endowed person's eye. This person might suffer greatly from this apparent injustice and in addition to this are *hatred, envy and desires, discontentment, listlessness and general frustrations*. The penniless person curses his fate and does not give GOD credence with one single word, because he thinks that GOD should “*not allow*” such injustices to take place. This can result in severe nervous dispositions like stomach and intestinal ailments, gall and heart problems. These illnesses are the result of one's *mental state*!

What do the mistakes made out of *ignorance* and *false* thought processes look like?

- *The reality is that there is not the slightest reason for this type of agitation, because there is such a thing as ABSOLUTE JUSTICE, but people know hardly anything about that.*

- *The immediately following life in the hereafter after one's demise equalises everything. If people did their duty here on Earth and if they did not deny the existence of their CREATOR, but supported his PLAN, they will have gained absolute freedom. This freedom is payment for a life on Earth that was pleasing in GOD'S eyes.*

People in the hereafter – they are certainly not made of clouds or mist, but feel like beings made of flesh and blood – can travel the whole world at will. They can enter any luxurious hotel, they can use all types of transport and dive deep into the ocean or float over forests, whatever they like to do. As invisible GUESTS they have access everywhere here on Earth and they can continue to do this until boredom catches up with them and they finally realise that the best medicine for them is *to serve mankind*.

No envy and no hatred please – *just a little more patience*.

To live a life pleasing in GOD'S eyes is easier than to swindle millions. The difference consist in that otherworldly pleasures and comforts can be enjoyed with an *easy* conscience, whilst a rich man on Earth is in many cases stricken with a guilty conscience, one that does not find peace neither here nor there.

All human being on Earth – may their esteem or their profession be ever so small – have the prospect of a beautiful EXISTENCE and all possible opportunities if they *arrange* their life on Earth *accordingly*. Our dear, otherworldly TEACHERS – our MESSENGERS of LIGHT – tell and enlighten us about how we can do this:

Question : Can a soul in the hereafter accept assignments that are to be carried out *on Earth*?

ARGUN : Certainly, this assignment is however carried out *intuitively*, because people do not remember the hereafter after they are born on Earth. Such an assignment can stretch across three or four incarnations, until the soul achieved the required maturity to carry out the assignment *correctly*. Such a job does not remain half done.

September 1961

Look after your soul, it heals your body! (7)

We can *subordinate* our physical body to our will with the help of our soul's unimaginable POWERS in a most unusual way. We can produce miracles with the help of our *own* energy and our *own* will and we can intervene *ourselves* where medicine's artistry and experiences have come to an end.

- *The soul's will affects the physical human brain.*

The soul's will manages to trigger electro-magnetic current impulses within the brain. These impulses are directed through the nervous system and control the organism.

- *Adding all the various currents one arrives at circa 15,000 Volts. An enormous accomplishment! – Every blood cell is its own accumulator.*

The Swedish brain surgeon *Professor Olivecrona* declared in 1936 that the centre of intelligence, ergo thought processes, do *not* take place in the brain, but that thoughts happen *outside* of the brain.

Our experiences have verified this assumption. – Professors *Cremarese* and *Hemple* already discovered rays in 1930 that every living being emanates. These rays are of various wave lengths.

- *The number of atoms united within a human being can only be expressed by a 1 with 27 zeros.*
– *The complete composition of all the cells is at around 8 trillion.*

Just looking at these already mentioned facts we see the enormous energies that reign within us. But what happens when these energies are no longer controlled correctly? – Well, we know that the soul exerts a *primary* influence on the body. A terrifying second suffices to bring total confusion to the physical body: Heart palpitations or fainting are the result. Even terrible news can lead to death.

One talks a lot about nerves, because medicine is very thoroughly dealing with this theme. There are hundreds of medicaments and poisons to strengthen one's nerves. But nerves can be *ruined* in this way. Where is the medication or tonic *for the soul*? – Where can an effective *enhancer of one's will* be found? – Where is the effective *willpower*? - This ENERGY will *leave* those that are *not* interested in this DIVINE ENERGY. Therefore, if religious doctrines are *incapable* of convincing people that they stand in the FULLNESS of GOD'S ENERGY, these doctrines are *not worth the paper they are written on*.

- *An unshakable certainty in regards to the existence of COSMIC HELP is the main requisite for an energetic health.*

It is for instance possible for native tribes in Africa to save a dying person by instilling religious certainty within it. This person will get up from the deathbed and walk away upright. *Not* superstition develops these ENERGIES, but the conviction that a SUPERNATURAL POWER exists. Africans are very pious, because they are *highly psychic* and their *personal perceptions* convinces them that there is also a WORLD of SPIRIT next to this world. Europeans, respectively Caucasians, can *learn a lot* from Africans in this respect!

- *Strengthening one's will is a DIVINE MEDICINE of enormous ENERGY and EFFECTIVENESS.*

We must do everything we can to strengthen our own soul to such a degree that our will *trains* our body. Just how *weakened* people's mental will is, is apparent in the worldwide *craving for tobacco, alcoholism or drugs*, well actually all damaging craving for pleasure, including *eroticism*.

A weakness of will ruins the physical body!

October 1961

Look after your soul, it heals your body! (8)

American research showed that almost all people that lived a long time were *working with spirit*. They retained a remarkable level of freshness and resilience into their old age. –

But we are also aware of the death of pensioners and office workers suddenly made redundant, who *decrease* their spiritual, respectively mental activities. This is not just food for thought, but also confronts us with the facts.

- *Human being who are mentally lethargic and let themselves go, will soon also suffer physically.*

To severely strain people's mental capacity is *never* detrimental to their health. But what is decisive in this respect is that any mental activity is pursued with *genuine interest* and *not* under duress. It is therefore important to ascertain *which* mental activities are appropriate for people. This can be extremely varied. One usually talks about "hobbies" these days, but it must be a *mental HOBBY*, a hobby one expect this kind of ENERGY from, an energy one could call LIFE'S ELIXIR. There are positive and negative hobbies – and also hobbies with a *spiritual* slant. All those with lofty aspirations must make up their own mind. Only the correct, positive HOBBY can release people from negative moods.

- *Whether good soul characteristics have ever caused any damage is not known. But bad characteristics on the other hand keep courts, doctors and psychologists busy.*

Films and lectures have to be scrutinised. A *bad* film or a *bad* book can cause a *bad temper* or *petulance*. Everything that causes *damage* to the mind also affects the soul – and whatever hurts the soul also affects the physical body who finds itself attached to the soul via a tow line. Vigour is the energy of youth and therefore priceless.

It is furthermore necessary that we do not just give the *major* things our attention. We must learn to find pleasure in *little* things and we can if we look at them correctly. In a lot of cases, adults have lost the ability to see these things. Luxuries and all these technological invention have completely robbed us of the pleasure of little things. This is where we have to prepare for a turn-around.

Because of the enormous turbulence of our time, people hardly have the opportunity to contemplate the seriousness of the situation they're in!

- *No healing of the body through a miracle can take place, if this healing process does not eventuate via the soul.*

Healing the body through effective *soul hygiene* should in no way replace the artistry and knowledge of doctors. On the contrary – but doctors should not underestimate this enormous ENERGY in human beings, but *knowingly* arrange it within their therapies. It is a well-known fact that doctors have not taken notice of the reality of the soul's existence at all. They certainly do not do mankind a service doing so, but it is not too late!

It is often mentioned that a lot of doctors are not willing to allow those that are versant with the salvation of the soul to interfere in their handiwork. There therefore exists a certain rivalry between the approbated doctors and naturopaths. But this comes to an immediate end when these doctors usurp the knowledge of naturopaths.

- *The soul is to blame when the healing process via the soul is not successful, because it is just not interested.*

Doctors should also apply therapy of the soul.

November 1961

Look after your soul, it heals your body! (9)

People's instinct for self-preservation makes them afraid of death. But their completely twisted, materialistic philosophy raises this fear way beyond the normal levels of instinctive behaviour. We do *not just* fear the death of our body, but also the death of our soul, the personal EGO that is *far more important* than our physical body. Seen from these aspects, death seems even more dreadful.

- *The fears resulting from this are the cause of a plethora of illnesses!*

One only has to *pretend* that a person has been poisoned and the shock experienced via the soul *immediately changes all the functions of the body*. We know that a fright can lead to fainting or that shame drives blood into one's cheeks, one single word can have an astonishing effect and can bring down a healthy body. Doctors are fully aware of these facts and act accordingly.

But the things that can lame or bring disorders to the body via the soul can *also effect the opposite*. This is the reason why joy and harmony can have an opposite effect. A lot of people are unfortunately *too fastidious* and are even unable to gain joy from expensive gifts and good deeds. Most people have *forgotten how* to gain pleasure from the little things in life.

This is where meditation helps!

Meditation is *not* the contemplation of the otherworldly heaven with its heavenly host, but the *thorough contemplation* of the DIVINE GIFTS that are available to all human beings. One should call them into one's memory one by one until one derives true pleasures from these things. There are all the *wonderful colours of flowers* or the *gloriously marked plumage* of lots of birds, as well as the *bodacious universality of the splendid world of insects* – and lots more. Those with the opportunity should acquire some of this and look after it with lots of LOVE.

Meditations should last about 30 minutes and, if at all possible, in complete serenity.

Such exercises are a mental medication with an *extraordinary* effect. They are particularly effective with so-called *psychological* illnesses as well as *nervous disorders* or *neurosis of the heart*.

One's pleasure in creation, respectively one's environment must not necessarily be expensive. All it takes is a little practice to *acknowledge* creation and to *feel joy* in areas that do not cost anything. How many strollers walk around *heedlessly* and pick flowers and tear branches off trees as they walk past.

- *A walk through nature can turn into double the recreational effect when nature is observed and loved in a positive fashion.*

Goethe said:

“Some can undertake a great journey – and see nothing and have nothing to report. Somebody else can walk across a meadow and ends up so filled with experiences that his heart will overflow.”

The CREATOR gave us the senses to perceive things. It is up to us to apply these senses *correctly*. They can unfortunately be *corrupted* through human fault.

December 1961

Look after your soul, it heals your body! (10)

Sleep is also part of looking after one's soul. It *isn't* just a case where only the physical recuperates, but particularly the soul. It draws its SUBSTANCE and its permanent ENERGY from the COSMOS, whilst the physical body draws its substance from physical matter.

- *The soul is a LIFE FORCE that can free itself from the physical bod, This LIFE FORCE is however not destroyed in the process, it doesn't dissolve and it doesn't volatilize into the universe. This FORCE is individual and it is tied to a specific form.*

Even though not of a physical nature, the LIFE FORCE is naturally an ENERGY. The soul is therefore rightfully called a "FLUID", a specific "ETHER". The comparison with light is almost correct, but we are dealing with a cold, *immaterial* light. Radiology has come to the conclusion that the mysterious force of time does not gnaw at light. Light races through space without suffering any reduction of energy. Light, once produced, is therefore imperishable, it only moves from one place to another. The same applies to the soul (LIFE FORCE). Light and matter are however *the same* from a characteristic point of view, because both of them consist of atoms.

The soul receives the cosmic ENERGY it requires in order to live in the body whilst one is asleep. But *disturbed* or *insufficient* sleep makes the soul ENERGETICALLY poor and this also influences the physical body. Everybody knows this from personal experience, namely how discontent and disharmonious one can be if one did not sleep soundly.

- *Looking after one's soul therefore also includes correct and healthy sleeping habits. People incredibly carelessly sin specifically in this respect.*

We particularly point out the fact that so-called cultures people sleep *incorrectly*. They gradually become effeminate and damage body and soul in the process. Besides, they lose very important psychic abilities and they virtually amputate them mentally. The realm of the spirit gave us numerous tips in regards to this.

- *The bedchamber must be cool. Spirits, respectively souls, require this coolness. The reincarnated soul requires it.*
- *The body must have liberty of action. It should not wear restricting garments. Worn garments must be light and loose.*
- *Inner-spring mattresses are not advantageous and underlays made of foam rubber or rubber products in general even less so.*
- *The bed should be hard and flat, particularly recommend when suffering from damage to one's spine or discs.*
- *Air naturally also plays a major role. Good spirit beings ask for clean air and this is why it is also good for one's own soul.*
- *One should have a bowl or a ewer with fresh water in one's room.*

- *Sleeping during the winter months must be extended, it must be at least 8 hours long.*
- *Sleeping during the day is unhealthy, but having a rest during the day is very good.*

We can see that all of this advice does not exclusively deal with the body, but that it rather deals more with the soul, because it is the SOURCE of ENERGY for the body and it could not maintain its viability without it. The soul is the MEDIATOR for the body, it is positioned between GOD’S REALM and matter.

Psychologists and therapists should pay this field of knowledge greater attention, because we are dealing here with something that is *more* than mental healing.

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