

Living  
with a truly  
Happy Heart  
and inner  
Freedom  
in good Health  
without any  
illness or disease

Please use your **logical thinking and reasoning** all throughout reading this book which is dedicated to the living God and all people who are searching for answers.

In case you are not sure about the existence of an amazing causal Being as Creator of the universe, I would like you to consider the following: You are using a mobile phone, tablet, or computer. What would you think of me if I told you that such a technical instrument, for which many experts worked for years to develop it, came about by chance without any purpose or goal?

Now consider the fact that worldwide some 50,000 neuron scientists are researching the brain. Every year among the approximately 2.5 million new scientific papers, 100,000 research papers are published dealing with this miraculous organ! Is it possible that the human brain, about which tens of thousands of highly educated people have written hundreds of thousands of scientific papers has come about by chance, by random mutation?

If you are honest, you know the correct answer: No, it is absolutely impossible that merely coincidences could bring about such a wonderful organ, which even thousands of scientists who studied it over a life-time have not come to fully understand. Please let this fact sink into your heart and mind: Thousands of experts spend millions of hours to research the functions of the brain as it is so very refined. It is definitely not possible that such a highly complicated organ with 100 trillion connections came about by chance. Equally, it is out of question that God does not exist as the Ultimate Origin of the cosmos.

In Lausanne, Switzerland, a worldwide unique project to create a virtual brain is being developed with a special super computer having been built for this purpose. But in order to achieve their goal the scientists would need a computer that is 20,000 times more effective than that state of the art super computer. If people succeeded to build a special computer which is capable of doing the same work as the 100 billion neurons of our brain with each neuron capable of sending hundreds of electric signals per second, the electricity to run it would be very costly, whereas our brain does the job using merely 12 Watt. Such is the indescribable and seemingly incomprehensible miracle of our brain! And the brain is only one part of the miracle which the human body represents with countless incredibly complex functions going on simultaneously. All of them are finely tuned and interconnected, surpassing by far what modern technology is capable of producing, e.g. no camera is so flexible as the human eye. Considering such facts, it is now in this 21<sup>st</sup> century truly unreasonable to deny the existence of a Designer of the universe, as it is more complex than people could have ever imagined. Therefore, the core question is not anymore, *“Do I believe in a Creator or not?”* but only: *“How do I deal with the reality that God exists?”*

Therefore, the end of atheism has arrived because all people will come to know that the cosmos was created. We can surely connect directly in Heart with the Ultimate Origin of all existence. To do so is the natural state in which we all are meant to live along with good health our whole life long while experiencing profound happiness and fulfilment. This is what every human being is destined to enjoy. With this goal in mind the content of this book was written, and it will hopefully be beneficial for every reader to understand the amazing potential of the human body more deeply.

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### The precondition for enjoying lifelong health

If you are serious about remaining healthy your whole life long, then please consider the following facts: (1) Based on your logical thinking and reasoning you need to know that only one view of the human body can be correct: If it is not harmed, our body will function well for around 100 years, just like all animals and plants have their respective life cycle during which they remain healthy.

(2) After having become certain of this fact, you will understand that the many theories about diseases defined by doctors are merely theoretical interpretations of what is happening in the body, whereby only those concepts can be true which secure a life without any illness, which everyone wants to have.

(3) If we want to remain healthy until old age you must know which theories are wrong and have the correct understanding which guarantees your overall wellbeing due to your taking 100% responsibility to recognize the root cause of illnesses and remove them completely so that you can enjoy a long life in good health.

The content of this book serves this very purpose: to expose erroneous ideas and to explain the correct understanding of the human body which enables everybody to live with a truly Happy Heart and inner Freedom without any illness. It is about the Task of finding the Solution to Health Issues, which can be fully achieved by every human being by listening to what the body tells us through symptoms and having the correct understanding of its basic functions which all serve a beneficial purpose without any contradiction.

Conclusion: The answers are all there based on logical reasoning and confirmed by countless people who have lived a long life in good health. It is up to you to make the full truth your own and to live in such a way that will make you truly happy.



## Foreword

Dear reader of this book,

I would like to invite you to close your eyes, yes, to stop reading after this first sentence and to listen to your precious soul with the desire to hear what it would like to tell you when you think about the theme of living with a truly happy Heart and **inner Freedom** in good Health without any illness or disease. You may choose to put on some peaceful music for this purpose or find a completely silent place where you feel at home. The important point is that you calm down and **allow your heart to speak to you**.

What does it tell you? Do you believe in spending your days on earth not only healthy but also content with what you have already achieved while looking forward to new uplifting experiences? Ideally this is the case with your heart being filled with precious memories of the past along with a **deep sense of satisfaction and inner peace** because you know that you are living the kind of life you are meant to experience as a beloved child of our Loving Creator. Most of all I wish that you can look back to having felt the love of your parents, of siblings and friends, of those who have truly loved you and are still loving you deeply...

I understand that many people do not feel in such a way about themselves and their past, yet this is what we all are destined to experience. The decisive question is whether you are dedicated to **pursuing this quest for True Love** or you have already given up and are satisfied with some little pleasures, more or less surviving from day to day, when it comes to the amount of loving care you wish to have and how much you actually get. Of course, I have no idea where you stand in this respect as reader of these lines, but what I would like to let you know is that in case **you feel very fine with your innermost desires being fulfilled**, then I would like to encourage you to close this book – as you already know how to embody its theme – and reach out to others to introduce them to the wonderful realm in which you are dwelling **as someone who is practicing True Love for others**.

Those who are struggling with one or the other issue, I would like to invite to once again close your eyes and to reflect on where the root cause of your present problems lies. Whatever troubles you may be faced with, there is definitely the way open to resolve them, albeit it may require some investment from your side. And this is what this publication is all about: My offering to you based on the lessons I have learned in my life so far centred on the fact that it is indeed possible to spend the time here on earth in good health without the need of a doctor or some artificially created drug, so that we can be in good shape until the day of moving on to the next world. I am not talking here about a theory or belief, but what I know down to the bottom of my soul. For this reason I am writing about it with the desire to give hope to those who are not satisfied with a mediocre life filled with ups and downs, that **it is indeed possible to see your ideals fulfilled once you set the right conditions for it to happen**. And this starts in the way you look at the world, most importantly with the eyes of your heart. Therefore it is so crucial to really listen to it because the correct answers are already there. They only need to be uncovered.

Yes, my invitation to you is to stop and to reflect deeply about what you really want in life. Please remember when you last saw the smile of a baby satisfied in the arms of her mother. Maybe you can think of sitting on the bed of a child in the evening, seeing the peaceful scene of a little child falling asleep, maybe with a smile on the face, recalling happy hours of the day. Whatever comes to your mind that gives you an uplifting feeling of being in

the presence of a loved one – please allow it to become alive in your soul and to affect your state of mind in which you are presently.

My question to you is simple: Isn't it worth to make sure that children can grow up in a loving environment and feel the warmth of love their whole life long? I am certainly dedicated to this task which starts with adults becoming aware that in the end nothing else counts in life than what is felt deep inside beyond the challenges and difficulties life may bring. One basic motto in my life is to invest for liberation on internal and external levels because only if we are truly free internally can we have the **precious experiences we are longing for deep inside**. That **inner freedom must go hand in hand with being liberated in respect to how we see ourselves in relation to others**. Only if we have the right attitude towards our own body and respect others properly can we secure our common wellbeing as a society, ultimately as the human family of which we all are a member.

What is our dignity? My answer: Every soul is the uniquely beloved precious child of God, the Parent of Humankind, who provided us with a body as dwelling place for His and our spirit that is easily capable of dealing with all sorts of health issues so that we can remain **healthy our whole life long**, from the cradle to the time of ascending into the eternal world.

I truly mean what I am saying here, and I trust that you will take it seriously because I am making this statement based on having searched for answers to questions of physical and spiritual health since my teenage years. My answers for you are not those you receive from the ones who chose to study medicine, learned a certain view of the human body based on a materialistic worldview where they consider merely or primarily external factors, dealing more than anything with symptoms rather than **addressing root causes and eliminating them**. The latter is what I have been focused on throughout the years and know therefore absolutely for certain that human beings are not meant to get ill, suffer and die, but received **a body that knows what needs to be done in every situation**. Let us reflect about the enormous accomplishments it is manifesting in every moment of our life: We do not need to worry about our heartbeat and about breathing, it is all done automatically, exactly according to the rate needed in a certain situation, adapting again and again to the changing circumstances. E.g. I look at the watch and see that I am late for an appointment that I have with a friend to go on a mountain bike tour together. I may run and jump on my bicycle and in no time I am driving fast along the road, while my body automatically adjusts to the new situation. In so many ways I do not need to worry, e.g. the body causes me to sweat when I am moving fast up the hill to avoid an overheating of the body; when I am not in a good physical condition, I may have aching muscles on the following day(s), but all of this has some purpose and is ultimately serving my overall wellbeing.

I would really like to encourage you to take the time to put down a list of what the body is doing for you, maybe including his sense of beauty to distribute the extra fat when you are eating too much on places where it may not be so visible. Who tells the body how and where to store the excess amount of food nourishment, in which way to digest it? You know very well that sensors check what you are eating and the liquid is added in the stomach according to the kind of meal you are having. **We do not need to worry about any of the millions of functions** being active in us each from morning to evening, day and night.

And now you come to me and tell me: Oh, there are dangerous viruses out there, so we must protect ourselves through a mask and vaccines because these tiny dead materials are so clever that they trick the cells to reproduce them and to make you sick and even kill you. Really? Do you think that the amazing human body is incapable of dealing with these

ever so tiny particles whereas it can easily handle even very complicated issues? You believe that you need these things because someone told you who thinks that they are necessary, but are they really? Are you prepared to ask this question?

The content I am offering you may be challenging for you because I have to let you know that a large part of what people take for granted is actually incorrect and even wrong. It is certainly not easy to change your view of the world, yet there is no alternative to doing so if you are prepared to use your intellect and logical reasoning to have a second look at reality and to evaluate it from the standpoint that we are not meant to depend on what the allopathic medicine offers, but are able to recover from any illness in a natural way without the need of any doctor telling us what to do because long before you visit his office the body knows already **what is the best way to restore the overall health.**

The bottom line is clear: Either you **believe in yourself, in your dignity as a beloved son or daughter of our Creator** who gave us an ever so amazing dwelling place for His and our spirit, or we believe in those who based on a materialistic worldview which excludes the spiritual realm judge the body as being incapable of dealing with what they define as dangerous viruses, although they did not manage to isolate even a single one of them. Of course, they do not tell you this fact but pretend to know, and the vaccines work perfectly, they are the game changers, they save us from the pandemic – and now after the vaccines have been distributed, we have many more deaths than in 2020 when we did not have any covid-19 vaccine yet!

Anyway, what I cannot do for others is to think instead of them. Every individual must think for himself or herself and make up their mind what kind of life they want to live, one based on fairy tales, manifested e.g. in the story about infections told by virologists or the narrative of deadly cancers and tumours, or on the foundation of honest scientific research to **find the true cause why health issues arise and what needs to be done to support the body to resolve them** naturally without the need of an operation, radiation, chemo, etc.

I am offering you basic facts which everybody needs to know in order to move out of the prison of thinking that we depend on the medical establishment while we are not aware of how much harm it practically does to the body. The objective facts are crystal-clear in this respect. You only need to look further and not be satisfied with what you are told by the mainstream and by those who agree with one another because they were taught the same things during their medicine study at university.

This book is about **leaving the realm of ignorance behind in respect to the enormous potential of the human body** in dealing with all kinds of sicknesses. It is about **liberating yourself completely from any fear based on knowing the confirmed facts** rather than believing this or that expert. **Your own body knows best, and therefore the most important task at hand is to listen, most of all to your heart**, and to find the timeless correct answers when it comes to the way how we can set the right conditions to enjoy a happy long life here on earth.

I would like to invite you to become familiar with what I am sharing with you in this book and to make it your own so that you know for yourself why you can absolutely trust that the body knows what he is doing – and it is ALL for you, in your best interest. You only need to understand his language (symptoms) correctly and draw the right conclusions.

May we all be successful in this fundamental task while supporting each other.

## Introductory explanations

Dear reader of these lines,

How do you feel about the theme of this book? Have you been thinking about a situation where you never get sick? I would like to invite you to realize and to know for certain that life without any illness or disease is not a theoretical possibility but a state **every human being is meant experience from birth to the time of leaving the bodily existence** on our planet behind to move on to the next world.

Before addressing this task, I want you to understand the difference between illness and disease by educating yourself about the nature of both. Although the two terms are interchanged carelessly in many conversations when describing a reference of sickness, they are represented by two distinct definitions: *“Illness is suffering from something that makes one sick. Illnesses span during a precise period of time, meaning they have a beginning and an end.”* Illness is basically termed as an unwell or unhealthy state of mind or body.

Disease on the other hand falls under an entirely different classification: *“A disease is defined as suffering from a malfunctioning organism or function within the body itself. A disease is not something that can occur from an incidence, event, or from an external element or behavior.”* Here is where the huge problem lies. **Doctors define sicknesses according to certain ideas about life which are unfortunately greatly mistaken because they are rooted in a materialistic worldview where the invisible factors that lead to people getting ill are neglected or even ignored.**

I am one of those who claim that those working in the medical establishment are widely “victims” of **self-deception due to wrong concepts** which lead to their making serious errors. You are likely to think that I must be mistaken because they represent the majority opinion and must know what they are talking about. But this is no valid argument at all. Each one of the specialists was educated by a professor who in turn was also proclaimed by a few people to be the one who got it right, who has the best answer. Unfortunately, we tend to simply trust those in positions of authority without checking for ourselves whether it is really true what we are being told.

The bottom line lies in knowing why I am feeling unwell and in taking the right steps to regain my vitality versus trusting that the doctor tells me what is wrong with my body. He uses the diagnostic methods that he learned at the university, which are all based on a materialistic view of life, the belief that the human body consists only of visible matter and therefore there must always be a physical cause for a disease. I would like to invite you to have a closer look and to renew your outlook on life based on your own realizations **with the help of your intellect and logical reasoning** rather than blindly believing what you are being told by doctors and others who claim to know more than you and therefore you should do what they request. Please take the time to reflect about this fundamental point.

An Illness can be a perceived notion of unwellness or derive from self-diagnosis whereas a disease must be diagnosed by a medical expert; disease is named by a pathological identification label or marker such as diabetes, etc. You may be asked: *“Why did you get sick?”* or *“How did you get sick?”* Then the medical staff is interpreting your situation according to what they have learned from others who came up with a certain concept. Because one or the other idea is widely spread does not mean it is correct. Presently the

number three cause of people dying in hospitals is iatrogenic, referring to an illness or injury caused in the process of medical treatment. Iatrogenic conditions are typically caused inadvertently, such as through an incorrect diagnosis or the prescription of medicine that ends up doing harm. In Wikipedia you can read: *“Iatrogenesis is the causation of a disease, a harmful complication, or other ill effect by any medical activity, including diagnosis, intervention, error, or negligence... In 2013, an estimated 142,000 persons died from adverse effects of medical treatment, up from an estimated 94,000 in 1990.”* What does that mean? Reality is getting worse and worse. From 90 thousand to 140 thousand cases in 25 years is a very, very bad record of medical failure!

Please let us have a sober look at the overall situation: From 45.000 sometime in the middle of last century the number of deaths due to medical malpractice doubled to 90.000 in 1990, and from there it rose further to around 150.000 today. **Why do you trust a medical system with such a high failure rate**, which is confirmed in many ways? You only need to look at the official numbers in connection with the *“war against cancer”* for which hundreds of billions of dollars have been invested in the course of decades with the result that today more people die of cancer than ever before. Isn't it high time to **sit down and consider seriously what is going on?** I am convinced that this moment in history has come especially in the light of the present corona crisis which exposes the manifold flaws in dealing with health issues – to the detriment of countless people who are suffering unnecessarily merely because they are not being told the full truth. I trust that you are clear about this basic point.

In this publication I would like to combine the content which is directly relevant to changing our mindset regarding how we approach questions of health, from relying on the medical establishment to living in such a way that we will not come into a situation where we depend on help when we are sick because we ourselves know best why we became ill and what is necessary in order to be fully fit again.

The official explanation points to the following distinction: *“Illness can affect the body or mind in a myriad of different capacities. A disease has a specific result on a body part or function. Illness can be a perceived notion of unwellness or derive from self-diagnosis. Disease must be diagnosed by a medical expert.”* In the course of the centuries more and more diseases have been defined, one after another so that their number grew from a few dozen in the past to ten thousand today. An estimate published by the University of Michigan Medical School says that *“there are roughly 10,000 diseases afflicting humans.”*

The decisive question is whether we are the victims of diseases or you and I decide our bodily condition **according to our thoughts and concepts**, the various methods we use while responding to reality, the attitude we have towards others, etc. I am absolutely certain that how we think and feel, the state of our mind, the way we deal with emotions, all conscious decisions and unconscious reactions together determine how fine or miserable we feel as we go through life. Your and my internal situation is directly expressed in our body. In the face of these simple facts and especially of what we are witnessing in the worldwide “pandemic”, should we not start **to truly believe in ourselves**, in my ability to know better than anybody else why I came into a position of feeling sick, rather than asking someone else to tell me what has led to my illness?

I understand that to do so represents quite a challenge because especially when you feel unwell you are in a situation of weakness and vulnerability where you look for help and support. Naturally you go to see a doctor because everybody else is doing the same. For this

reason, it is important to have a second look at the overall situation now when you are fine, what I hope is the case for you as reader of these lines.

Just to mention a simple fact. Producers of vaccines have increased their income in 2021 for tens of billions of dollars. The pharmaceutical market has experienced significant growth during the past two decades, and pharma revenues worldwide totalled 1.27 trillion U.S. dollars in 2020. That margin would go down to a fraction of that number if people would know what I am pointing out in these lines, namely, that they can heal themselves of any illness and disease. With so much at stake, the digital medical complex is doing all in its power to stop those who are exposing the fraud underlying their business.

What does the root word “pharma” mean? It originates in the Latin word for drugs and the Greek terms “pharmakeutikos” and “pharmakeus” referring to a “**preparer of drugs**” or “**poisoner**” because of the concept that diseases are caused by some poison in the body which must be treated with an antidote. This kind of view of human beings is culminating e.g. in treating cancer patients with chemotherapy which is very harmful for the body. I trust that you realize that this way of treatment is counterproductive because the underlying view of the human body and the root of illnesses is completely wrong. What is defined as cancer is actually a natural process in support of the biological system dealing with extreme emotions like trauma. It has nothing to do with being a problem which must be artificially removed through an operation, radiation or chemo. The **real meaning can be easily understood when studying the universal biological laws** first discovered by Dr Ryke Geerd Hamer.

Again, I do not want you as reader of these lines believe me or cling to some expert but to know for certain based on your own logical thinking and consequent reasoning where the root cause of illnesses lies and how they can be resolved without the need of any artificial drugs or medical intervention. Of course, you need a doctor to help you when you break your leg or get injured in an accident, but in all other cases of feeling sick the way of **allowing the body to heal itself** is widely open, requiring merely **your active support in line with the biological laws which apply to each and every human being**.

In other words, I would like you to move from trusting this or that professional to being the best specialist yourself when it comes to addressing your own health issues. Throughout history people have been living until old age whenever they had proper living conditions and took good care of their health, and that is also possible today and in the future if only we become serious of recognizing what is harming our body and how we can get rid of any hindrance which is stopping us to remain in good health our whole life long.

If you are prepared to make this challenge your own then you are here at the right place to become familiar with the content I am sharing with the desire to receive your feedback and contribution to improve my understanding. My efforts are directed towards contributing to humankind’s knowledge of what really makes them ill and how health issues can be resolved once and for all with no long-term negative results, bringing an end to all chronic diseases.

It is up to you and me how much we invest into this central task. I am offering my contribution based on having been dedicated since my teenage years to the quest for deeper understanding in my desire to find the correct answers and to share them with others.

Please share your feedback so that many may learn from your insights. You can send them to this email address: [nbeutl12@gmail.com](mailto:nbeutl12@gmail.com)

## What I would like you to consider

Dear reader of these personal reflections,

This publication is centred on presenting answers that have been discovered by true scientists around the world and on connecting core knowledge with your own life. The goal is to help those who are interested to understand themselves and others on deeper levels, including relevant developments in society, as foundation to draw the correct conclusions which will enable all people not only to **enjoy a long life on earth in good health** but also secure **the inner wellbeing based on acting fully in line with the essence of human nature** in the awareness that we are destined to act **in line with the principles of creation**.

Using the term creation implies there is a Creator. This is the most essential point to know when looking at life and the human body. They are not the result of random mutations that came about by chance. Once you seriously think of it, you will surely find out that it is impossible that God does not exist. I am addressing this theme towards the end of this book. I wish you can read it based on the consciousness that “*God is Love*” and as a Loving Creator He made everything for a purpose. Our task is to find the answers we need to know for certain in order to be able to lead a truly happy life without suffering. Additionally, we are called to do our part so that this precious goal will become a reality for all humankind.

In case you are not yet sure concerning God’s existence, I would like to invite you to stop reading for a moment and to reflect e.g. on what you are experiencing while sleeping. You are dreaming all kinds of stories which are meaningful and rich in content. Have you ever thought of where all this enormous content is stored? In your brain cells? If this is the case then they are so much more potent than the best computer scientists could ever build because in our dreams we are not only seeing some pictures but experiencing emotions. No computer in the world is able to store human emotions or to produce them.

When you meditate on human consciousness, then you cannot help but come to the conclusion that it is out of question that such an enormous potential has come about by chance due to random changes in the simple elements which are the external foundation for life to exist. Please take the time to let this fact sink into your heart and mind so that you will know absolutely for certain that an amazing Creator definitely exists as the Ultimate Origin of the universe who has provided us with a spirit capable of incredible manifestations.

Just in case you have still some doubts in the back of your mind in respect to God’s existence I would like to ask you to think of how wonderfully men and women fit together as partners who complement each other with a seemingly unlimited potential of creating uplifting experiences culminating in extasy, in ever so fulfilling joy and happiness. Everything fits so perfectly once the individual personality is developed properly in line with the True Love Principle. All of this could never ever come about based on random mutation because so many factors are involved and harmoniously combined.

To come to the point of recognizing in the depths of one’s soul what I am outlining here is the personal responsibility of every individual. I am sharing insights gained by those who have been investing for that purpose along with reference to resource material which is helpful to gain the knowledge required to preserve good health until the time of moving on to the eternal world. The homework of making the truth which is out there already your own and to develop is further remains the task of each and every person who is dedicated to living in line with the original purpose of our existence on this planet.

The content I am offering you in these pages is about presenting answers as well as an invitation for you to share your insights in support of raising the level of the collective knowledge of humankind concerning the most important questions in life. It is about

confirmed truth, shown to be correct both through scientific discoveries as well as practical experiences. Some aspects may be challenging for you because they do not correspond with what you think you know already. In this respect it is important to keep in mind that the truth is not determined by what the majority believes, but only by objective reality and facts which are proven to be valid through control experiments.

The readiness to have an open heart and a questioning mind is essential along with critical reasoning because I am not interested in your believing this or that, but in your ability to know what is definitely true and to be able to distinguish it clearly from half-truths or part of the truth which does not allow you to see the whole picture. To reach the level of **knowing the full truth for certain involves both the intellect as well as our emotions** because we need to see things clearly from a logical viewpoint along with confirming our insights through practical experiences.

More than anything I wish that this publication can be useful for you to see the overall picture on a deeper level and to gain your personal conviction which leaves no relevant question unanswered. To come to this point requires of course wholehearted investment. I can assure you that it is well-worth the effort because the fruits are manifested in **clarity of mind and harmony on the emotional level paired with a scientific understanding** of what is needed to enjoy a long life of deepest fulfilment in both mental and physical excellent health without the need of any doctor. To arrive at the point of being free from any worries concerning our wellbeing requires both intellectual clarity as well as harmony on the emotional level along with uplifting experiences that are only possible if we act in the right way. For this reason it is essential to reflect on the fundamental questions of life to gain ever more clarity concerning the correct answers which enable us to overcome any kind of hindrance we may meet on the path of pursuing lasting happiness.

This book is not about theories and believing something, but about **knowing for certain without the slightest doubt in the heart and mind**. In case you come to other conclusions than I, then please disprove what I am sharing based on confirmed scientific facts. I am always open to learn from others because I want to continuously deepen my understanding. To get there where we all are supposed to be as homo sapiens requires the readiness to go beyond the concepts that were thought to be true in the past. We need to **be open to new insights**, which enable us to reach **deeper levels of oneness based on knowledge that is fully resonating with our innermost soul**.

The ultimate purpose of my sharing is to support those who are interested in coming closer to where we all are meant to be as one human family who lives together on our planet where we are supposed to enjoy true happiness arising from the heart. To **learn to love yourself and others in the right way** for ever-growing joy and fulfilment to be manifested is our common task in which we need to support each other. To be able to live in line with the True Love Principle underlying all creation requires **intellectual and emotional clarity**. Such a foundation can only be achieved if we are dedicated to finding the correct answers to the manifold aspects that determine our wellbeing both on internal and external levels.

The insights presented on these pages may be quite challenging for one or the other reader because they comprise scientifically confirmed knowledge that is not part of what is promoted by the mainstream media and Western medicine, which is unfortunately largely controlled by medical industrial complex. This fact may be surprising for one or the other among you, yet it is a historic reality. Considering this situation can be helpful to understand why certain scientific research is suppressed although it provides precious answers to open questions – because it does not serve the interest of Big Pharma.

In order to gain the urgently needed comprehensive knowledge concerning health and sicknesses it is important to **look at reality from all sides including the spiritual**



**realm**, which is greatly neglected in the modern world. Only if we are ready to include this fundamental area of energy as the source and essence of all existence will we be able to find the answers we need to the many open questions regarding the **manifold interdependent processes and functions in the human body**.

The objective of my sharing lies in remaining healthy throughout one's life. To do so is not a theory, but that is possible was confirmed by countless people. When we look at the history of humankind we see that hundreds of millions have maintained their health until old age. The question is merely whether the right conditions are met for this to be a reality. In my reflections I am addressing this overall theme from various viewpoints because it is important that we know how our body functions and which conditions are required to secure the internal as well as practical prosperity of every human being.

In this respect I would like you to be aware of the consequences of people having learned to take good care of their wellbeing so that they don't need doctors. The global health spending is close to 9 trillion dollars or 10% of global Gross Domestic Product. Imagine this huge amount of money will be liberated to serve people in other ways, bringing an end to poverty and other kinds of misery und which countless people are suffering. All that is needed is the correct view of the human body which is indeed capable of dealing with all kinds of health challenges in a natural way without any artificially produced products.

Concerning the way I expressed my heart in these reflections I would like you to be aware that through them I reached out to friends whom I have been addressing for years in regular sharing and felt therefore free to seriously communicate the urgency I feel in respect to the necessity of deeper understanding and dedicated investment for positive changes on a personal and global level. I hope you will read the various letters where I am looking at reality from many different viewpoints with interest, most of all with the desire to expand your knowledge as foundation for gaining inner freedom as well as the desired external liberties based on knowing the facts everybody needs to be aware of concerning the requirements for preserving good health while making the best of your time on earth with the focus on the kind of joy which naturally arises as we learn to love to an ever deeper degree based on heartfelt investment.

You are now reading the first volume of two books centred on the goal of enjoying a long happy life. The second was published under the theme "***The Task of finding the Solutions to Health Issues***". To see the full picture, it is good to become familiar with both volumes. For this first part I chose content related to internal aspects of the situation we are in as we strive to lead a fulfilled life, with the particular focus on scientific facts that are not widely known. If you are interested in getting to know also the other content referring to worldwide developments in recent years centred on the medical field, particularly virology, I would like to invite you to read the here-mentioned book which you find at this link: <https://app.box.com/file/894356987515?s=6v09alkubonwkqy7lp0eto5ymooohp2v>

It is our individual task to be well informed and our collective responsibility to lay the foundations for a better future. Let us together be successful in that enormous challenge by making it our own and doing our best to find the correct answers to open questions **based on taking responsibility** for the overall situation and learning from one another as well as working together to **develop long-term solutions from which everybody will benefit**. We can be the pioneers of building a world without illness and disease in which we were meant to live to begin with. It is up to us to make it a reality during our lifetime by learning from the mistakes of the past and not repeating them again.

May we all do your personal research and use the knowledge gained through reading the in-depth reflections to make informed decisions as to what you can contribute to resolving the manifold human problems once and for all, because we are not meant to live in suffering but in deepest fulfilment rooted in having learned to truly love ourselves and others.

## The purpose and goal of my sharing

Dear friends,

After offering you a foreword and introductory explanations I shared with you a few thoughts under the theme "*What I would like you to consider*". Here I want to speak about the purpose and goal of my writing with the objective of giving you some insight concerning why I am reaching out in this way of personal sharing about my conviction in respect to living with a happy Heart and inner Freedom while enjoying good health. The short answer is simple: Because this is my daily experience.

Yes, there is much joy in my life which I like to express to others. I wish everybody is eager to gather uplifting experiences on a daily basis while looking with much hope in the heart towards the future. Through my reflections I want to contribute to positive changes in the world, and therefore I decided to publish a book centred on this very theme of leading the kind of life which ultimately all people are longing for deep in their innermost soul, one of feeling profound love while being able through their unique abilities and presence to enrich other people's heart.

Of course, the details may vary greatly as there are many types of personalities, yet there is an underlying common desire alive in everybody, namely the desire to feel fine while being able to share with others in a satisfying manner – which is only possible if you are in good shape, mentally and physically. It all starts with peace of mind, as it can be seen in the face of children who grow up in a loving environment, but unfortunately get lost over the years in most cases so that today the majority of the world population is in some kind of stress, whatever that may be.

At this point I would like to encourage you to close your eyes and to calm down internally so that you may hopefully hear what your heart tells you when asking the question: "*What makes life worth living?*" I am talking to you through these lines, but at the same time I wish you are determined to listening more than anything to your own innermost mind and perceive what your soul wants to tell you at this point in your personal development.

With this publication I am offering you an overview of the main insights I gained during the 65 years I have been blessed to spend on this earth. I am doing this with the desire that the content will be helpful for you to become more clear about yourself in respect to what needs to be considered while striving to see your dreams come true. I am reaching out in line with my conviction that our noble ideals are indeed meant to become reality. We only need to set the right conditions with a loving heart and clear mind - and we will see our hopes manifested in concrete terms.

One of them is to be truly honest in front of yourself and others. Nobody wants to be deceived, yet this is what most people have felt at one time or another. Equally, people want to know what is really true. Alas, here is where the greatest hindrance lies in respect to people being able to lead a fulfilled life – because they are erring in manifold ways when it comes to knowing what needs to be done to remain healthy and fine throughout your whole life. In this respect I have bad news for you which are at the same time good news: A big part of what you think you know is true concerning health and diseases is actually very wrong. The good news is that once you recognize your incorrect views you can erase them.

By now you are hopefully aware what I am talking about: It is for every human being possible to live in peace and fulfilment both internally as well as externally when all wrong

concepts are removed and substituted with the full truth. To contribute to this important task is the objective of my addressing you to let you know that we all can live in excellent health and in supreme joy once we have left all limiting concepts behind which are hindering us to reach our goal, like the unfounded belief in viruses and bacteria causing diseases. The list of grave erroneous concepts in the medical field is long, and for this reason you find dozens of pages in this book dealing with this serious issue. Once you have corrected false knowledge in your mind the way is open to act only in accordance with the universal laws and principles which are underlying all existence. Whoever is doing this will feel profound peace because at that point of complete resonance with nature we will sense inner freedom and harmony which arises when oneness within our whole being as well as with our surrounding is established.

To get rid of erroneous concepts to which we may have clung for many years is of course not easy. But to do so is the only way to liberation in line with the famous timeless words by Jesus recorded in John 8:32: *“The truth will set you free.”* At the point where we live in accordance with the eternal truth on which the existence of our cosmos rests, we will enter the sphere of limitless freedom. I am not advocating to uphold this or that religious belief but to know the full truth both about spiritual matters as well as the material side which needs to be dealt with properly if we want to enjoy the intoxication and excitement that is definitely possible when we become the embodiment of God’s eternal and unchanging Truth.

My sharing with you is at the same time my invitation to find out for yourself whether it is really true what I am talking about, namely that the Kingdom of Heaven or paradise can surely become reality on this earth during our lifetime – we only need to build it. The blueprint is available in all areas. Remains only that those come forward who are dedicated to making it their own by studying the Principles of creation in depth, particularly the characteristics of True Love, the strongest force binding hearts together in loving relationships.

It is my deepest conviction that life is about allowing True Love to be the core of our existence and accordingly putting it into the center of our attention our whole life long. I am dedicated to deepen my understanding of this most precious quality and to share my insights with others because I am fully convinced that only if we have mastered the ability to express selfless love will we have opened the gates to dwell in the highest heavens, in the deepest realms of fulfilment where time stops and eternity enters into our awareness. The task of refining the ability to convey unconditional love requires much investment, yet to do well in this essential challenge is surely worth the efforts. We can only win if we strive to become more loving and kinder each day because such a heart opens up the world for you.

This is what I could experience in concrete terms during the past decades where I invested into reaching out to people on 4 continents, east and west, north and south on our globe, travelling hundreds of thousands of km, not to go on holiday but to connect with the peoples of the world in person as much as possible according to the limits which are a given in respect to financial means and my personal abilities. My life has truly been an adventure in many ways, whereby the inner driving force is my desire to contribute to people finding their ultimate fulfilment based on going deeper and not being satisfied with superficial solutions. At the same time, I have been blessed to spend 3 decades of my life in a family atmosphere together with my wife and 4 children who were born in the course of 12 years.

The purpose of sharing my view of the world as well as letting you know of some of my experiences (which I am expressing my autobiography which is still work in progress) lies simply in letting you know that a fulfilled life in ever growing happiness is surely possible on the foundation of having straightened out everything which is not right in our concepts and

practical lifestyle. My attitude has always been to listen to others so that I could learn from them and now I would like to reach out on a broader level to let others know about the insights which I have gained in my life so far while going through many kinds of challenges. Like everybody else, I had to pay the price for the lessons to be learned in the course of going through many trials and errors, through ups and downs, ultimately through heaven and hell to reach the point where I know absolutely for certain that all life is rooted in love and therefore nothing else counts more than being focused on developing the ability to connect with others on the level of heart. To do so is the foundation for beautiful emotions to arise and ideals to become a reality, ultimately for all precious wishes arising from the soul being fulfilled and lasting peace and satisfaction to be found.

There are seemingly endless resources of information out there on the internet, in books and videos, etc., enabling us to learn so much interesting content, especially through meeting people. I have benefitted a lot by doing so and would like to encourage you to do the same. The uniqueness of my approach to life compared to the majority of people lies in having taken the challenge upon myself to deal both with the spiritual as well as practical side of life based on science while integrating the vast spectrum of beliefs with the readiness to address all of them not only in theory but to look also at the concrete implementation. I am convinced that nobody and nothing must be excluded because now the way is open for each and every individual to be liberated by getting their important questions answered and finding the method which fits best for them to see their ultimate hopes realized.

The first step lies in getting rid of ignorance and wrong concepts regarding the human body and the purpose of life, themes which I am reflecting on in this book. My challenge for you is to open your heart and mind wide to comprehend the dimensions I am talking about, which are nothing less than what is expressed at the end of the Bible as the New Heaven and New Earth which is to come, a world where all people live together in peace and harmony. I am not asking you to believe in this or that religious view but to use your intellect, emotion and will, your ability to think logically and reasonably while digging deeper and deeper until the answers to every relevant question is found and the way discovered how your knowledge can be put into practice.

The Truth is actually simple and clear so that everybody can easily understand it. What needs to be done is to search for it and not to give up until every question is answered. From this standpoint I want to convey to you what I have learned so far, hoping that you can make good use of this content and develop it further to serve you best in achieving your goals centered on living in such a way that you will be able to look back when leaving this earth with gratitude in your heart that everything has been worth it to go through and to endure because at the end stands deepest fulfilment which is carried on to the eternal realm of endless love.

The goal of my sharing can be put into one word: liberation. To be free from any wrong concepts and views concerning internal as well as external matters. This is the foundation for being able to live the kind of life which is truly worth living, one of sharing profound love with one another while enjoying good health until old age while expanding the ability of building bonds of heart which last beyond our earthly existence in the eternal realm of endless love where each and every person is destined to dwell one day. May your becoming familiar with the content of this book be one more step towards reaching this precious timeless goal for which it is definitely worth it to invest all of our heart and soul and strength, using all the potential we have received to make the best out of it with the wellbeing of all humankind in our mind.

## Essential points everybody needs to know

Dear friends,

More than anything I would like you as the reader of these lines be aware that your presence here on earth is meant to be a very rewarding and fulfilling experience where you can see your dreams fulfilled. I am well aware that this goal seems to be out of reach for most people, yet it can become a reality for each and every human being once the right conditions have been set.

The first step lies in becoming clear about our overall situation, that there are forces out there in the form of organizations and people who do not have our best interest in mind while greatly influencing the events of world history. Towards the end of the book ***“The Task of finding the Solutions to Health Issues”*** you find the reflection on the theme *“The digital financial complex as the most influential power worldwide”* where I am addressing this reality from the viewpoint of the digital financial complex, whereas there are of course also other powers at work which have a harmful influence on the human population while at the same time claiming to have only our wellbeing in mind.

In other words, deception is widely spread from the individual to the worldwide level. To recognize this fact and to liberate yourself from any kind of wrong understanding to see the bright light of the day in respect to what is wrong and how things need to be changed stands at the core of this publication. Throughout history people came forward with the claim to have the right view of life, yet when we have a closer look we see the correct answers have never been fully presented, because otherwise we would live in a wonderful world today where all people enjoy peace and prosperity.

To get there is the goal and the objective of this book is to offer fundamental insights which open up the way to reach the final destination. What is needed is also your personal contribution in the form of offering your insights to produce further volumes of books that provide deeper insights into the solutions and how to implement them. The efforts of all those who are dedicated to the wellbeing of humankind are collectively needed to arrive at our common destination of a world where love and beauty reigns.

At the moment of my writing these lines the morning sun is shining into my face with not a single cloud in the sky, the promise of a new day filled with hope is in the air. I wish that each one of you can also be full of hopes for the future because you know what needs to be done and how to do it. Just as it is possible to have one perfect day, a profoundly satisfying encounter with another person, a deeply fulfilling experience that does not leave any wishes open, it is also possible to expand such precious moments into our whole lifetime of enjoying the wonders of life each and every day.

This is can only be realized if all hindrances are removed. The decisive question is obviously whether you believe this is possible or not. When you look back in history you will see so many tragic events that you may think that the ideal world people are longing for in their soul will never be realized. Once you know for certain the root cause why all previous efforts in this direction failed, you will be in the position to realize the ideal on a personal level and expand it from there in unison with others to the betterment of our overall situation.

With this book I am reaching out to those who are prepared to pioneer the world of purity and harmony in which we all are destined to live. In the course of my life have become familiar with all kinds of individuals and groups of people who are striving to pursue a great

destination, whereby I was faced again and again with the reality that people are only ready to go so far – to a certain point where they stop and limit themselves. For example, by the attitude that the ideal can never be reached on earth, people are not good enough and need several reincarnations, I am also not qualified, etc. All kinds of excuses or justifications that the New Heaven and New Earth promised at the end of the Bible cannot be built by mankind because we are not capable of doing it.

Here is where I have the opposite conviction: The correct answers are already there, ready to be put into practice, both concerning the spiritual state and what needs to be done to change it, as well as practical matters regarding the use of the available resources for the overall good and prosperity of all where nobody, not a single soul, is left out. The Creator of this universe has certainly as the Parent of Humankind such an attitude. It is expressed in every true father and mother who would never give up on any of his children but do his or her best to make sure that they all are fine.

In my heart the fire for the realization of the ideal world is burning and this desire can never be erased because I know how it can be built in practical terms. I am welcoming any challenge in this respect, because I have been studying what others are doing for decades and know we are very close to the goal. What is left to be accomplished is that all good people combine their efforts and unite with the readiness of learning from one another. The correct answers are in many different hands, they only need to be brought together with the readiness to learn from one another.

Unfortunately, here is where one of the greatest stumbling block lies: Most people are too much centred on what they have found out and proud of their accomplishments that they are unable to see the value of what others have to offer and to integrate it into their own worldview. Yet it is only if we are prepared to put the overall purpose of the happiness of all people into the center can the task of building a loving and caring worldwide family be accomplished.

How does your attitude in this respect look like? I am offering you the core insights which I gained in the course of 6 decades of intensive longing and searching for answers wishing that you can take what is helpful for you and use this knowledge to expand your own foundation to see your innermost wishes fulfilled. My hope is that you can expand your awareness of what is possible to new levels of knowing for certain that whatever good desire arises from your original heart is meant to be fulfilled. What you long for deep inside is destined to become true. The missing point is each and every human being fulfilling their portion of responsibility. We cannot make others to do what they are supposed to but we can do our part and show an example of how life can look like – a task to which I want I contribute with this book centred on enjoying lifelong health and happiness. Because this is only possible if all wrong concepts have been removed, a big part of this publication deals with false ideas about what makes people become ill and the correct view of the human mind and body.

I hope you will read the content with an open heart and mind along with the desire to liberate yourself from any errors in your thinking and possible misunderstanding concerning your emotions so that the way is open for you to manifest your wonderful potential based on knowing the scientifically confirmed facts and being able to distinguish clearly between what is really true and what is merely mainstream based on consent by certain people.

## Your view of the world determines your health

Dear friends of a healthy lifestyle,

These lines are intended to help you to realize essential points which determine whether you can enjoy a long life in good health or struggle with all kinds of issues due to looking at reality from a standpoint which is not really beneficial. One may own a lot of money to have a comfortable life, but that is no guarantee to live longer than others because only if all the right conditions are met can a person keep his body in good shape until the time of moving on to the eternal realm. In this respect the way we see ourselves and the world around us plays a decisive factor: For example, if you consider yourself to be a potential victim of invisible poisons like the claimed “viruses”, you will live in a certain fear and readily allow others to inject some artificial product called vaccine into your bloodstream. On the other hand, if you understand the fundamental truth which I outlined in the introduction then you will be confident that your body is capable of coping with any kind of health issue you may be faced with.

In this publication I am including reflection letters in which I addressed friends centred on the importance of the worldview a person is upholding. How we see the world naturally changes over the years to a certain extent as we continue to learn through the experiences we make. The decisive question is whether **we draw the correct conclusions** and are able to **distinguish clearly between timeless truth and which content was made up** by people who pursue self-centred interests.

The **universal Truth is simple and clear** so that every human being can understand it easily if one has an open heart and mind to look deeper and to see what stands at the core of life which is none other than love. Unfulfilled love causes people to suffer tremendously with all kinds of negative consequences for their physical wellbeing. Once you are deeply aware of this fact, you will definitely **focus on resolving issues in relationships and on dealing with inner disharmony**. Accomplishing this task is the condition for securing the bodily functions to do fine up to around 100 years, an age we all may reach if we manage to have the right attitude in times of troubles, the critical periods where we set the course of how things develop further on a personal level.

Where we put our attention and priorities, our mind goes and our body follows. It is in the heart and soul where the decisions are made as to how to lead one’s life, with exploiting our surroundings for personal gain as one extreme of an egoistic lifestyle, and on the other end of the spectrum lies investing all you have for the greater purpose of the wellbeing of all humankind. I am dedicated to the latter attitude of **putting other people’s wellbeing above my own**, a high standard which is surely difficult to uphold. Day by day I am striving to embody such an attitude because I know without the slightest doubt that we can only find true fulfilment and lasting happiness if we live for one another with a sincerely caring heart rather than being focused on my personal satisfaction.

I would like to wholeheartedly invite you to make the core aspects of what I am sharing in these pages your own so that you know down to the depths of your soul that we are meant to go through life without the need of any medical doctor, what is of course only possible if we know better than they what life is really all about, and how we can maintain our bodily wellbeing beyond any health crisis due to **cultivating loving relationships which are ultimately the best insurance that we will enjoy a happy long life**.

## Clarity of mind is the prerequisite to find the solution

Dear friends of clarity,

Whenever good people are doing something important, they want to make sure that they know the facts because they are dedicated to acting in a responsible way with the readiness to be held accountable for their actions. This is only possible if they are familiar with the objective situation rather than depending merely on what is being said or assumed.

If we are in a dark room, we cannot orientate easily, whereas to do so is no problem when enough light is available. Similarly, to have a good overview concerning what is happening we need to know the objective reality rather than relying on what people think and believe without scientific evidence. My concern in addressing you is to help you to realize that many things are taken for granted although they are not rooted in science but rather in conventional belief or the agreement on a certain viewpoint by the experts, a situation which is unfortunately a serious problem particularly in the medical field.

That this reality can lead to serious consequences can be seen in many examples like mad cow disease where until today 172 people became ill in Great Britain, 25 in France, and 0 in Germany, where 125 animals got sick until 2001, 16 in 2006 (1,7 Million tests), 2 in 2008. In such a situation 1,5 billion Euro were squandered in response! 150 British farmers committing suicide after 4,4 million cows were slaughtered. This is one of countless totally unreasonable responses where no real danger existed. The same is true for the swine flu where it was warned that some 50 million people will die whereas it was some 18.000. A normal influenza season would cost the lives of 300.000 to 600.000 worldwide. Nevertheless, merely in Germany close to 300 million Euro were spent to buy a vaccine which in the end had to be discarded because nobody wanted it. (Details reported by German national TV <https://www.facebook.com/watch?v=594760008421316>.)

In 2005 the World Health Organization proclaims the bird flu pandemic that would endanger up to one third of humankind. In reality merely 553 people got sick with 323 deaths. Hundreds of thousands of healthy chicken, ducks and goose were killed... The WHO advised the nations to get Tamiflu for a quarter of their population. In reality, independent studies showed that this medicament does not help at all! (German speakers can learn the details in this TV reportage: <https://www.facebook.com/watch?v=681810489872100>)

These are three simple examples of totally unreasonable reactions to supposed dangers which did not really exist, while squandering in the end many billions of dollars of public money into the pockets of the pharmaceutical industry. I mention them to show how the consequences can be when one does not act based on confirmed science, whereby the present so-called covid-19 pandemic has topped everything that had happened in the past in manifold ways in terms of unreasonable reactions in front of a danger which is only imagined. Had there been clarity of mind and the readiness to make decisions only based on a serious evaluation of the risks and dangers, then all the tragic results due to unreasonable corona measures could have been avoided!

For such tragedies to be prevented in the future, we really have to check the content that is considered to be true based on consent by experts who have the same opinion whether it is really scientific, what is unfortunately not the case especially when it comes to virology. I am addressing this point in various reflection themes. Viruses are nothing else than a theoretical construct which was invented more than a century ago in order to explain



why people get ill. Not a single successful experiment was made to prove the existence of germs causing diseases. Virologists rely on a non-validated postulate that viruses must exist. Today we have a much richer knowledge about the true cause why so-called sicknesses arise in the body, confirming that they have nothing to do with what is defined as “virus”.

Here I would like to share an analogy in the form of a fairy tale which can help you to realize that the claims made by virologists are indeed unfounded: A long time ago it was decided that dust spread by fairies is responsible for the growth of flowers in nature because people could not explain why every spring they are sprouting again. People agreed on this theory as the self-evident or unquestionable foundation for all further investigations of natural processes. Scientists tried to isolate fairy dust from flowers. Alas they never succeeded. It was probably because the dust particles are simply too tiny and magical. The belief in the special abilities of pixie dust persisted.

In the 1950ies biologist John Franklin Enders tried another experiment: He took a sample of blossoms where the dust of fairies must be present according to traditional belief which was never questioned. He wanted to show the effect of what was considered pixie dust. For this purpose he took seeds of flowers and put them into a petri dish. Later he chopped up the blossoms and spread them over the seeds. Nothing happened. (This is analogous to his having taken a sample of mucus from a sick patient which he put on cells of apes, whereby no infection took place.) In that situation Enders decided to adjust the conditions for his experiment. He put the seeds into a good soil, added regularly water, put them into the sunlight and spread again chopped-up blossoms on them – and vola - the plants grew. His conclusion: This must be the proof that it is the fairy dust which causes flowers to grow and blossom. Enders noticed the pollen, photographed them, and called them pixie dust. In the real virus experiment Enders deprived the cell compounds of all nourishments and treated them with antibiotics, which obviously destroy kidney cells. Then he added supposedly viral snot - and behold - the cells died. In this process he observed that strange protein aggregates (intrinsically disordered or mis-folded proteins) formed, a process which is called the cytopathic effect.

The price question: Would this effect also have been achieved without the alleged virus sample? The answer: Enders never did the control experiment, and also no other virologists until now when Dr Stefan Lanka is showing through the same laboratory experiments like the ones used by John Franklin Enders along with control experiments without any virus sample (only antibiotics and the process of starving) that the very same cytopathic effect is happening without the claimed virus.

The conclusion is obvious: There is no virus in the sample just as there is no fairy dust causing flowers to grow. Viruses do not cause diseases because they are merely a fairy tale phantasy. Remains only that virologists and all other people face this fact and leave the realm of spreading fairy tales behind with the readiness to deal with reality, which is none other than that there are no disease-causing viruses. Full stop. End of the fairy tale hour which lasted one and a half century.

Do you belong to those who are prepared to deal with reality based on using your logical thinking and clear mind that is eager to check everything by making the required control tests to make sure no errors are contained in your reasoning? I trust that you are that kind of person – I am certainly dedicated to make sure that any errors are excluded, especially when it comes to such important questions as to what causes us to get ill.

## The task of setting the conditions for a life without illness

Dear friends who like to resolve issues,

I am referring to you as readers of this book with the term “friend” or “friends” because it is important for me to speak to you as someone who is like me **dedicated to a life truly worth living**. There is a lot to be learned from one another in our efforts to spend our days on this beautiful planet in such a way that we will have no regrets at the time of leaving our physical body behind. We all wish to move on to life thereafter in the eternal realm with a heart filled with memories of countless wonderful experiences. In this publication I am offering you to become familiar with the conviction I have gained in my life so far, expressed in the overall theme of this sharing which I wrote down in the course of around two years of addressing friends throughout the world.

I am writing these lines with the sun which has just risen on the horizon presently shining directly into my face through the window of the room where I am sitting in front of my computer with the desire to speak to you. This atmosphere of having a bright cloudless sky outside fits well to the mindset I would like to convey: The way is free to leave any kind of fear of sickness behind in favour of **leading a life of profound fulfilment with a happy heart in a healthy body**. I wish that latest by the end of reading this book you will know for certain that there is indeed nothing to be afraid of in respect to our bodily wellbeing. It is fully in your and my hands to feel always fine because we **set the right conditions for this to be our reality** throughout the days, weeks, months, and years.

Yes, this is a high goal, but we can certainly reach it if we are **familiar with the fundamental principles of the universe and align ourselves with them**, whereby the most important point for everyone to know is that we are meant to experience loving relationships. They are the guarantee for our bodily wellbeing and lasting happiness, representing the key to lifelong health. For this reason we must focus on making sure that we live in harmony with others while taking care well of our own needs – which can ultimately only be fulfilled if we have the right attitude towards others.

A great number of publications is already available about what is necessary to enjoy life. If you go to the bookstore or search on the internet you will find a huge choice of books and videos, websites, etc. telling you what you need to know in order to be happy. I myself have studied a lot of such materials and am always open to learn from others, what I am gladly doing day by day. The content I am offering you in these pages is unique, because I am sharing with you from the viewpoint that to **feel complete inner freedom and profound happiness in the heart along with enjoying good health** from the first to the last day of our existence is actually the natural state we all are destined to experience.

It certainly represents quite a challenge to get rid of old concepts of thinking that you need some pill and for certain a doctor when you feel ill, to having the confidence and even **knowing absolutely for certain that your body knows already best, better than any expert on this earth**, what it needs and is also guiding its functions in such a way that the overall wellbeing is always upheld. That means, what the so-called specialists may define as some malignant cancer is actually an expression of a certain internal situation of emotional struggle in a particular part of the body, whereby any tumour will naturally disappear again as soon as the underlying inner conflict is resolved.

What I am talking about here is not something to believe or not but a reality which I have witnessed myself in manifold ways. It applies to each and every human being. The

scientific basis of how the body is active to support any kind of extreme situations which may be expressed in extra growth of tissue was discovered by Dr Hamer and others who have been investing into studying the root causes of sicknesses. I understand that it will take some time for you to become familiar with the scientific side, and even after studying it you may have still one or the other open question, but there is also the way of **gaining the correct understanding based on asking your own body**. You will definitely get the right answers because he is certainly your best friend and ally when it comes to supporting you during the time you dwell in the natural world of our wonderful planet.

The goal of my addressing you is not that you believe me, but for you to know the correct answers to all fundamental questions of life based on your own research and study, whereby the **number one teacher is definitely your own body who always lets you know what is needed** for you to be in good shape. It tells you when you need to drink by letting you feel thirsty, when it is time to eat, to rest, etc. The dwelling place for our spirit endowed by our Creator provides for us better than anybody else could because it knows best what is good for us. We only need to train ourselves **to listen well, to take time to hearken to the voice of our conscience and unique precious soul** which we all have and are as eternal beings who are meant to live in happiness without any negative experiences.

I am fully aware that only a few of the readers of these lines will agree with me in this point, but I am confident that it is only a question of time for every soul to realize that we have only one life here on earth and should therefore use this time in the best possible way rather than thinking that you will anyway be re-incarnated and have another chance to learn the lessons you are supposed to master before entering the state of nirvana or eternal bliss, the Kingdom of Heaven or paradise... In whatever way you may refer to the state which all people are destined to reach, the important point I would like you to be certain of is that it is indeed possible to reach it already now because you only need to remove any unnecessary burden which is hindering you to be there where we all will arrive one day, a **state of inner harmony and continuous experience of True Love, the strongest force in the universe**.

It is up to you to cling to the concepts you have at the moment, insisting that you need a doctor to tell you what is wrong with you, that you need a spiritual teacher, that you must trust a religious leader, that it is impossible to be always healthy, etc. or to leave such concepts behind and to look at the world with a new view – what you can do each and every morning when you get up and look out of the window. It may be raining or it may be another bright day as I am seeing presently, the only one core point which matters is the state of your heart. If you are happy inside your bodily wellbeing is guaranteed once you have liberated yourself from the many kinds of external or internal poisons which are burdening your body.

Depending on your present state this course of purification will take some time, but you can always start with fasting for one day, then 3 days or longer, and you will experience first-hand the healing effect of fasting, how beneficial it is to provide time for the body to focus on its repair work and to get fully balanced again. When you have reached the point of having done also a 7 day fast, you will be aware that it is no problem to go without food for one week, and then the world will look a bit different because you know from your own experience that your spirit is subject over your body. Only you and nobody else decides your destiny. There are **no dangerous diseases out there which you need to fear**. Your wellbeing depends fully on your own heart and mind, on the attitude you have towards your own being and towards those around you. These are the primary factors determining whether you live with a profound peace in your soul along with a joyful heart and clear mind that knows what needs to be done in order to secure your overall wellbeing until old age.

How do you feel now after having read the introductory pages to this book dedicated to you as the reader who wants to leave any unhappy and unhealthy state behind with the goal of moving forward with a strong spirit and well-functioning body? It is not enough to wish that things were better but to establish the condition necessary for you to be completely free from any dis-ease, dwelling in harmony both internally as well as regarding your bodily state which always strives to keep the balance in every respect. You only need to take the time to reflect on how many processes are actually going on continuously of which you are not consciously aware, yet they are functioning perfectly. The only disturbing factor is your own thoughts and emotions when they are counterproductive to your overall wellbeing.

The first step to resolving issues of feeling not well is therefore to **believe in yourself, in your body's innate ability to always react in a beneficial way for complete health to be fully restored**. This process must be preceded by a renewal of your mind, of coming to the point where you know that there is nothing whatsoever to be afraid of out there in the whole wide world which you cannot deal with in such a way that it will not harm you. None other than you yourself decides how you react or respond to all the evils you may see out there. Once you have gotten rid of any wrong concepts and counterproductive attitudes you will definitely arrive at the point where you will **feel profound satisfaction in your heart and have a body full of energy** at your disposal until the day you decide to leave it behind to dwell in the eternal substantial spiritual world where all human beings arrive one day.

My wish for you is therefore that you have an **open heart and mind of wanting to find out, of being curious whether it is really true that we can live happily based on having gained inner freedom and peace in our soul**, manifested in good health without any illness or other unnecessary burden. The good news is that you do not need any doctor because you yourself are the best specialist when it comes to recognizing the root cause of dis-ease and resolving it thoroughly so that no chronic illness whatsoever remains. The word doctor is derived from the Latin verb "docere," meaning to teach. You do not need another person to tell you what to do when **your own body knows already how to deal with health challenges**. It is only a question of recognizing what the dwelling place for your spirit wants to let you know.

To believe in yourself must include to trust your own body who has faithfully served you all those years until this very moment of your reading these lines. Will you show yourself grateful to him and listen attentively to decipher its messages, expressed in the manifold symptoms which you need to interpret correctly with the awareness that they are always being beneficial for you in support of your overall wellbeing. As you will have probably noticed, I am referring to the body sometimes as "it" and at other times as "he" because it is important to see it as our best friend who personally attends us, always responding to our wishes. We only need to treat it properly, and then we will enjoy the fruits of a conscious life which is meaningful from beginning to end – whereby it is clear that there is only the end of the period of our time on earth whereas the spirit continues to dwell thereafter in the eternal world where we are destined to breathe the air of love and experience ever increasing joy and happiness filling the soul.

This is how I see and experience life. I hope that my sharing will be beneficial for you to liberate yourself from any unnecessary burden to be completely liberated to feel True Love as your personal reality which you are embodying in your daily actions of existing to make other people happy, because this is the one and only way to secure your own happiness along with your bodily wellbeing until the end of your days on earth, to be continued in the endless realms of the invisible spiritual world.

The inner Heart is the real center of every human being

Dear friends who look at what really matters,

The core truth everybody needs to know about people is the fact that their **existence is determined by what is going on in their heart and innermost mind**. We can only understand the behaviour of a person correctly when we are aware that human beings are created for the sake of love. Accordingly, the **development of a person's heart and soul determines in what kind of inner and bodily state is experienced**.

Once you have internalized this simple fact you will focus not only on **cultivating your own ability to build loving relationships but you will also be dedicated to helping others in this central task** because nothing is more important in life than taking care well of our internal situation as foundation to enjoy good health and happiness throughout the days we spend on this wonderful planet and thereafter in the eternal world where we are destined to breathe the air of love while expanding our heart to ever deeper levels.

The essence is truly simple: **Life is about love**. If we neglect this timeless truth we will get into trouble. Unfortunately, that is the reality of most people, culminating in today's situation that the majority of humankind is afraid of dangerous viruses although they were not even shown to actually exist. People struggle with all kinds of unnecessary problems because they miss out on the main point: **Only True Love makes life worth living and therefore we must absolutely focus on this most precious content**.

As soon as you have arrived at the point where you have fully internalized what I am outlining here in a few paragraphs you will never be satisfied with some artificial satisfaction but only strive for true fulfilment which can only be found where unity is established: Oneness of heart between parents and children, brothers and sisters, husband and wife, between relatives and friends, etc. Yes, unity in True Love is the one and only way to experience what we are longing for deep inside more than anything else, namely, to be truly happy.

True happiness can only be felt when I have achieved unity between my mind and body. To develop the required inner harmony on the individual level is the prerequisite to dwell in the sphere of oneness with others - for which we are longing in our innermost self. This desire for inseparable unity was implanted into the human being by our Creator. If we are wise then we will consider this precious potential and allow it to grow and **expand our ability to love to embrace ever more people on ever deeper levels** because this is the way to fulfil the ultimate purpose of life: **To dwell in the warmth of True Love eternally**.

I trust that you will take these easy-to-understand facts to heart and make them your own so that nothing can deter you from focusing on what really counts: to **become more loving and caring**. For me this is definitely the number one central point of attention as I go through my days while the weeks and months fly by. In this way I am heading for the **realm of timeless existence in the eternal spiritual life after having learned here on earth to love in a completely selfless way**.

The secret of arriving at our final destination lies in forgetting ourselves and **putting other people's wellbeing above our own** because this is the way to **live in harmony and heartfelt resonance with others** with all the love we have invested into others returning to us, leading to our reaching profound realms of fulfilment in our soul. May we all do well in this essential task and harvest the fulfilment we are longing for deep inside.

## The end of ignorance in respect to health and sicknesses

Dear friends who strive for deeper insights,

Many of you will be familiar with Jesus' words: *"The Truth will set you free."* If we know the truth about the human body we are able to keep it healthy and strong for many years. Yet, today the vast majority of people live in fear about their health situation. Merely that simple fact should tell us that there is something fundamentally wrong with the medical establishment which has been unable in many areas to heal people so that we see today more sick or chronically ill people than ever before.

The short answer from a wholistic viewpoint concerning diseases: *"The sickness of the body is caused by a spirit which is not free."* We are spiritually "imprisoned" through believing in false theories about diseases and other wrong concepts. Fear inside leads for example to shortness of breath on the outside along with many other negative consequences for our body. People are afraid because they don't know... For this reason **it is essential that we know the full truth and have the correct concepts about health and illnesses.**

We are now harvesting what was sown in the course of many years. Had we corrected the false hypothesis with which people came up long ago then today's crisis would be impossible because it is rooted in the germ theory which was never proven to be correct and is at the same time in total contradiction to the principles of creation. The way out or forward lies only **in studying the Truth based on confirmed facts** and not in believing this or that unconfirmed theory, a theology or a dogma. There does not exist any substitute to using all of our intellect and reason in order to distinguish between true and false.

In this respect I would like to point to the book by Dawn Lester & David Parker *"What Really Makes You Ill?: Why Everything You Thought You Knew About Disease Is Wrong"*. I would like to encourage you to take the time to read or to listen to the around 800 pages in order to gain a good understanding why it is indeed true that most of what you considered to be correct in respect to illness may be very wrong? I suggest that you listen at least to one of the interviews with the authors to get an overview over their valuable work.

There are certainly also many other champions who present the truth in the medical field like Dr Andrew Kaufman who explains complicated issues in a way which can be understood by anybody who wishes to have clarity about what went wrong in that area. I would like to encourage you to listen to him and others like Dr Stefan Lanka, those who speak out as medical experts in favour of **true freedom based on profound knowledge.**

Yes, it takes time to **study about health from a God-centred viewpoint**, but there does not exist any substitute to doing so if you want to lead a healthy long life. We live in an era when we can **bring an end to ignorance in respect to health and sicknesses**, but that must be done by each one of us individually because we all are responsible to take care well of the temple which we received as home for our soul.

The content of this publication represents my invitation and encouragement to do your own thorough research based on the realization that some of the concepts that you have considered to be correct may very well be wrong, especially in respect to how to best approach the theme of illnesses.

I wish we all will make sure that we remain in good shape our whole life long based on **knowing what is needed to reach this goal and doing our very best to put into practice what we are aware of deep inside.**

Let us use our intellect in order to know the truth about health

Dear friends of reasonable thinking,

Are you using your intellect and reason well in order to know the truth without any doubt? You will probably say that you do. I would like to see that this is actually true. Can we have a sober talk about what we actually know for example about viruses? What is the relationship between human beings and them? Do you know the correct answer? The body has certain structures and functions and also a “virus”. There are given constants which are unchangeable as objective facts about them.

How does the relationship between them look like? If we want to find the correct answer, we must use the scientific method: A (body) – natural laws – B (virus) = X (illness). In order to find out what kind of relationship exists between these elements we have to know the laws of nature and check reality as to what kind of processes are happening in a person, causing him or her to be sick.

The things we use in daily life have certain structures and purposes. The same is true for nature: Natural laws do not need to be interpreted; they prove themselves by being valid. On the other hand, we have information which needs to be interpreted, e.g. content we read in books, what we see, e.g. gestures and actions. This task is accomplished through experiments, studies, observations, theses, hypothesis, etc. Accordingly, books need a means of interpretation. The first group refers to things which I learn and know whereas the second refers to things which I believe. These are the two kinds of information which we are dealing with in daily life. When we have a closer look at the latter, we see that we use subjective means including our own evaluation in order to have an opinion about them, whereas the former is dealt with based on objective means, e.g. the unchangeable laws of nature.

In the human body we see that electricity is needed to create some function and then elements like oxygen, water, nourishment sunlight and warmth are required in order to keep these functions going. When we ask what makes electricity flow, causing effects in the body, then we see that among others like the input from our mind Love is necessary in order to ensure that all functions are done well.

**Information is food for the spirit, whereby we must make sure that we deal with truth.** Based on faith and trust there is an intake of information. We say yes or no to it, welcome or reject it depending on whether it is beneficial for us. In the present crisis we see that we have to deal with loss. Problems arise if we are faced with a situation where loss cannot be avoided. The outcome is fear which arises only if we want to control something which we actually cannot control. Such a situation leads further to anger, despair, depression, violence, etc.

Let us reflect: When we look at basic processes in a human being it is obvious that we receive love based on trust which in turn motivates us to do good – we turn on the switch for electricity to flow and cause things to happen which lead to good emotions strengthening us. At the core of our being it is important to establish true identity.

We know that there are direct physical connection lines between the brain and all parts of the body. Everything will function well in us if we acknowledge our position as creation with a mind and body and act accordingly while **receiving the elements we need on the invisible spiritual level.** On the other hand, if we have a false identity based on the lie that the spiritual realm does not exist then we feel dependent on other people and animals which in turn leads to problems arising in our body, manifesting in manifold sicknesses.

German speakers may find it helpful to have a look at the visual presentation of what is going on inside of us as explained by the medical doctor Horst Müller after half an hour in his lecture: <https://www.youtube.com/watch?v=RbvUSzfd2bk>. In respect to illnesses it is decisive to be aware that every one of these health issues can be traced back to emotional root causes.

All processes in physical elements are directed. This is a fact which means for our human body that nothing whatsoever is going on in us by chance, including any kind of sicknesses. They are never the product of coincidence. All illnesses arise and develop based on commands or input which we are giving to our body. That is a fundamental fact which all people need to internalize and know for certain if they are to lead a long healthy life. One might compare viruses with knives. They do not have a life on their own, they are not living beings and cannot multiply by themselves. They do not have their own dynamic. Accordingly, they cannot make a person sick. It is important that we consider the simple fact that bacteria, fungus, fruits or nuts can cause problems in the body only if we create a certain reaction like having an allergy against certain kinds of food or other elements. So we have to ask the question: Who is directing the reactions which can be adverse for our well-being?

There are basic laws in nature which we need to consider. We speak about the higher purpose being more important than the individual purpose which is serving the greater good. What is decisive to be aware in this respect is that a "virus" can never create a priori a sickness and dominate the whole body and ruin it. We would not be able to exist if elements representing the micro-cosmos can dominate a human being. Only parts of the body which are already weakened through inflammation, etc. can be a breeding ground for bacteria whereby it is clear that damage can only be created in those places where the body allows it to happen. Without the permission of the body by providing electrical input, a fungus or bacteria cannot become active and harm an organ. In other words, we ourselves are activating them. Normally they exist in a symbiosis with our cells for mutual benefit.

**Our mind and spirit determine the state of our health.** Contrary to this principled understanding the evolution theory introduced the concept of changes and developments happening by chance. In this way the cause-effect principle was kicked out, substituted with an incorrect concept: There are results like mutations which manifest without any cause. They suddenly appear but nothing is causing them to come about! This worldview teaches that human beings came about as a result of random changes which are not caused by anybody or anything. It just happened. Nothing could be further from the truth!

After Darwinism was established, germs were discovered and they were integrated in that existing theory. The hypothesis was created that germs are the cause of diseases and therefore we have to fight against them. In this way an effect was turned into a cause. People see themselves as victims of the circumstances and feel that they have no control over their body. They blame their neighbour for their sickness instead of realizing that only they themselves can harm their body by not taking care of it properly. Today we see that innocent people are blamed to be the reason for people to be sick and punished in one way or another. They are put under quarantine although they could never cause others to become ill as so-called contagious diseases do not exist. **The germ theory remains completely false because there is no law in nature that a person can convey a sickness to another person.** Yet in reality healthy people without any symptoms of being sick have suddenly become a danger for society and are locked up or restricted in other ways!

The conclusion: Let us learn the needed lessons including the ones which our body tells us when it does not feel well by using our intellect to know the truth about health and the root cause of illnesses because only if we have this basic knowledge are we in a position to set the right conditions which allow us to enjoy a happy long life along with inner freedom and external wellbeing.



## Nearly all sicknesses arise from inner unresolved problems

Dear friends of living in inner harmony,

It is decisive to recognize the true origin of the manifold kinds of illnesses which are nothing else than an expression of what is going on inside of us. Unresolved internal issues are being manifested on the external level in the body. In medicine the greatest mistake was made that we can make, that is separating the internal foundation from the external, the spiritual situation of a person from what is happening in our physical body. Doctors are treating symptoms without resolving their real cause which is to be found in each case on the inner level of our mind, our heart and soul. Disharmony inside is expressed on the outside, in the respective organs connected to certain emotions.

The true solution lies in dealing with the unfulfilled desires of the heart, whereby obviously problems in relationships are the number one cause for pain which appears in one or the other part of the body. The fundamental desire of every human being to receive love and to respond to it is being neglected in many cases with fatal consequences. The divine nature which we received from God in whose image we are created is generally not dealt with. Instead of considering that precious foundation, modern medicine is sadly focused on external phenomena which are in reality merely the visible expression of what is happening on the level of the soul. Applied to the Corona-crisis the inner suffering of the people is being ignored while putting them under external restrictions which do not have any effect regarding the improvement of their overall health situation. What is so very sad in this respect that even those who know of God's existence are not standing on the forefront of teaching the people of the world about the **true cause of sicknesses which lies in their internal reality** and not in external symptoms visible to the eye.

From a wholistic standpoint relating to the complete person including the heart and soul, things are crystal-clear: Besides those cases where the cause for a health issue is obvious due to external conditions, the ultimate reason for people getting sick lies in an **inability to give and to receive love**. Life without love has no meaning, what especially the elderly are aware of, longing to be with their loved ones even to the extent that they do not want to continue to live without the possibility to spend time with them. People have known since thousands of years that a happy heart brings healing whereas sadness and frustration in people leads to all kinds of illnesses.

It is crucial that we internalize this fact and draw the correct conclusion: We **must focus on securing our inner harmony** if we want to enjoy a long life in a healthy body.

Moreover, it is decisive that we see clearly what is happening: People feel a lack of love and want love from others who are also incapable of giving them what they need. The only way forward lies in **taking full responsibility for your own inner situation and to resolve one issue after another so that you can be free to invest your heart into others** which represents the heavenly way to ever growing joy and fulfilment during our existence on earth and in the world thereafter.

Instead of standing firmly on the forefront of showing to the world how to be healthy inside as a basis for a strong body which functions well even in extreme circumstances, most people of faith in some religion have been wearing masks which are definitely harmful - in the name of supporting health! The situation is indeed miserable from the standpoint that the full truth is out there not only about internal matters but also concerning the well-being of body, yet the scientific facts which can bring lasting healing are not being spread to all people. Let us do our best to change this sad reality based on knowing for certain that sicknesses arise from inner unresolved problems.

It is clear that our health condition depends on our internal situation

Dear friends who search for root causes,

There are principles in this universe which will never change, like the one of cause and effect. Our spirit is in the subject position towards our body and accordingly we express on an external level how we feel inside. This direct correlation between what is going on in a person and how emotions are manifested in our health condition has been confirmed in manifold ways. Yet, the vast majority of the people of faith are not aware of that simple fact when it comes to the present Corona-crisis. Even spiritual leaders advocate the wearing of masks which are not only useless to protect them from the so-called SARS Cov-2 virus but to the contrary harmful to the human body. Instead of standing on the forefront of fighting against the totally wrong concept of viruses as poison even people of faith encourage everybody to be obedient to inhuman and indeed counterproductive measures which have led to the fact that the decisions by politicians have caused much more harm than the supposed deadly virus could ever have done.

That is the tragic situation which Heaven is faced with in respect to those who were called to stand up for God's eternal and unchanging Truth being themselves blind to see what is very obvious: **The health condition of a person is ultimately determined by the spiritual state of the individual** and not by some external factors. One medical doctor testified in this respect for example that during the decades of treating countless patients he has never come across someone who became sick while being happily in love.

Yes, it is undeniably clear that the decisive factor is **the internal situation of a person which determines the state of his or her body**. Those who have studied in depth the underlying cause of the manifold types of cancer have found that the various sicknesses always correlate with emotional issues and the respective organs connected with them. Strong negative emotional experiences and inner conflicts can be found in every patient as the ultimate root behind the excessive growth of tissues which represents a reaction to what is going on inside and is not cause by some external reason like viruses as doctors falsely presume.

There are so many completely wrong concepts in respect to what makes a person sick based on a materialistic world-view that denies or neglects the fact that it is the inner situation of a person which determine the bodily condition. I would like to encourage you to take the time to watch this conversation with Dr Andrew Kaufman addressing the issue of the pathology of Scientific Materialism and the Need to (re)THINK Health:

<https://www.youtube.com/watch?v=8JPrYNOJ0Ys&feature=share&fbclid=IwAR0FOHjAfkp7SG61VVLseShikAK5PqGR2mRBasi1SVLJL-lbAMw05P76Gv8>.

Unfortunately, instead of speaking out to bring an end to all these unproven false concepts like the germ theory, even religious people around the world are widely passive, stuck in their grave ignorance of thinking that God created some evil substances like viruses which are deadly for the body, attacking cells and multiplying themselves within them...

I would like to invite you to consider this question in your heart: What is my personal contribution towards liberating the world from the darkness of ignorance in respect to the true cause of health issues? The more people invest into finding the correct answers and letting others know about them the quicker we arrive at our common goal of knowing what really makes us ill.

Sincerely yours,

Nikolaus

## Aspects to be considered in connection with maintaining good health

Dear friends of knowing the fundamental truth about the body,

We wish to be always healthy and avoid any kind of sicknesses, and that is certainly possible if we manage to behave in such a way that we provide the temple God gave to each one of us for our eternal spirit to dwell during the time we spend on earth with the right spiritual and physical nourishment.

Here I would like to mention 10 points which I consider to be important in connection with our common desire to lead a long life with a well-functioning mind in a healthy body.

### True Health:

- (1) is achieved when taking full responsibility for my well-being
- (2) is based on the oneness between a person's heart and mind
- (3) is restored after resolving all internal as well as external issues
- (4) is gained whenever we overcome barriers which hinder us to love
- (5) is rooted in the human nature as a spiritual being with a clear purpose
- (6) is developed by caring wholeheartedly for the soul as well as for the body
- (7) is fulfilled on the foundation of having matured in the ability to live in harmony
- (8) is the result of acting in line with the True Love Principle and the purpose of life
- (9) is emerging from having learned to listen to your heart, conscience, and intuition
- (10) is required to be able to enjoy a long life in freedom and ever-growing happiness

We all want to feel healthy and dwell in peace with ourselves and our surroundings. In order to reach that goal, we need to resolve any contradiction and disharmony in us because illnesses originate in our soul and psyche when we suffer due to lack of fulfilment or struggle with inner conflicts. The way how we are affected by our emotions and experiences is scientifically explained through the 5 biological laws discovered by Dr Ryke Geerd Hamer.

There are of course also many other scientists and medical doctors who have invested into researching the true cause of sicknesses and how to best restore our wellbeing after having fallen ill in one way or another. The most important point to be conscious of in this respect is the fact that any symptoms appearing in the body can be traced back to an internal root in the heart and mind of the patient. To know the true cause of diseases is the absolute prerequisite in order to overcome them completely and to reach the goal of true health which is preserved until old age.

The very first step is always to have a clear picture of what is going on in us, both on the spiritual and the physical level. To be able to do this successfully we need to be aware of the principles and laws of nature which are at work on both levels. Only if we have sufficient

knowledge can we see correctly what needs to be done to become wholesome again without any negative effects of past health issues. We can go beyond any chronic illness if we are prepared to thoroughly look at their origin.

The universe is functioning as one unit both on the microscopic and the macroscopic level. Man has been searching for meaning in life because there is a clear purpose behind all creation. We see it manifested in countless details which we observe in nature, whereby there is always an answer to the question as to why something is there, functioning in a specific way. We may not know the answer, yet it exists for certain, because otherwise we would be here by coincidence in a situation where we are betrayed and full of contradictions, searching for meaning although there is none, which is equivalent to looking for food but nothing eatable exists on earth.

The closer you observe what is going on the more answers you will find. The main problem of society today is that the majority of people simply accept what they are told without checking for themselves whether it is really true. Especially in the field of medicine we have come very far off the mark because this area is dominated by the pharmaceutical industry which influences every level of the medical complex which is based on medical dogmas rather than thorough objective scientific research. Those who want to know the details can learn about them in publications like *“The illusion of evidence-based medicine - exposing the crisis of credibility in clinical research”* or *“Virus Mania: How the Medical Industry Continually Invents Epidemics, Making Billion-Dollar Profits at our Expense.”*

There are many concepts about diseases and medicine which are not correct, e.g. that it is due to modern medicine that the life expectancy of people around the world has been rising. Contrary to that fairy tale the facts are clear: Since 150 years the life expectancy has been steadily climbing up for about 2,5 years per decade. The cause is clearly to be found in the better living conditions of people and not in medical advancement, whereby it is ever so obvious that despite hundreds of billions of dollars having been invested not much success has been achieved, for example in cancer treatment.

The task at hand is to honestly look at all areas of health and medicine in order to know for certain the true root causes of diseases and the right path from feeling sick to being in very good shape, full of energy, wanting to do many things to create much joy for others which naturally will come back to ourselves in the form of feeling fine internally and externally our whole life long as we are acting in line with the True Love Principle, what we all are destined to do.

Because true health originates in our heart it is decisive to pay more attention to what it tells us than to satisfy our bodily desires. To live with this awareness is surely one of the keys to enjoy lifelong health because for everything we wish to experience on external levels we need to lay first the right condition in our heart and mind, in our spirit or soul. It is there where true fulfilment starts and ends, whereby it is clear that our eternal existence will never come to an end, merely the time we are spending here on this earth.

May we all use our time well in the awareness of the supremacy of mind over matter and especially of heart over the brain, knowing that much more information is flowing from the heart to the brain than in the other direction. Once we have internalized this scientific fact, we will also know that nothing is more important than focusing my internal situation as basis to see the fulfilment of my dreams and to be able to live in happiness what everyone is destined to do and will definitely experience once inner harmony is established.

The cause on the emotional level which allowed the Corona-crisis to arise

Dear friends who strive to see clearly,

I suppose most of you are aware of the simple fact that the present Corona-crisis could have never become a reality if people would not be afraid of deadly viruses. When everybody knows that the germ theory is merely some theory like many others which have never been scientifically shown to be correct, then they could not be afraid of some invisible enemy because no proof exists that there is some new virus around that is killing people. They would have a sober look at the death statistics and see in black and white officially confirmed numbers showing that in 2020 the average death rate was not higher than in previous years. Nothing special in this respect. The excess death in certain places have other causes which have nothing to do with a virus, as anybody can find out if he is ready to check the facts.

How then was it possible that ultimately billions of people around the globe welcomed a lock-downs which are causing to immense suffering for hundreds of millions of families? The answer is obvious and simple: FEAR. Those who have been supporting the plandemic have done so with the use of planting the seed of fear into the hearts and minds of people and nourished it in the course of months so that the citizens would in the end welcome any measures those in power would impose on them.

Let us have a closer look at this emotion: Fear arises if you try to control your life while at the same time you do not have the necessary knowledge of how to do it properly so that there are many uncertainties which are beyond your control and which are potentially dangerous. Fear and despair must never be the basis for our actions, yet that is the case for so many who are afraid that something terrible might happen to them.

On the other hand, we see the **confidence which is rooted in knowing the facts and being able to deal with reality properly** so that you do not need to be afraid of anything because you have the decisive knowledge which is needed in order to walk safely through life along with all the protection from the spiritual world which is available. Once you exclude this internal realm you are focused on external circumstances which you cannot control and in this way you will surely get into trouble earlier or later because every human being has a mind and body, a spiritual and physical body whereby both need to be taken care of properly.

Human beings are created with the nature of welcoming information which we consider to be good for us. Otherwise we will naturally reject it. The decisive question is therefore: What do we consider to be true and beneficial for our wellbeing? If we have done our homework and learned the basics of life, **how to have a healthy body along with a wholesome mature spirit who act in line with the True Love Principle**, then we will naturally enjoy a happy long life without any fears because we are connected with the Creator of the universe.

The conclusion: Every one of us has to study the fundamental parameters of life, the basic principles which govern it, so that we are equipped with the truth both on the external as well as internal level which we need in order to resolve any kind of issues which may be hindering us to pursue the kind of life for which we are longing deep inside.

Remains only that we have **a crystal-clear understanding concerning what is needed for our body in order to find ultimate fulfilment** during the century we are meant to spend on this planet in good health and lasting happiness.

## The ultimate proof that you cannot get sick through infection

Dear friends who consider the facts,

It is indeed a sad reality that most people believe in the germ theory, that there are infectious diseases, although it is clear and logically proven that it is impossible for the human body to get ill in this way. You will find out that this is indeed true if you stop and think logically and ask the relevant questions. Then you will know undeniably for certain that cells do not make themselves and other cells sick. I would like to invite you to reflect thoroughly about this issue by using your intellect, your ability to reason in order to have a crystal-clear understanding concerning the fundamental question of what causes you to get ill?

If you are ready to sit down and to answer a few simple questions, you will know the correct answer in no time. Of course, this is only possible when you activate your brain cells well and not allow any illogical reasoning to hinder you to remove all clouds of darkness which may hang over your spirit. Only if you do your best to **gain profound insights** will you be able to see the light of day in respect to being completely convinced that the various kinds of sicknesses have their ultimate cause in the mind and heart of a person, which is in the subject position over the body.

Let us start with the question: Do human beings have a spirit? The answer is obvious because without it you could not (1) do any spiritual activities, (2) you would not have any internal desires, you could not feel, see, smell, hear, etc. and (3) evaluate your perceptions. (4) You would not have any thoughts, (5) no moral values, (6) no sense of responsibility, (7) no spirituality, ... You cannot move your body without the input from your invisible mind as the brain itself cannot send out signals without having received some energy input that is caused by the spirit our Creator breathed into us. Knowing such facts, it should be obvious for all of us that we do have a spirit and that the body cannot act without being directed by our invisible thoughts, etc.

God gave us a spirit which is free to think, to make decisions, to act in certain ways, whereby it is clear that our whole being is responding to the impulses from our heart and mind. In this respect it is proven through countless examples that if people have negative thoughts, if they are fearful, etc. they will get sick earlier or later, whereas those who preserve a loving and caring heart will be able to remain healthy. If we **choose to love we decide to walk on the path of life**, whereas those who give in to the temptation to stop caring for others will end up in difficult situations with their inner struggles manifesting overtime externally in the body in the form of all kinds of illnesses.

The internal and physical condition we are in is indeed in our hands: You and I decide in our hearts whether we **pursue True Love and enjoy a long life of expressing selfless love** to the world until our last breath or we get stuck somewhere along the path based on wrong decisions which may very well be based on wrong concepts like thinking that chemotherapy is beneficial although the mortality rate of those who receive that kind of treatment is very high.

We need to listen to our conscience and take full responsibility for our decisions, including how to respond to what we are told by others or what is commonly believed, e.g. that there is a deadly virus called SARSCov-2 although its existence was never proven. Wrong decisions may very well have fatal consequences. Therefore we must realize that we are responsible for our health. We must never transfer that responsibility to a doctor - who will heal me because only I can do that myself. No artificially made drugs or vaccine will save us. Only our lifestyle of **living in line with the original nature of human beings centred on love will secure our well-being and happy future**. This is a fundamental truth which every human being needs to know in the depth of his or her heart and soul.

## Understanding the main reason for people to become ill

Dear friends who see clearly,

If we have reflected deeply about the fundamental questions of life then we will know that we were created in order to **prosper in the realm of Love by developing our Heart**. Accordingly, **we are longing deep inside for experiences of being loved** and being able **to express our love to others**. When these two fundamental areas of giving and receiving are in harmony we will feel fine and full of vitality inside as well as in our body.

At which point do problems arise? When we lose someone who has been very good to us or if we begin to think badly of others, feeling upset about them because they do not give us the love to which we feel entitled as husband or as wife, as a parent or as a child, as a brother or as a friend, etc. Whenever we are disappointed our spirit goes down and we lose energy, leading to a situation where also our physical well-being is deteriorating. I suppose you are familiar with such experiences, whereby it is truly important that we reflect about them and realize that it is indeed you and I who are making ourselves sick. It is useless to blame somebody else for our health condition because only the individual who causes illness can heal him/herself and nobody else. Once we let this fact sink into our heart and mind, we will take full responsibility for whatever issue arises in ourselves, affecting our body.

We do not say to another person, *"Please eat this meal because I am hungry..."* We know well that no person except I can satisfy my hunger. Yet when it comes to the internal level, we easily say to others: *"Please do this or that so that I can be happy."* Does our own situation really depend primarily of the behaviour of others? We expect of others that they behave in a certain way and when they don't then we may be upset, become sad and depressed, harming our health due to wrong expectations. What it all comes down to is **our being unable to love while we want to be loved**.

Let us take a moment to think about this fact and check to which extent it applies to my inner reality: Health arises from a wholesome internal situation. That is the final conclusion in respect to what is needed in order to spend a long life of fulfilment on this earth. For this reason we really have to give the actual state of our heart and mind our primary attention and make sure that we harbour the right attitude so that we can live happily despite the many challenges we may encounter on our path. Learning to **digest unpleasant experiences and turning them into victories of heart** are a key strategy in getting rid of any kind of health issues. The body cannot lie and must therefore be closely observed. There has to be some concrete reason when certain functions are not working well.

The key ability required for healing lies in finding out where the root of sicknesses lies. Only when the ultimate cause is found can lasting healing be achieved. Generally, it is clear that all **illnesses arise from a certain lack which is felt on the spiritual level**. A person feeling strongly a lack of freedom, injustice, etc. may easily lead to issues arising in the body. In order to shed light on the true origin of the external symptoms it is decisive to have a close look at our inner reality so that we may see clearly which emotional experiences have led to bodily problems.

Once you research the overall health situation of people you will find out that nearly all psychological sicknesses arise on the foundation of loss. That means, first of all we need to recognize what is missing in a patient's life. To understand the foundational issues which cause external symptoms is indeed the key to being able to enjoy a long life because then you will know what you have to change in order to regain your full health. Unless we move out of the sphere of self-pity into the realm of **forgetting ourselves for the sake of others**, we will not arrive at the destination of feeling ever-growing happiness based on manifesting True Love.



## Are you listening to the messages expressed through your body?

Dear friends who strive to be attentive,

Many of us believe that the spirit is expressed in our whole being, but to which extent do we take it seriously when our soul wants to tell us something through what is going on in our body? Unfortunately, most people run to a doctor and ask, “*Why do I have this or that problem?*” instead of realizing that they themselves must know better than anybody what is wrong in their mind, causing certain symptoms to appear in our body. Should we not stop and think, reflect on what is happening inside of us and in the world as a whole where people are afraid of some virus whose existence wasn't ever confirmed? It is merely a theory which is widely believed, whereas no scientific proof exists of viruses causing certain diseases. Those who are still not sure in this respect may want to read e.g. the book “*Good-Bye Germ Theory: ending a century of medical fraud.*” by Dr William P Trebing, to which you can freely listen when opening this link: <https://odysee.com/@audioboy:7/Good-Bye-Germ-Theory:4>

Doctors like Rüdiger Dahlke who have studied in detail how emotional problems are manifested in the body, as you can read e.g. in the book “*The Healing Power of Illness; The Meaning of Symptoms and How to Interpret Them.*” It is truly important to recognize which attitude and behaviour is leading to specific health issues. Debbie Shapiro published her insights in the book: “*Your Body Speaks Your Mind: Understand the Link Between Your Emotions and Your Illness.*” Every patient needs to ask himself or herself the question, “*What are my symptoms and illnesses telling me about myself?*” Because in our body our mind is speaking to us, it is decisive to understand the 'language of symptoms' and to recognize the messages the soul wishes to convey via the body. Unfortunately, many times we neglect our inner voice so that such a more drastic method becomes necessary for the inner situation to come to the surface in order to be dealt with properly. From this viewpoint an illness helps or pushes us to address issues in our soul which we would otherwise avoid.

There is a clear interconnectedness between our physical state and our emotional, psychological and spiritual health. Unresolved internal issues definitely affect our physical health. Feelings and thoughts are linked to specific parts of the body, and accordingly pain in the various organs show us which issues must be addressed on the internal level. Once you have learned to recognize the priceless information your body is giving you, you are certainly in a position to achieve better health and a greater sense of wellbeing because **root causes can be thoroughly removed** so that ultimately no disharmony will appear in your body.

Once you have internalized these basic points it will be clear for you that all the talk about infection is non-sense because a contagion from one person to another is impossible. The reason behind this fact is crystal clear: The body was created to be in the object position and needs the input from the side of the spirit for anything to happen. Viruses which attack our cells and multiply in them simply do not exist as it would be against the principles of creation. If deadly viruses are created by our Ultimate Origin with man in a position to become at any time their victim, being killed by them, then there is no human freedom endowed by God to begin with because people could not even take care of their physical well-being as at any point some invisible tiny virus may enter the body and cause the victim to die of some disease. Do you believe in such an unreasonable view of life?

Without **studying the full truth and knowing in which points traditional teachings are wrong** you cannot be certain about God's viewpoint and behave in the right way, contributing to the substantial realization of His ideal where people can live **a long healthy life based on being fully aligned with the True Love Principle**. May we all take this essential task to heart and act upon it.



## Logical confirmation that people do not die due to a “virus”

Dear friends who think clearly,

Let us reflect about the principle of giving and receiving: *“How do you feel when the give and take action is functioning properly in your body?”* The answer is obvious: You will feel fine and even great when you are acting in line with the universal principles in nature.

The decisive question is now: *“Why do you get sick?”* Did God give us a body which is not capable of being healthy for about 100 years? Again, the answer is clear: **Our Creator provided us with a temple for His spirit to dwell in which is destined to function well for around one century** which we spend here on this earth after new life was formed and developed well during the 9 months in the womb. In other words, there does not exist a cause for human beings to become ill other than their making some mistakes. If we are sensitive and reasonable in the various situations which we encounter in life, then we will not have to visit a doctor. Not even a dentist because caries would not exist, what is confirmed by researchers finding out that people who lived in harmony with nature did not have that problem until they began to eat certain processed food.

Are you prepared to face this reality and to ask the relevant questions? What we need to consider is the fact that we get sick because we make some mistakes and not because of some virus which God supposedly created as a fatal danger to which we may fall prey any time, whenever we happen to get in contact with it. If that were the case we would have no way to protect ourselves against this dangerous substance because we cannot see it. In such a situation we can only conclude that we are created by an evil Being who put some poison out there, and if it happens to come into our body we are done, our end will be near. We have to leave this earth prematurely with all the tragic consequences for all those who love us and ourselves being unable to live the life we were destined to experience.

Please, dear friends, do not take these simple facts lightly but internalize them so that you can be absolutely certain that it is impossible to die due to a virus because such a concept is 180 degrees opposite of the understanding that God is a wonderful Creator who made this universe for His children to live happily on the earth and eternally thereafter in the spirit world. Once you have become clear in your heart and mind about this essential point then you will know without the slightest doubt that the germ theory is definitely wrong because it contradicts the existence of **God as a loving Parent of Humankind and wonderful Creator**. There is only one truth and this applies also to the human body. All the various organs have certain functions which are the same in people, no matter their skin colour or in which part they live on our globe. They all want to live in happiness and do not wish to be sick because we are not supposed to get any disease during the time we spend on this beautiful planet.

According to the Bible, God made man in his image and saw it was good, yes, very good. Our Creator did not make any mistake. If we feel ill then it is always our issue, something we are not doing right so that the body has to use certain measures to bring us back into balance which may be at first painful. From this viewpoint it is clear that **bodily symptoms are there for us to recognize what we need to change**, even excessive growth of tissue, which doctors call cancer, is not a problem because it is a reaction in the body which can be naturally resolved in every case without the need of any artificial drugs.

Here you find articles which are helpful to understand the issues in question from a scientific standpoint how the process of restoring health is taking place in us:  
<https://purebibleforum.com/index.php?threads/stefan-lanka-dismantles-modern-virus-theory.1520/>.

## Essential Points we need to know about how people get ill

Dear friends searching for deeper insights,

According to Christianity and other religions who affirm the creation of the universe by a Loving Creator there is only one God and one eternal and unchanging Truth that can be found through looking for deeper understanding. When we consider **God to be only good, then there cannot be no polarity of good and evil** created by our Ultimate Origin. For this reason it is impossible that the germ theory and other hypotheses like that of contagion, claiming that you can become sick by being in the presence of another sick person, are true. Ideally it should be clear for you down to the bone marrow that believing in a good God as Eternal Parent of Humankind and at the same time in deadly viruses is an irreconcilable contradiction, similar to the two souls in your chest about which the apostle Paul wrote in his letters, with one fighting against the other, as recorded in the New Testament.

Unless we are ready to stop and think, using all of our logic and reasoning, we will remain a “guilty” victim of the evils of the world without hope for complete liberation which can only come when you are prepared to deal with facts instead of clinging to some unproven religious and medical dogmas. We must not give in to the temptation to believe in the great lie of the devil that God is not really a Loving Parent, that He created a world where people can at any time be infected by some tiny for them invisible substances which they in turn may unknowingly pass on to their loved ones, causing them to die prematurely.

I would like to invite you to reflect about the question: How will you feel that your most beloved partner or child died because you infected them with a virus? What does your heart tell you when you meditate about such a situation? Is it possible to be true that God is so cruel that He created all kinds of deadly viruses which can mutate freely so that in the end you can never be safe, even if you get a vaccine every week...?

Please, stop and think about such a concept: You may cause at any time those who you love the most to die a miserable death through a virus which you conveyed to them even without being aware of it. Such an idea is 180 degrees opposite of God having given us freedom of choice. You could never secure a long healthy life by fulfilling your portion of responsibility because a virus might attack you and bring your life to an untimely end in your youth or adulthood...

God made the universe according to the Principles of Creation which we need to know in order to fulfil the purpose of our life on the earth. In line with this fact we must be fully acquainted with the basic functions of the human body because it is our responsibility to take good care of it as the temple we received from God for His Love to be expressed.

Concerning the unity of mind and body it is clear that our mind is in the subject position determining the state of our body. Many people think that their bodily condition depends on the genes which they received from their parents, but “genes” are merely like “computer programs” which need to be initiated; otherwise they are not functioning and irrelevant for us. In other words, I decide which genes are switched on in my body and equally it is in my hands to switch off genes. Genes are therefore not relevant as the cause of sicknesses. For example, there are 5 “genes” which cause depression. You may have all of them but never become depressed because it is in your hands whether you activate them or not. Moreover, the concept of genes as determining factor needs to be further questioned.

The conclusion is clear: **You and I decide through our thoughts the state of our mind as well as our bodily well-being.** Sicknesses are therefore the result of not controlling our thinking in the proper way. For this reason it is decisive that we are in full control of what kind of thoughts and emotions we harbour inside.

When you feel not well and visit a doctor, does he ask you about what has been happening in your life recently? Is he interested in what is occupying your mind these days? Does he inquire what you are worrying about and which events are burdening your soul? No, in most cases he is merely looking at symptoms and prescribes you some drugs as a remedy. What does that mean? Doctors are widely not really interested in the most important cause for people to get sick and have therefore no qualification to help their patients in the right way.

What about the field of education? Are young people educated to control their way of thinking, how their thoughts influence the state of their body, etc.? Unfortunately, that is not what is happening in most cases although it is so very crucial for our well-being what kind of thoughts are dominating our mind. How much are we focused on supporting not only our youth but also adults **to be in control of their thinking so that it may always be in line with the True Love Principle**, as doing so is the precondition for us to experience lasting joy and happiness during a long life here on earth?

One can say that the character of a person is the sum of his/her thoughts and emotions, not the sum of a person's knowledge. If people are not well aware of what is going on inside of them, how can you help them properly? We really need to know the answer to the question: *"Where do thoughts have their origin?"* because all of our actions are determined by them. How do thoughts enter my body? They are created in our spiritual self and are conveyed from outside into our brain where they stimulate electrical impulses which reach the various organs and muscles.

We know that information needs a medium which is carrying the information. Words, for example, are carriers of information and not the information itself. Therefore we must reflect about what kind of information we allow to enter our body and how we express it because in that way we are greatly determining our bodily condition - our health.

There are basic aspects that must be taken into account: (1) The life of a human being depends on fulfilling needs. If I do so in the right way then I will be fine. (2) Every function is guided depending on certain factors like natural laws on which one depends. (3) In line with these facts, every sickness is the result of some lack or loss. E.g., if water, nourishment or warmth are missing then I will be in trouble. If we have a headache the decisive question is: What causes my migraine? Or what is the reason why I feel dizzy? The body must be missing something because otherwise it would not react. Once you research such questions thoroughly by looking for root causes for people not feeling well, it is obvious that ultimately they all lack the experience of love. One by one it can be confirmed in all patients' life that they have some issue in relationships which is expressed in symptoms according to the kind of problems that are not resolved. For this reason the way to act when feeling sick is not running to the doctor but looking inside, reflecting on what has happened in the past, recently, to find out clearly what is causing the dis-ease in my body.

As the ones who **strive to live with inner harmony we must put our utmost attention** to what we are thinking because **our thoughts decide our emotions as well as physical well-being**. Once we do it will become crystal-clear for us that it is impossible that our health can be endangered by some tiny dead particles called viruses. Is there still someone left among the readers of these lines who has not yet come to this conclusion?

Please also research the materials presented by true scientists like Dr Stefan Lanka and Andrew Kaufmann, and all those who are prepared to thoroughly check what certain scientists claim to know.

Maybe you want to join the FB-group exposing the virus theory for comprehensive information: <https://www.facebook.com/ExposingTheVirusTheory/>

Have you become clear about the true cause of sicknesses?

Dear friends,

I hope that you have been thinking and reflecting deeply about the basic issue of root causes of illnesses. To be clear about that fundamental point is as important as knowing what is good and evil because we can only enjoy a long life in a healthy body if we make sure that we take care well of his needs and distinguish clearly between helpful and harmful influences and behaviour.

If you listen to interviews with the authors of the book dealing with the question “*What really makes you sick*” like this <https://www.youtube.com/watch?v=ku8Nt9xSV-I> you will get important answers, but it may not yet be enough to know for certain how you can secure the wellbeing of the temple which God has given to you for your spirit to dwell. So you have to use another hour, and then one more, in order to dig further, to search for deeper answers to the questions which may be relevant for you regarding how to make sure to remain healthy your whole life long. We are surely destined to be always well in line with the purpose of creation for us to be happy, what is not possible when we are suffering from some illness, whatever it may be. In the here-mentioned conversation you learn about the fact that bacteria are clean-up agents, helping to clear the body from elements which can be harmful. Because all organs are constantly renewed with new cells being created all the time, there are also continuously certain waste products, particles which are no longer needed. In their ignorance and godless worldview, scientists interpret such tiny materials as viruses that are harmful to the body.

Traditionally, doctors made the mistake of thinking that bacteria are the cause of sicknesses, whereas in reality they are digesting and cleaning up the dead and dying tissue. The latter understanding is much more plausible as cause for people getting sick, especially **in the light of God having provided us with a dwelling place for His and our spirit which is capable of dealing with all kinds of health challenges in a natural way**. Yet most people of faith believe in the germ theory and in contagious diseases although such an idea contradicts core contents of the Holy Scriptures. Once you realize that it is indeed your and my responsibility to take care well of our God-given body then you will no longer put that task into the hands of doctors who are according to the official statistics among those with one of the lowest life expectancies although they are the ones who should know better than anybody else how to treat the human body in the best possible way.

If you look deeper, you will realize that the whole issue comes down to the question of whether everything going on in our body is directed merely by our brain, or by our invisible spirit which is expressed in how we act and behave in the manifold situations we encounter in our daily life. I suggest that you take a look at this nicely presented content provided by Dr Bruce Lipton who is one of the pioneers of the correct understanding of how we can secure our bodily health based on a healthy mind:

<https://www.youtube.com/watch?v=OsAd4HGJS4o>

Concerning the microbiome, it is clear that every bacteria has a certain beneficial role. There is no scientific proof for a germ to cause a disease. The only time that microorganism become problematic for us is when they are influenced by some kind of environmental condition, like a specific toxin, e.g. antibiotics. God created a body which works well based on harmonious cooperation, a synthesis rather than fighting. In this respect it is worth to consider what one wise person said: “*If the germ theory were true there would be no one left to believe it.*” Yes, that is what it comes down to because we would long be killed by deadly viruses spreading from one person to the next...

May we all use our intellect well to know for certain what really makes us sick.

## Simple facts which confirm the existence of the eternal human spirit

Dear friends who strive for deeper insights,

A chemical element cannot feel or have emotions. It cannot make choices or decisions. It cannot destroy itself, but human beings are able to do such things. For this reason, it is clear that we do not consist merely of chemical elements. Consequently, it cannot be denied that spiritual elements must exist in every man and woman.

When we look at nature we see that in all matter there is some invisible directive force responsible for the manifold functions. We can find cooperation for a higher purpose which is underlying all creation. In human beings we see the invisible mind and emotions governing the body. Considering these simple facts we can understand that the invisible spirit must exist beyond or outside of the human body. That reality is all the more confirmed when looking at the many things we may be longing for that are not rooted in bodily desires, above else the **desire to express true love and to be loved in an unselfish way**.

Our spiritual needs as sons and daughters of God, the Parent of Humankind, include: We must have freedom and wish to live in safety; we desire to gain new insights; we want to **be understood and to understand others**; we need orientation; we look for confirmation; we wish to experience joy... All of these aspects point clearly into the direction that **man was endowed with a spirit and invisible heart which exists beyond the human body**, all the more when we consider that we look for justice, peace, truth, morality, wisdom, acknowledgement and appreciation, ultimately never-ending happiness.

How many cells in our brain need these elements? We know the answer: none of them. There is no center in the brain which is responsible for justice, etc. Why then do people insist on justice? Such reflections on fundamental aspects make it very clear for us that it is undeniably true: Man was endowed by God with a spirit which exists beyond the physical realm in the eternal spiritual world independent of the human body.

Let us also ask: Can there be needs which nobody is asking for? Can there be hunger and thirst without the existence of a body that need such elements? The answer is obvious and accordingly also that there always has to be someone or something which is asking for certain needs to be fulfilled.

The body checks the elements which are entering – just as our spirit is evaluating what is welcome and what not. It is our responsibility to make sure to feed our mind and body in the proper way in order to secure our internal and external well-being. Undoubtedly the physical presence on earth depends on the mind of a person to provide the nourishment needed in order to continue to exist. Whereas the body cannot help but ask for its needs to be satisfied, the spirit cannot be forced to obey and to respond to his requests.

Considering these facts, it is once again confirmed that the human spirit must exist as people are indeed longing for all the invisible qualities and values which I outlined in this short reflection. The overall conclusion is unmistakably clear: The electric impulses are created by the invisible spirit of a person and conveyed to the body via the cerebral cortex. All activities of a human being are only possible based on every individual having received the breath of life from our Creator, manifested in our soul, spirit, and mind, destined to exist for eternity.

May we all succeed in cultivating our heart and spirit well as the center of our being so that we will be able to become the full **embodiment of God's Love** in this world.

## The inner process of how we make ourselves sick

Dear friends who are looking for the correct answers,

I suppose you have the experience of getting seriously ill or you have been thinking about others who were diagnosed with some tumour or cancer... Are you aware where the inner root lies behind such physical symptoms? For example, a person may feel: *"I am not good enough, I am not qualified to do this, I am incapable of achieving that task..."* In such a situation the organ connected with certain emotions reacts. People have been aware of such a connection for many centuries and therefore sayings or folk wisdom developed which is addressing such correlation and even causation.

As scientific research has shown, the acid alkaline balance changes within a few minutes from being alkaline to acid if people start watching the news (which convey mainly negative content). Add to this fact that cancer cells can only grow in an acid environment and you will hopefully come to know for certain that a direct causation exists between what is going on in our mind and what is expressed in the body to the extent that we develop certain sicknesses **due to unresolved internal issues**.

The overall task is to make sure that our inner situation is harmonious as basis for health to be manifested and preserved in our body, not only for the moment but for decades and ultimately our whole life long. In order to secure such a state, our conscious investment is certainly necessary, today and tomorrow, and every day anew by preserving an awareness that we are destined to be in control of our mind and body, most of all of our thoughts because through them we decide what kind of emotions prevail in us - they directly affect our organs.

In this respect it is truly important to recognize that it is not first of all our emotions which determine our inner state but our conscious (and unconscious) decisions concerning how we deal with all kinds of situations. For example, after having gone through the worst kind of betrayal in your life you can decide to take some kind of revenge and allow bitter feelings to take root in your heart or you determine that you will not be affected in any way through that disappointment but immediately move on to love and invest again no matter what has happened. Accordingly, your emotions will be filled with pain, leading to physical suffering to appear in the body, or you preserve the heart of highest appreciation you ever had for that person and willingly invest with all of your soul because you know now more than ever how much love this person needs in order to change so that he or she can come back to the true way of life.

The whole issue is about **becoming aware of the inner process going on in my mind and heart through which I make myself sick**. To have a sober look at this fundamental point is indeed crucial because it may determine whether you live or die from the viewpoint that based on wrong attitudes the respective consequences are expressed. E.g. in excessive growth of tissue which is falsely evaluated by doctors to be malignant and then treated with radiation and chemo, which is a rather sure way to send you off to spirit world prematurely although you should spend many more years on this earth.

I hope that those of you who have not done so yet start today with facing the fact that our health situation is fully determined by ourselves. It is useless to make any excuses that you are sick because of this or that person. In reality it is definitely in your and my hands how we deal with whatever situations we may be faced on our personal course towards reaching maturity.

Once we **determine to act only in line with the True Love Principle**, we will definitely secure a great future because that is the one and only way to a long healthy life.

## The unfortunate error of giving in order to receive

Dear friends of acting wisely,

Concerning the task of maintaining our health we may think that giving must be connected with receiving - our giving of love with also being loved in return. Yet, I would like to invite you to reflect about loving relationships on a deeper level: You probably have the understanding that if you care about others then they will also care about you earlier or later or at least you deserve some loving care as you have already offered it to others. Is that true in your case? Is that how you feel about the **give and take action centred on love**?

If that applies to you then I want to ask you how you deal with situations when there is no return for your investment. Do you feel frustrated under such circumstances? Are you convinced that you should get something in return for what you have done for others? It is very likely that you will answer to such an inquiry with "yes", because it feels right to have this concept, yet I want to challenge you to think twice and to take the time to reflect on this fundamental subject: *"According to what you have done for others in your life so far, how much love are you entitled to receive?"* I do not expect to hear any number or a definite amount, but want to invite you to put a "zero" as answer, meaning that you do not demand any love from your spouse, from your children, or from whomever you have invested all of your heart and soul. Are you able to meditate on such a situation as your personal reality?

I am certain that doing so will move something in your heart because it will be a new perspective on life to know: *"Nobody owes me anything. All that I have given to others I have done so with a selfless attitude, not expecting any return."* Now compare this with how you have felt before you made this exercise: In which situation do you feel more free in your heart and mind? You may immediately know the difference when you imagine a situation of grave disappointment in the closest relationship you have in your life. If you consider what kind of emotions arise in you when you find out that this person betrayed you...

Do you get the point which I am making? You will definitely feel much more liberated in heart if you have the humbleness and sincerity to move from today forward with the attitude that all you have done for others in your life so far has been for their sake with not the slightest attachment, everything was given unconditionally. Personally, I am convinced that this is the correct attitude to have which will save you from unnecessary emotional and physical suffering, because all sicknesses of the soul expressed in the body have their origin in **a certain feeling of loss or lack of love**. Countless people have fallen into a miserable state after losing a loved one who turned away from them. They felt more than anything that a connection was broken and so they do not receive any more what they would need so much.

It is really important to take the time to reflect deeply about the difference between even unconsciously expecting some return from others – what you have probably done until now - and living with the conviction that I exist to love: I put my heart into everything I do, **enjoying the act of making other people happy**, so that seeing the result of my investment alone is already enough reward for me. I do not depend on a direct return for what I have done for others. If you research the root causes for people getting sick, you will find that ultimately there is always some issue of unfulfilled love or expectations, of disappointment or frustration with loved ones, as ultimate root behind what is visible in the form of symptoms in the physical body.

Let us go beyond expecting love from anybody as basis to secure a long happy life, because then we will always be **eager to mobilize our abilities to bring joy into the life of others** no matter how they may be treating you. Such an attitude will keep you forever young in your heart.



## What is your viewpoint concerning the human body?

Dear friends who think deeply about health,

How do you feel after having reflected about the cause of sicknesses in the light of the human body having been created by God as the Loving Parent of Humankind? Do you know now down to the depths of your soul, confirmed by your logical reasoning that it is impossible that the germ theory is true and that it is out of question that you become sick because you get infected by another person?

If there is still some doubt or unanswered question in this fundamental point then please sit down and search until you find the answer to your questions. They are all there, freely available on the internet: It is up to every individual to look for them and to make the correct understanding their own. Nobody else can do the study instead of you. Only you can convince yourself by checking your belief in the light of your innermost soul, the **voice of your conscience and what your brain, your ability to think logically** tell you. It is our personal task to learn to be able distinguish clearly between confirmed science versus medical dogmas based on unconfirmed theories which unfortunately prevail.

In order to be able to take care of our body in the correct way we need to know basic facts which we learn in our childhood and youth in respect to food and other aspects of how to keep our body fit. But when it comes to challenges related to diseases or getting sick we are not prepared well to take full responsibility to secure a wonderful life based on a strong unity between a sane mind and healthy body. Rather than investing into that fundamental area most people are satisfied to believe in the “religion of health” with those in white robes (doctors) as the “priests” who know the secrets of how to secure our bodily wellbeing.

Towards the end of this sharing

<https://www.bitchute.com/video/nlhesmebrvQY/?fbclid=IwAR0dNcBUphFflgQ1Q8u1zJd-iTzJFJ0tZbNidsQxDqYwzCOzGVs28Edgkek> you can hear Dr Andrew Kaufmann ask why the scientists are able to isolate Exosomes but not a virus, although the majority is similar in size. That is of course a very relevant question and the answer is obvious. They are making things up when it comes to what they call viruses and most people blindly believe that they know what they are doing without ever checking if their claims hold up to scrutiny. How ridiculous the explanations get is e.g. expressed in the explanation by a representative of one of the main vaccination producers who says that after being vaccinated you can get the virus, it will multiply in the body and you can possibly also make others sick, but you yourself cannot become sick although the poison is multiplying inside of you! They speak about the virus having mutated and make extra strict measures whereas there is no scientific logic behind dead material mutating in one person and suddenly spreading to thousands to represent a danger for the country... We have one unfounded fairy tale after another from the side of so-called experts who are bought to make speculations and on the other side true science which tells us that the body works as an electro-chemical system with **electrical impulses guided by the mind of people which exists beyond the human brain as the human spirit, enabling spiritual healing** because the energies mobilized by the heart and soul of a person is much stronger than what is happening in the various organs at a given point under certain circumstances.

When we look back in history, we see that in the nineteenth century Antonine Bechamp presented the understanding that microbes are part of the “inner milieu” of the organism, assisting the metabolic process of the body. Microbes only become pathogenic when the organism is out of balance. Similarly, Claude Bernard advocated that it is the change of the “inner milieu” that causes microbes to become pathogenic and cause an “infectious” disease. In the 20<sup>th</sup> century it was Guenther Enderlein who detected in blood samples tiny organism which “morphed” into various shapes and sizes when the internal



environment of the organism changed, called Pleomorphism. Such changes are necessary for rebalancing the organism.

This principled understanding is rejected by the medical establishment despite the fact that Louis Pasteur was exposed by Ethel Hume (1923) and by R.B. Pearson (1940) as plagiarist and imposter. Today the false theories of Louis Pasteur are propagated by the mainstream although they are based on scientific hoax, supported by the pharmaceutical industry that makes billions of dollars every year through selling drugs and vaccines.

Dr Ryke Geerd Hamer was the first to investigate so-called infectious diseases by taking into account the brain as the mediator between our psyche, our emotions, and the body. He clarified that microbes do not cause diseases but to the contrary play a supportive role in the healing process, including that of cancer, rather than representing a problem or danger for the body. As the founder of the New German Medicine Dr Hamer identified five biological laws which are always valid without any exceptions, reproducible in any person. He has shown that every disease originates from a Conflict Shock that catches an individual completely off guard, an emotional distress for which we are not prepared. On the premise that all bodily functions are controlled by the brain Dr Hamer obtained a brain scan, a computer tomogram of all his patients and compared them with the patient's medical record and personal history, particularly a recent emotional trauma. In this way he found that every disease, including cancer, has its own area in the brain from where this disease is controlled. In this way he could show a clear correlation between certain conflicts and how they manifest on the organ level and how this process is connected to the brain.

When we have a conflict shock its impact becomes visible in a very specific area in the brain as a set of concentric rings, determined by the nature of the conflict. Instantly a certain biological program is activated in order to assist our organism in coping with a particular conflict situation. In this way the brain serves as a mediator between the psyche and the body, acting as a control station from where each biological process is coordinated. In this way it becomes clear that the psyche, brain and organs are three levels which always act in synchronicity as one unit with the psyche as its leading component.

Since this conflict involves our entire being, the psyche, brain, and organ level, it is natural to speak of a biological rather than a psychological conflict. **Our subjective way of experiencing a certain inner confrontation determines which area of the brain reacts to it and which symptoms will appear in the body: How we perceive a conflict is determined by our attitude, vulnerability, expectation, belief, fears, etc.** In this way it is always our subjective feeling in connection with a conflict that determines what symptoms will arise as a result of the shock according to the respective biological program.

First, we go through a period of active conflict where we may feel cold and not hungry, sleepless, etc. followed by a period of healing which is accompanied with fatigue, when the blood vessels are widened and we may have fever. That means inflammation is already part of the healing phase. Bearing the here outlined aspects in mind it is clear that significant biological special programs are visible on the organ level in two steps, first the conflict-active phase. If more tissue is required to facilitate a conflict resolution the body responds with meaningful cell proliferation. In line with the nature of the conflict an additional growth of cells is activated in a certain part of the body connected with the respective area of the brain which works with it together as a unit.

I hope that based on these short explanations of biological laws which are active in our body you can realize how wonderfully our Creator has made the human body with the ability to naturally respond to any kind of issue with biological programs being activated for the sake of naturally resolving them without the need of any external measures because any healing is taking place from the inside where also the ultimate root cause of any disease lies.

## The correct understanding of antibodies in the body's support system

Dear friends of new insights,

Conventional medicine views the immune system as a defence system against microbes that invade our organism or against cancer cells that dwell already in our body, which is considered to be a battle field or war zone where antibodies and white blood cells constitute an army of killer cells, ready to attack the enemy. The phantasy of modern medicine has no limit. The theory of an auto-immune disease implies that our body attacks itself, turns against itself and kills its own tissues. What a pathetic thought, revealing a poor display of a medicine that is based on the belief that nature is hostile and antagonistic!

Medical science believes that a weak immune system is the cause for most diseases. Once we realize that what is defined as cancer is part of a meaningful biological process and microbes do not cause diseases but play a supportive role in the healing phase of diseases, then the whole concept of an immune system falls apart. It turns out to be merely a theory, a construct based on a false premise which does not hold up at all to scrutiny. So we have to face the fact that an immune system does not exist. What actually does exist is a **perfect system of biological laws as support system** rather than a defence system created to assist us while we are healing. It includes antibodies, the white blood cells, and many other chemical processes. Important for us to realize is that eating healthy, getting a lot of exercises, etc. is helpful because a healthy diet strengthens our organism but supplements do not increase the immune system as such a thing does not exist to begin with.

Vaccination and inoculation are also based on the idea of a weakened immune system. Because such an imagined system does not exist **immunization is also a completely wrong concept**. Vaccine producers claim that the vaccine contains a weak or attenuated or dead virus that stimulates the immune system and thereby preventing the disease from appearing in a person who was vaccinated. Let us ask the relevant questions like: *“Are there attenuated or dead viruses in the vaccines?”* As a matter of fact, there does not exist even a single electron microscope photo of any of such viruses! Because the scientists cannot isolate a virus which they claim; they are using unscientific methods to “prove” that all kinds of viruses exist. They conclude from the rise of antibodies that a virus must be present as “indirect evidence”. For those who use their brain and logical reasoning it is clear: Antibody tests just prove the existence of antibodies and not of viruses or particles to which the test reacts! If that simple fact is still not enough to convince you, you only need to consider that the rise of antibodies is considered to be a sign of a strong immune system. Yet when it comes to AIDS a rise of antibodies is a sign of an immune deficiency caused by a human immune deficiency virus! Merely that matter alone should be enough for everybody to wake up to the realization that the mainstream medicine has left the path of true science and works with theories that contradict each other.

According to conventional medicine antibodies are proteins produced by the immune system. As the imagined immune system does not exist we have to ask: *“What are then antibodies?”* We only need to replace the term “immune” with the word “support” and we will be there where the truth is: God created a support system which helps the human body to deal with challenges. The **concept of antibodies fighting against some deadly viruses is merely a fairy tale** created in the mind of scientists who see nature as something contradictory and who themselves come up with theories which clearly contain contradictions as you can easily see in the example of their explanation of the HIV virus.

When we understand the true meaning of antibodies and their central role in the healing process we realize that antibody level rises during any healing phase. The term “antibody” itself becomes meaningless because there is no longer anything to fight against in that stage of the recovery of a person's health. Additionally, antibodies play a central role in

the healing of wounds. That also means that the antibody level rises in response to cell damage caused for example by the harmful ingredients of vaccines like formaldehyde, aluminium compounds, mercury, etc. So we must be absolutely clear that the antibody level does not rise as a result of an immune response (as there is no immune system to respond to) but as a clear sign that the body is in the process of trying to heal the damages caused by the toxins in the vaccine! Needless to say, it is the poison in the vaccines which represents the real danger to our health and not some imagined viruses!

Vaccine producers are using solvents as carrier and it is these solvents that literally deliver these toxins and toxic chemicals into the brain, and this is the reason why for example autism has been dramatically increasing as a result of the mass vaccination of children! Additionally, there are many symptoms that can be triggered by the vaccination experience itself. Not being able to escape, feeling stuck, feeling held or tied down, may cause in babies and children paralyzes, multiple sclerosis, epileptic seizures,.. In adults it is the feeling of anger, an attack conflict or fear/disgust conflict causing diabetes and other sicknesses which can be directly traced back to vaccinations. Millions of people have died based on the belief that there is a virus which actually does not even exist. Children are vaccinated against phantom viruses...

Let us conclusively answer questions as to whether vaccines are safe and effective, do we need them? Are they even justified? All of these questions must be answered with a clear "no" because vaccines contain extremely harmful toxins. The presence of viruses in the human body has never been scientifically proven and based on the fourth biological law microbes do not cause diseases but play a supportive role during the healing process. The correct medical paradigm must be known by everybody: It is in the psyche where diseases originate. So **it is in the psyche where diseases begin to heal**. Yes, based on that correct understanding we need to realize that the alleged viruses are in reality micro-particles produced by the body cells themselves. **Everything is there for our body to cope with health challenges, and it is our task to support it in a natural responsible way** and not allow our body to be poisoned by drugs or vaccines, etc.

We find ourselves in a situation where a tiny minority with a self-centered agenda are dominating the majority, restricting their lives more than ever before based on the hoax and lie that humankind is threatened by deadly viruses and can only be saved through vaccines. In the publication dealing with the task of finding the solution to health issues I included many links where you find correct scientific information to clarify open questions. Only if we fulfil our task to leave the realm of ignorance in respect to how to keep the temple provided by our Creator in good shape can we fulfil the purpose of creation, namely, to lead a long happy life of **investing our heart to love others** more and more based on **building bonds of heart**.

An enormous amount of content which is helpful to overcome health issues without the need of any artificial drugs is freely available. Nobody has an excuse that he or she did not know. You merely need to have eyes to see and ears to hear to know for certain that our Loving Eternal Parent provided us with a body which is capable of dealing with all kinds of challenges in a natural way. We only have to make sure that our spirit is fine and in harmony centred on the attitude of living for the sake of others supported by the human heart that is beating continuously to make sure that blood is running smoothly to all organs. Ideally, God's Love should be able to flow freely day and night through us as a channel conveying His Heart to others as children **who have learned to love with a totally selfless attitude**.

To do so is our real challenge, and once we make it our own, we will also take full responsibility for our body through whom we are expressing and manifesting the Truth which is underlying all creation centred on the True Love Principle. May we all will succeed in the task of investing our heart to find out how we can best secure a life of **making others happy based on taking care of ourselves properly**.

The end of death through sicknesses has definitely arrived

Dear friends,

If you have read the previous reflections attentively then you will know that the end of all diseases has arrived because there is no more reason for people to get seriously sick once they have **learned to live in line with the True Love Principle**. It was already promised at the end of the last book of the Bible that the time will come when God will wipe away all tears from the face of His children, which means of course also the end of suffering through illnesses which will cease to exist, because when people have learned to live in full accordance with the Principles of Creation there is no more reason why they should die through cardiovascular issues, cancer, or other health issues.

**In God's original ideal every human being is destined to live a long healthy life here on earth without any serious bodily problems** because our Creator is providing us as His children with a temple for His Spirit to dwell in which is ever so amazing, capable of dealing with any kind of challenges to our wellbeing. As a loving Parent He has made sure that the human body is able to respond to extreme situations appropriately, adjusting to them in such a way as to secure not only our survival but to enable us to be well based on our acting in a reasonable way, what we will naturally do based on **acting in harmony with our inner voice and conscience**.

When we manage to develop a profound relationship to God and heart-to-heart connections with others, we allow True Love to flow freely. Along with the study of God's Word we should also have learned how to take care of the temple which we have received for our spirit to dwell in so that we will never be stuck with a sickness because we know how the body responds in challenging situations in line with the biological laws which apply to each and every human being. Dr Ryke Geerd Hamer has pioneered along with others the correct understanding of the human body and its functions just as others have excelled in the area of gaining spiritual insights, in how to overcome the separation from God and to **live in harmony with the principles underlying the creation of the universe**.

In other words, all answers have been revealed by God to humankind through central figures in the various areas of life, particularly concerning how to align our spirit absolutely with God and how to take care of our body in the right way so as to ensure a long life of happiness here on earth and in the eternal world thereafter. Yes, all what we need to know has already come to light.

The only one remaining question is how many people will make this precious truth their own and show an example of how the realization of God's ideal of creation looks like in the form of **loving relationships among all people which allow Heaven to be present among us and all suffering to end, including serious health issues**, so that we will not die due to some illnesses but be free to decide ourselves when we will leave the earth to continue our eternal life in the spiritual realm.

What we need to know in order to reach perfection and to fulfil the purpose of creation is available. The Truth is accessible for anyone interested in it through the internet and by listening to your heart and original mind. All we need to know is available for anybody who searches for it at this time when humankind decides whether to return to the embrace of our Eternal Parent or to go down the road of misery by remaining in ignorance while the light of Truth is shining brightly for those who have eyes to see and ears to hear what God has done for us as His beloved children.

## All claims of virus existence refuted on both the spiritual and scientific basis

Dear friends,

The time has come when the quest for Truth on the side of religion will unite with the one by scientists to present the needed answers both on a spiritual as well as scientific foundation. That time has long arrived, yet unfortunately, those who are destined to stand on the forefront of providing urgently needed answers are not offering the scientifically correct information which corresponds with God's standpoint which is unmistakably clear from the viewpoint of the Principles of Creation. What is it that the people of faith should have proclaimed when people around the world became nervous about the so-called dangerous virus SARS-Cov-2? That such a virus cannot exist because first of all, God is a Loving Creator who would never include in the world, which He made for His children to enjoy, deadly viruses which may kill them at any time they get in contact with them. No parent who cares about his/her children would ever do such a thing.

The second fundamental reason why such viruses endangering humankind cannot exist lies in the fact that God gave us freedom and responsibility. If I can lose my life at any time through some invisible enemy from which I cannot protect myself, then I am not free at all but a miserable victim of circumstances. In such a situation I could never fulfil my portion of responsibility and harvest the good results because they may be destroyed at any time, so that it will be a question of luck whether a person will be able to lead a happy long life or not.

Also, from the side of science it is confirmed that the theory of infectious diseases cannot be true because the hypothesis presented by virologists is based on an idea which contains logical contradictions. I pointed them out in a number of reflections on this topic. Those who wish to have their questions in this respect answered by a true expert can receive the needed knowledge by listening to the explanations of Dr Stefan Lanka who has been teaching others about viruses. But unlike others, he studied the materials available in this field thoroughly to the extent of checking countless scientific papers about viruses and looking in depth into the history of virology to find the proof for the existence of viruses - only to realize that there is none. Not a single virus supposedly causing some infectious disease has ever been isolated and its characteristics fully determined based on the scientific standards established by Robert Koch.

The correct answers are there both from the side of science as well as religion to show to the world that according to the principles underlying the creation of the universe viruses cannot exist in the form it is claimed by virologists. Their understanding is based on the germ theory which is still not proven some 150 years after its introduction and never will, because it is based on a completely wrong concepts of the human body and its surroundings, which are also in clear contradiction to the understanding that life exists based on cooperation and symbiosis rather than conflict with viruses attacking human beings. If you wish to have all their questions answered from a scientific viewpoint please open this link [https://www.cruxofhealth.com/wp-content/uploads/2020/07/Lanka\\_interview\\_July-2020-English-Translation.pdf](https://www.cruxofhealth.com/wp-content/uploads/2020/07/Lanka_interview_July-2020-English-Translation.pdf) where you can read the 17 pages full of insights based on true science from beginning to end.

Nobody has any excuse that he or she could not know because what one needs to understand is all there, black and white to read and to study, both from a scientific viewpoint just like the standpoint of God being a Loving Parent: Viruses that kill His children cannot exist because an almighty Creator is definitely capable of creating a body which can deal with any kind of challenges and secure that every human being can live a healthy life on this wonderful earth.

## The God-centred view of the body versus conventional medicine

Dear friends,

It is important to know clearly the difference between the concepts of conventional medicine and the understanding of the human body having been created:

(1) Because **God is the Loving Parent of Humankind He created a temple for His Spirit to dwell in us** that is functioning well for the whole human lifespan of around 100 years. It does not make any sense that He would give us as His beloved children a body which is not capable of dealing with challenges to our health which one may encounter along the way of leading a responsible life. -- Conventional medicine on the other hand is practiced on the assumption that the human body is the product of coincidence, unable to secure a person's health by itself without the intervention through artificial drugs when it comes to what they call diseases.

(2) God made for us a world where we can **live in freedom based on fulfilling our portion of responsibility, what is only possible when we have a well-functioning human body** which allows us to act freely in line with the principles of creation and **fulfil the purpose of our existence**. Man did indeed receive such a wonderful dwelling place for his spirit during the time of his presence on this earth. -- Conventional medicine to the contrary is based on the viewpoint that the human body is imperfect in respect to naturally coping with illnesses so that in the end it is a matter of coincidence whether a person reaches old age because he might lose his life any time due to some deadly virus, an unexpected stroke or heart attack, etc.

(3) From a God-centred viewpoint it is obvious that any **dis-ease has its origin in an inner conflict** which may arise under extreme circumstances. In such a situation the body reacts in line with clear biological laws which apply and are valid in 100% of the cases in line with the principle of cause and effect, with all functions taking place for the benefit of our whole being. -- Contrary to such a principled understanding, conventional medicine claims that sicknesses enter the body from the outside as some infectious disease or they are caused through the body's malfunction, requiring treatment through products created by the pharmaceutical industry.

(4) The **loss or proliferation of cells** (tissue) expressed in the form of a tumour or cancer **is a natural part of the healing process** after a conflict "shock" or trauma a person experienced e.g. due to a sudden loss of a beloved person, as discovered by Dr Ryke Geerd Hamer. His insights and those who do scientific research based on the essence of the Holy Scriptures confirm that only beneficial functions are operating in our God-given human body.

-- Conventional medicine on the other hand insists that such phenomena must be considered to be abnormal and be treated with methods like radiation and the chemotherapy, whereas it is clear that they will naturally disappear once the underlying issue is resolved. Because modern medicine does not consider such facts they speak e.g. of spontaneous remission or regression for which they have no explanation.

(5) From the standpoint of the **primacy of the spirit over the body it is obvious that the main factor behind any dis-ease are unresolved emotions and other inner conflicts**. For this reason, any health issue can be naturally resolved without the help of modern medicine.

May we all succeed in deepening our understanding of the enormous potential of the dwelling place for our spirit on this earth.

## The art of distinguishing between true and false

Dear friends of full clarity,

At this time we are indeed on a cross-roads of greatest importance where we must know more clearly than ever what is at stake. We need to be fully aware of the strategy of those pursuing self-centred agendas in line with God-less ideologies like atheistic communism. Evil appears again and again in disguise, pretending to be on the side of goodness. Therefore we must look twice and recognize the true motivation of those who claim to defend the rights of the people while in their hearts they have other kinds of desires. On both sides of the dividing lines between truth and falsehood are central figures, whereby we must clearly distinguish who is who in order to not be deceived, what most people actually are. Even among spiritually oriented people there is still so much ignorance concerning core matters both in respect to internal or spiritual as well as external matters.

For this reason it is truly important to take again and again the time to think twice and to look deeper, what is for me a daily challenge and focus of my attention in the awareness that I have a bigger responsibility than others because every day many people are reading what I express in my reflections and are influenced to a certain extent by this content.

I would like to mention here Denis Prager as one of those standing firmly on the side of promoting a clear understanding of where the dividing line between good and evil lies, one person among many others who reflect deeply, whereby I am learning a lot from those doing profound research and publishing in Germany, traditionally the country of poets and deep thinkers. Just before writing this content I have been listening for example to Paul Schreyer, his lecture "*Pandemie – Planspiele Vorbereitung einer neuen Ära?*" ("*Plandemic – plan games in preparation of a new era*") which you can enjoy in case you understand German at [https://www.youtube.com/watch?v=SSnJhHOU\\_28](https://www.youtube.com/watch?v=SSnJhHOU_28). He is outlining how the present crisis is indeed a plandemic which has been carefully prepared on the worldwide level by people in power who hold the strings based on their position of influence like Bill Gates and Klaus Schwab, the founder of the World Economic Forum, who published last year a book presenting his view of the *Great Reset*.

In the previous reflection I mentioned one example of those who have done profound research work. If you look for alternative views to the mainstream media you will find a lot on the internet, yet again you will have the problem to distinguish between what is really true and which views are made up or artificially constructed. In reality there is some truth in most of the manifold standpoints which are being presented, yet nowhere are those voices to be found who are considering every aspect and in the position to provide the correct view from God's standpoint centred on the Principles of Creation which are underlying all existence.

It is my life-long experience that only those can come close to the full Truth who are prepared to strive more than anything to see things with the eyes of our Ultimate Origin. Our human portion of responsibility includes the task to see everything in the light of the fact that the laws of nature are there, unchangeably, whereby it is our challenge to recognize them and to align our lives with what we are destined to manifest according to the **original blueprint for all creation**, which is none other than the True Love Principle. Only those who are ready to examine reality with that fundamental awareness are in a position to uncover the secrets of the universe which we all are supposed to know as the ones who are made in the image of God. It is an essential part of life to search for the one unchanging and eternal Truth of the universe. Every individual is destined to find and embody it to the fullest extent.

The task at hand is to know clearly where the border line between true and false lies and how we can secure that we **act only in line with the purpose for which we were created**. Deep insight is definitely available for us to raise our understanding to new levels.

## The logical reason why so-called viruses cannot cause diseases

Dear friends who like to know facts,

When you watch the short video "*Mysteries of the Heart*" by the HeartMath Institute you learn that the heart plays an extraordinary role in our lives far beyond what is commonly known (<https://www.facebook.com/HeartMathInstitute/videos/10159844781018669>). The first question is presented: "*Did you know that your heart emits electromagnetic field that change according to your emotions?*" Please stop for a moment and reflect about our overall situation: We all consist out of energy and accordingly we each radiate a unique personal electromagnetic field that is in a constant flow in line with our internal situation, somewhere between being strong and radiant or being weak... The energetical condition of our body is primarily determined by the state our heart as the central vortex controlling the flow of the blood, whereby trained experts can sense merely by checking a person's pulse his or her the health condition.

Electromagnetic waves are emitted by electrically charged particles undergoing acceleration, and these waves can subsequently interact with other charged particles, exerting force on them. Electromagnetic waves carry energy, momentum and angular momentum away from their source particle and can impart those quantities to matter with which they interact. Quantum mechanics refers to photons as uncharged elementary particles with zero rest mass which are the quanta of the electromagnetic field, responsible for all electromagnetic interactions... The energy of an individual photon is quantized and is greater for photons of higher frequency. Bioelectromagnetics, also known as bioelectromagnetism, is the study of the interaction between electromagnetic fields and biological entities. Areas of study include electromagnetic fields produced by living cells, tissues or organisms. Most of the molecules in the human body interact weakly with electromagnetic fields in the radio frequency or extremely low frequency bands. One such interaction is absorption of energy from the fields, which can cause tissue to heat up. You will probably know about such facts, but did you ever reflect on what this means in respect to viruses? The average size of a human cell is about 100  $\mu\text{m}$  in diameter, whereas most viruses vary in diameter from 20 nanometres to 250 - 400 nm. This means in the case of the corona virus that a cell is 1000 times larger. How is it possible that 0,001% of substance (the supposed virus) tells an entity which is a thousand times larger what to do, in this case to reproduce its genetic material?

It is good to visualize this situation: Each cell acts as one entity with an electromagnetic field. Now it is claimed that a virus which is 1000 times smaller has the ability to manipulate and direct a cell's electromagnetic field which is ONE THOUSAND TIMES STRONGER in a certain direction so that it will act constructively in a certain way. Can such a claim be logically justified from this standpoint? Surely not. And there are many more contradictions and unreasonable explanations like the claim that a functioning cell with its own DNA is suddenly giving up its identity and allows a foreign invader to take over, to create another DNA or RNA.

That all kinds of illogical and contradictory explanations are upheld, which represent nothing else than a belief or an unproven theory, shows how very far virology is from true science in respect to the claims that are being made. They represent rather fairy tales than science. Merely from the standpoint of electromagnetic energy alone, the germ theory and the theory of contagion can definitely not be logically justified.



## The correct approach to illnesses which works in 100% of the cases

Dear friends who like to think logically,

**If something is scientific then it must apply in every case.** There cannot be exceptions to the rule in true science because laws are always at work. If a theory does not apply in some cases then you have to revise it and find out the root of the problem: Which factors did I not consider...? That is certainly also true in respect to the human body. Once we know the basic laws and functions, we will be able to deal with any kind of challenges to our health in the right way, and restore our wellbeing whenever it is lost, no matter what the cause may be. As soon as we find out why we became ill and know how our body functions, we are also in a position to regain our health to the fullest extent.

What we all need to become deeply aware of is the fact that there is an innate knowledge of the body and in line with that natural intelligence it is reacting to challenging situations. It is for example indeed wise for the body to proliferate certain cells when the organism is in danger. That is a brilliant strategy. One by one you can check and see how the body reacts, and you will find that **we have received such a wondrous temple for our spirit to dwell in.** Merely that fact alone is for me more than enough proof that a Creator of the universe exists with supreme knowledge and insight of knowing how to create a body which manages to cope even with all kinds of extreme circumstances.

Based on such an awareness we will realize that many times due to wrong concepts we ourselves interfere in the natural healing process which is going on, when we encounter challenging situations. As a matter of fact, it is the mechanistic model that is destroying the human body with people thinking that they need some artificially-made drugs in order to become well again. Therefore it is crucially important that everybody knows about the fundamental biological laws which Dr Ryke Geerd Hamer discovered.

He has shown that with the help of the manifold organisms we are able to deal with any conflict affecting our body, including with shocking situations, whereby the adaptation process is advantageous, reacting with either an increase or the loss of tissues. In the recovery stage the respective opposite process is taking place in order to restore the original harmonized state. The body gets rid of extra tissues which are no longer needed by breaking it up, or cell proliferation takes place to make up for certain tissues which were removed as part of the strategy to cope with a conflict shock. In the light of these facts it is very clear that we have nothing to fear as the body is extremely well equipped with what is needed in order to deal with challenges in the best possible way. Of course, we have to do our part by taking care of what we eat and provide the body with the necessary natural nourishment along with always striving to act in responsible ways of protecting our God-given temple from external harm.

Dr Ryke Geerd Hamer who has pioneered a decisive break-through in the field of medicine after having studied theology as well as conventional medicine, provides a holistic view of including both the spiritual as well as the physical components. Based on his in-depth research and practical experience he has uncovered **biological laws which are 100% accurate in 100% of the time in line with the cause-and-effect principle.** It is not about believing in some method, but about finding out in detail how the body reacts and how we can support the innate natural processes which our Loving Creator provides.

You may want to listen to this heartfelt conversation between Andrew Kaufmann, Andy Locke Mears, and Dr Melissa Sell which has surely helped me to gain a deeper understanding of health issues which need to be addressed and resolved naturally:

<https://www.youtube.com/watch?v=TOT1ZCKbHQw&t=3s>

## Appreciating the wonderful temple God provides for our spirit to dwell

Dear friends who are amazed of the wonders of the human body,

I spoke about the fact that God has provided us with a body which is functioning based on a vast innate knowledge and intelligence. For me not the slightest doubt exists that this wonderful temple is surely provided by an Amazing Being with supreme wisdom, an excellent Creator who gave us a dwelling place for our spirit here on this earth which can master even extreme challenges, an ability which is also found in the animal world which God has made for us to enjoy along with the plant and mineral kingdom. In every moment of the day **tens of thousands of individual chemical reactions and functions are going on simultaneously in conjunction with each other** so that we can express our thoughts and emotions freely through our body to let others know what is going on inside of us. All the supplies are met perfectly on a real time basis, enabling the body to function harmoniously and consistently throughout the around 100 years we are meant to spend on this planet before moving on to the world thereafter. That enormous capacity is far beyond that of any computer or any other man-made device and will not be able to be surpassed in the future.

Considering that reality we need to ask ourselves: *"How does this happen?"* When there is that much ability and power in your body then, of course, it can overcome any obstacle... When we understand from various angles how the body is overcoming difficulties while simply doing things to support the natural functions, we will realize that it is good to use the various tools to approach health issues based on the paradigm that the body can definitely restore itself. Being aware of this fact is so empowering because it means that **we do not have to rely on any outside source to maintain and restore our well-being. We do well to use the God-given potential and support the natural healing processes which are clearly governed by fundamental laws** which we need to be familiar with in order to have the correct God-centred view on medicine. From this viewpoint it is clear that a doctor is merely a teacher (to which the origin of the word doctor refers) to help a person to get through the process of resolving health issues.

What we have to be fully aware of is the fact that it is not anybody else's but each individual's responsibility to take care of his/her body in the right way in line with the principles underlying creation. Our body is much more capable than we generally realize, and it is our task to use that immense healing capacity inbuilt in us in order to deal with sicknesses rather than depending on some institutions, expecting that the so-called health experts will take care of the issues we may be confronted with. God has definitely fulfilled His role very well to provide us as His children with everything we need in order to enjoy a long healthy life. In case health issues arise we must know how the human body functions, that it follows clear laws, reacting to challenges in a wise and refined way in order to restore and to secure full harmony in our whole being.

After going through the conflict phase the body works to restore homeostasis. During that post conflict period the body works with certain programs just as well as during the conflict shock stage which allows certain beneficial biological reactions to take place. From this standpoint it is clear that cancer is nothing else than a program for the sake of healing and not at all something to be afraid of. The cancer cells are naturally removed by the body when they are not needed anymore. Such an understanding is new for most people, yet it is the correct one, put in place by **our Creator in His endless wisdom and desire to provide us with a body which reacts always in a beneficial way**. Once we are aware of that simple fact, we will know also for certain that there are no so-called auto-immune illnesses because such a concept is a contradiction in itself.

May we all come to the point where we know for certain what a wonderful dwelling place for God's and our own spirit the human body represents.

The wonderful patterning that is operating in our body is misinterpreted as disease

Dear friends of deeper understanding,

I would like to invite you to listen attentively to this conversation of Dr Andrew Kaufman with Dr Barre Lando, a scientist presenting precious insights which were found out in respect to how the body actually reacts in response to extreme emotional conflict situations: [https://www.youtube.com/watch?v=KiUcXgGHg9I&feature=emb\\_logo](https://www.youtube.com/watch?v=KiUcXgGHg9I&feature=emb_logo). After having done so with an open mind you can hopefully see how very far conventional medicine is off when it comes to understanding the correct cause of diseases and how to heal them.

Our Father in Heaven gave us a temple to dwell in that is self-maintaining and self-correcting, constantly at work to ensure that all parts are working harmoniously together, whereas modern medicine does not recognize e.g. that the emotional and mental state are the main factors determining a person's health condition. Ultimately, it is all about the materialist versus non-materialist view of science. The decisive issue is whether we follow the reductionist paradigm of contemporary medicine, claiming that everything is merely physical in this material world, or we include the unseen non-material part which has a lot of influence and is guiding the material world. Sadly, people of faith side with the materialist world-view and not with the correct understanding that the human body was made by a truly amazing Creator who provided our spirit with a dwelling place which is easily capable of functioning for about one century without any major problems if we take care of it well.

Unfortunately, the immune system is vastly misunderstood in the context of the germ theory. It is not the defence army against the army of germs, but it is the part of the body which interacts with micro-organism. In reality it is our regenerative system in support of the continuous processes of self-maintaining and self-correcting which are automatically taking place to secure our overall well-being. The concept of antibodies is wrong as well as contradictory, whereby it is claimed on one hand that antibodies show a person is immune against some disease and at the same time they are proof for an infection with some virus. As a matter of fact, their purpose lies e.g. in assisting the wound healing.

The so-called immune system is all about maintenance and restoring health. In the light of this fact a tumour is indeed a healing strategy for the benefit of the whole body. We observe an ongoing repair system with interactions working in concert with one another for the sake of the overall health and strength of a person. Every stage of the various cycles of activities has a purposeful function. When one particular organism is in a certain stage it is there in order to provide a service for the terrain, e.g. to clean it up or to dissolve tissues. In that stage maybe enzymes are produced which make us feel not so good, like a heightened temperature, etc. That is done for a beneficial purpose whereas conventional medicine labels such a state as disease. The **environmental conditions represent one of the main determining factors along with the internal situation of a person** rather than what is considered to be an enemy for the body like a so-called virus. If an organism is e.g. at the bacterial stage with streptococcus being present, then their existence is seen as something evil which must be erased through antibiotics, whereas taking them away only impedes the healing process and harms the whole system. What is actually happening is that **the organism digests the tumour when it has done its job** in line with the biological laws which are at work in 100% of the cases as revealed e.g. by Dr Ryke Geerd Hamer.

We see in the body is a beautiful design and structure with underlying patterning and observe a wonderful configuration of form, style or method, **created to secure our health**.

May we leave wrong concepts of a materialistic view behind in favour of realizing what an amazing vehicle we received from our Creator, serving us faithfully if we treat it well.

## The most significant elements to be considered in order to secure our health

Dear friends of constant bodily wellbeing,

I shared with you important insights concerning how the human body functions, which we all must know in order to be able to preserve our bodily well-being throughout our whole life. In my reflections I addressed fundamental points in respect to our attitude towards illnesses, which comes down to a very basic decision: Either we continue to cling to the failing conventional medicines which has led to people being more and more sick in their old age and dying miserable deaths due to believing in the evil model of “cut, burn, poison”.

When it comes to dealing with cancer even most religious people believe is that model rooted in the ignorant minds of people: They go to doctors to cut out tumours which actually serve a beneficial purpose, they burn their organs through irradiation, and willingly get poisoned through one of the chemo therapies. Very sadly, they believe in a vaccine that is supposedly accomplishing what God has been unable to do: to protect the body from so-called viruses. What is actually happening is nothing less than ignorant people inventing a danger, the existence of poison in the form of all kinds of viruses which may kill anybody who comes in contact with them, and then presenting the solution: a vaccine. This is being done as a business model, just as it is being practiced in respect to the afore-mentioned treatment of cancer based on the “cut, burn, poison” method!

Instead of allowing the body to do its work to restore health in line with the given biological laws which include those discovered by Dr Ryke Geerd Hamer and other true scientists and doctors, religious people around the world who believe in God put their trust in conventional medicine which has proven to be failing to ever greater extents when it comes to healing the number one cause of death, cancer, as well as using wrong methods of dealing with heart diseases, etc. Such behaviour is based on ignorance which has led to countless people having to leave the earth prematurely because they put their blind trust in others instead of taking themselves full responsibility to preserve their health.

The path to securing a long life is clear, whereby **it is the task of each individual to distinguish between true and false teachings in respect to how to deal with health issues**. Those who have understood that God is our Loving Parent who gave us a body which can easily function well for around 100 years without any problems know that if they do not feel well, they have to **look for the root cause and resolve inner conflicts**, because through the various symptoms the body is showing us which aspects need to be dealt with. Based on this understanding we can wisely treat the temple we received from our amazing Creator in such a way that we never need to enter the door of a doctor practicing conventional medicine.

I understand that it is for many quite a challenge to change their concepts in this area, yet to do so is the only means to secure our long-term well-being, along with embodying the attitude we all are supposed to have in front of God and ourselves, trusting that He provided us with a dwelling place for His and our spirit which is fully capable of overcoming even extreme challenges without any medical intervention, if we do our part of taking care of it well by acting in a responsible way in respect to what we eat, how much we exercise and spend time in nature, providing the body with the needed external and internal elements which guarantee our wellbeing from birth to the time of our leaving the earth. All the knowledge we need in order to know absolutely for certain the correct answers to the relevant questions concerning health issues is already available, ready to be studied and put into practice.

It is up to you and me to either stick to the materialistic view of man manifested in conventional medicine or to **welcome the God-centred standpoint which provides us with the insights that enable us to live a happy life in the embrace of God's Love**.

## Holopathy, a revolutionary energy medicine based on frequencies

Dear friends who are open for new discoveries,

Dr Christian Steiner studied medicine and focused on developing energy-based healing on the foundation of using modern technology for this purpose. The result is manifested in Holopathy, a modern method for the effective holistic therapy of chronic diseases, pains and general ill health. Holopathy treats the whole person. For the first time in energy medicine, Holopathy not only treats the organs but in addition also treats energy blocks in the autonomic nervous system and the central nervous system – systematically and routinely. The self-regulation of the body is decisively activated, enhancing the ability of the body to heal itself. The causes of any illness are treated, rather than the symptoms or the individual organs.

The new term „Holopathy”, which was first used by its inventor, the Austrian physician Dr Christian Steiner, stands for the therapy goal of treating the whole person (greek Holos = whole) whereby the main focus lies in the activation of the body’s energy system. Energy medicine is centred on healing through information, providing the body with the appropriate energy vibrations needed for the activation and regulation of the various functions and activities required to restore and secure the overall well-being of the temple with which our Creator provided us for His spirit to dwell in.

All biological processes within a body are governed by the higher energy of the meridians and the central nervous system. Because of our modern way of living these processes can be severely disturbed – due to both internal and external stress, excessive demands, unnatural food products, electro smog, environmental toxins, and geopathic stress. The body reacts with chronic permanent stress, expressed in a malfunction of the so-called “immune system”. The result: A full spectrum of different symptoms, exhaustion, allergies, chronic diseases.

In such a situation it is useless to treat individual symptoms. Permanent healing is only possible with a complete detoxification of the body, with stress reduction and a reactivation of the regulatory systems, which means the meridians and the central nervous system. It is here where Holopathy is effective.

The acupuncture meridians and all systems of the body which receive information and energy from these meridians, the nerves, the organs and the tissues, can be positively influenced with the proper information signal. Such signals are frequency signals from substances, trace minerals, herbs or homeopathic remedies.

Since ancient times natural healing methods, like acupuncture, homeopathy and healing with plants, have used this principle with great success. Holopathy builds upon this foundation, but in a new synthesis of utilizing modern computer technology and electronics. This makes it possible to always find the right frequencies, which are specifically tailored towards the patient and which are most effective for treatment. The therapy system transmits this information from the computer to the body in exactly determined amounts and activates self-healing and the elimination of toxins.

On the foundation of having studied the Principles of Creation it is clear that we have a spiritual and physical body whereby both consist of energy and therefore issues must be addressed more than anything on the energetical level. As beings of frequency we are destined to live in harmony and must therefore know how to reach that state of resonance in line with the True Love Principle.

All activities in the human body are based on energy expressed in frequencies. Holopathy uses that fact, enabling the therapist to utilize the computer system for the purpose of diagnosis in order to determine stresses and blockages of your energy system. In the therapy a systematic detoxification and stress reduction is initiated and the self-healing capacity is activated. For this purpose the patient receives the exact amount of frequency information needed for healing.

The computer system of the *QuintStation* has stored the electromagnetic „fingerprints“ of practically all environmental toxins and all other stresses. During the test the therapist will select the frequencies of specific test substances utilizing the magnetic heads and transmit these to the body. The body responds to the frequency information and changes skin resistance accordingly. The therapist measures this reaction and determines which stresses are present in your body and which trace elements, homeopathic remedies, herbs or supplements are needed to reduce these stresses. This test is done on certain acupuncture points of the hand and is totally painless. During the therapy you receive the optimum combination of trace elements, homeopathic remedies, herbs and Bach flower remedies.

As a result of the performed measurements the computer delivers the right frequencies in the form of a pulsing magnetic field transmitted to your body, individually tailored and in the precise amount. During the therapy you sit relaxed between the two magnetic heads of the *QuintStation* and absorb the received frequency information for proper activation of your healing response. This will remove blockages of your energy system, start detoxification of the body and activate self-healing. All determined causes will be used during the therapy and will be considered individually. The therapy helps the body to better deal with the discovered toxins and allergens and to eliminate these. In addition, the higher causal factors of organic disturbance – chronic stress and disturbed reactions of the central nervous system – will be neutralized due to the therapy. Both are important factors for the activation of the immune system and self-healing, enabling the healing of even very old organ diseases.

This type of therapy is effective due to detoxification + regeneration of the energy system. The therapy between the two magnetic heads of the *QuintStation* is pleasant and relaxing. It optimizes the energy system of the body and boosts the immune system and the capacity for self-healing. The patients feel more vital, more active and have more energy – many times even after the first therapy session. The ability to tolerate stress or external demands of daily life improve. Pain and symptoms often reduce even after the first session. Due to the therapy toxins stored in tissues will be eliminated. These will travel into the bloodstream and can for a short time create a healing crisis or response. Typical symptoms might be headaches, lack of energy or worsening of existing symptoms. All this means that the therapy is effective and working and should not be a cause for worry. Holopathy works with the regulation system and regulation capacity of the body. Despite its effectiveness Holopathy is a very gentle treatment. The applied magnetic fields are relatively weak in comparison to our usual exposure of manmade electromagnetic fields. Side effects and risks are not known. Because of this Holopathy is also ideally suited for children.

The main content presented here in connection with holography is taken from the website which Christian Wohlgemuth prepared as someone who established a massage institute and is working as a therapist. Here you can learn more about holopathy: <https://www.beckundbeck.at/en/holistic-diagnostics/holopathy>

It is important that we make good use of the foundation established by those who did valuable pioneering work in the field of using the internal as well as external knowledge, like Dr Christian Steiner, the founder of holopathy, along with the insights provided by Dr Masuru Emoto and many others working in this area of **restoring health in a natural way in line with the principles of creation.**

## Our human emotions shape reality on many levels

Dear friends who like to feel deeply...

We agree that emotion, intellect and will are basic elements of human beings which we use in our pursuit for beauty, truth and goodness. We have received these characteristics from our Creator who wants us to love in a peaceful and harmonious world where True Love abounds. When you read the article about human emotions physically shaping reality (<https://www.lifecoachcode.com/2017/02/26/emotion-shapes-reality/?fbclid=IwAR11U5LZwl-a4t8AdxLHyhByi5DgGMBqxQ7Z6J2ZEyPJS-vLnf8W2--Gvug>) you learn about scientific studies which have shown for example that human DNA, isolated in a sealed container and placed near a test subject reacts to the donor emotional stimulus whereby the emotions affected their DNA in the other room: In the presence of negative emotions the DNA tightened. In the presence of positive emotions the coils of the DNA relaxed.

In other words, emotions can be conveyed beyond the borders of the human body, a fact which scientists showed in another experiment where they extracted Leukocytes (white blood cells) from donors and placed them into chambers so they could measure electrical changes. The scientists found out that the DNA and the donor have the same identical responses in time irrespective of the external distance, confirming that the donor and the DNA can communicate beyond space and time. They could even observe the effect of DNA on our physical world. Light photons, which make up the world around us, were observed inside a vacuum. Their natural locations were completely random. Human DNA was then inserted into the vacuum. In that situation the photons were no longer acting randomly; they precisely followed the geometry of the DNA. Based on such observations it is clear that a field of energy exists which expands beyond the body and is confirmed through precise measuring devices provided by modern technology.

The conclusion is clear: We create our reality by choosing it with our feelings. This direct connection can be seen in the way **our emotions influence the state of our body**, leading to the fact that **all sicknesses** (that do not have a physical cause like an injury) are rooted in unresolved emotions and inner contradictions. The main causes of illnesses clearly lie in unresolved emotional conflicts. For this reason they must be dealt with on that very level of healing the psyche and restoring inner harmony as a foundation to secure the long-term well-being of our body.

Many kinds of natural healing methods exist which support the process of recovery. I have shared about holopathy as one of these ways of restoring balance in the body. That result can be gained just as well with the help of herbs and other natural treatments, whereby the primary focus must always be centered on a patient's psyche. Inner balance is the prerequisite for a strong body which serves us well for about one century. It is important that every person invests to find the appropriate and best ways of regaining inner harmony after it was lost by going through extreme circumstances. In this respect music can be very helpful, including the sound therapy about which you can read at this link:

[https://theshiftnetwork.com/Crystal-Singing-Bowl-Sound-Healing?WickedSource=Facebook&WickedID=6225895167868&fbclid=IwAR05ppaz2r5IGIsiU\\_9t0qn4Pg0G3\\_YNhaXNPmq55R89KoA0eoRVyKIZqQU](https://theshiftnetwork.com/Crystal-Singing-Bowl-Sound-Healing?WickedSource=Facebook&WickedID=6225895167868&fbclid=IwAR05ppaz2r5IGIsiU_9t0qn4Pg0G3_YNhaXNPmq55R89KoA0eoRVyKIZqQU)

May you always find out what is most helpful for you to secure your well-being in the long run based on renewing our understanding of the true nature of DNA which needs to be researched further because also in this area fundamental misconceptions prevail which need to be changed to meet the standard of confirmed science rather than mere consensus.



Ultimately the corona crisis is rooted in a religious issue

Dear friends who look for root causes,

In the present so-called pandemic the question may be asked, “*Do you believe in the Corona religion?*” because when we look at developments in society we see people believing in something without any real scientific basis, what is also manifested in the so-called Climate change religion. (German speakers can find an article by Hans-Joachim Maaz at <https://www.rubikon.news/artikel/die-corona-religion> about the Corona religion, which Dr Raffael Bonelli discusses here: <https://www.youtube.com/watch?v=MYWJ5vxbmBq>.) If you take the time to seriously reflect on what has been happening since the rise of the Corona crisis you will recognize all kinds of religious fundamentalism with those who believe in Covid and those who reject it as hoax fighting with each other with people even being thrown into prison for questioning the Corona narrative. We know such methods from communist China...

More and more religious terms are used in discussions connected with SARS-CoV-2. The media speaks about “*Corona deniers*” versus those who believe that it is a dangerous virus. It is all about belief and not science. If hard scientific facts would be available then people could speak about them. Actually, they do not exist in respect to the “new virus” whose existence is merely based on a theory which was never proven to be valid.

The vast majority of humankind is deceived and does not recognize the largest scientific fraud ever perpetrated in the history of man. Dr Andrew Kaufman along with others like Dr Stefan Lanka and Dr Thomas Cowan offer clear scientific explanations to expose the fraud of the Corona hoax in which tragically even many of those believe who are supposed to defend a God-centred standpoint.

It is indeed decisive to realize the true cause of the present crisis which did not come about by chance but has very clear roots which I addressed already from various angles. At the core stands a religious issue, namely: What kind of worldview do we have? Is it based on God as a loving Creator who longs to see everything functioning well on the basis of harmonious cooperation, especially in the human body as the temple for His Spirit to dwell, or on a materialistic view of the world, thinking in terms of confrontation and struggle, just as Karl Marx has been doing as one of the “founders” of communism as a pseudo ideal society?

When you watch this short video <https://www.youtube.com/watch?v=26hkBwMvMfQ> you can hear Dr Stefan Lanka explain that the corona crisis represents nothing less than a religion with the roots going back hundreds of years based on the belief that matter can turn into something bad. It can appear inside the body in the form of cancer and expand as metastasis, and also leave the body as tiny viruses... Such concepts are rooted in a worldview of good and evil with God punishing people through sicknesses. If a person gets ill then there must be some problem with the body liquids, some poison which causes a person to get a disease.

Ultimately, that kind of thinking goes back to the thinking of Epicurus who founded a school of philosophy some 350 years before Christ who advocated a worldview without any God and spirit or consciousness as the deciding factor in life after Democritus defined the atom as the smallest building block of matter. Around 1850 the German Rudolf Virchow presented the theory that all diseases arise at the cellular level, which is widely accepted as truth and fact until today based on a mechanistic worldview which excludes the spiritual aspect. Due to ignoring or denying spheres of consciousness as causal information affecting the cells, virologists are stuck with a very limited materialistic understanding, clinging to the germ theory, considering viruses as poison, etc. What is truly tragic is the fact that most



religious people who should know it better to begin with are also clinging to this materialistic view of the world, putting masks on their faces which are useless to begin with...

Yes, more than anything the so-called corona crisis is a spiritual issue: Those who are aware of God as our Loving Parent know absolutely for certain that it is impossible that He has created deadly viruses which can kill His children at any time they come in contact with them. It is truly sad that the people of faith who were called to teach God-centredness to humankind cling to a god-less view of medicine and even go ahead to get vaccinated with potentially very dangerous contents which have historically killed already many millions of people, what is clear for those who know the true background of what is defined as the Spanish flu and the actual facts concerning the history of vaccination.

Tragically, most religious people have been unable to understand basic facts like the germ theory and the belief in contagious diseases standing in direct opposition to God as an Amazing Creator. They welcome radiation and chemotherapy, which is destroying the cells as a means of healing their body! To see such an inexpressibly sad reality deeply pains my heart whenever I think of it. Rather than using their God-given intellect to distinguish between truth and falsehood, even most people of faith are blindly following what so-called experts in the medical field tell them, without including the spiritual realm which definitely stands in the subject position.

What happened 2000 years ago after the crucifixion of Jesus? Dedicated Christians know it: The disciples were afraid... And what has become a reality now in this time to which many refer as the period of the Return or Second Coming of Christ? People around the world are in fear again... In both cases the fear is rooted in people not fulfilling their portion of responsibility, a behaviour which unfortunately prevailed since the outset of human history. Had the disciples united with the words of Jesus then they would not have been afraid when confronted with a storm on the sea or in the Garden of Gethsemane and in so many other situations, which applies of course also to Christians throughout history along with other religious people who have not developed a deep relationship with God.

What is the core issue? Once again the people of faith have failed to think deeply, to make sure that their actions are based on truth and love. In the present situation they have widely failed to recognize what is actually going on and fell into the trap set up by those who pursue their self-centred agenda with a cruel attitude of not minding the suffering and even death of millions of people, using people's fear to push them to do certain things.

Klaus Schwab says, *"What the 4<sup>th</sup> industrial revolution will lead to is a fusion of our physical, our digital and our biological identities."* That is the goal of those who pursue a world government: to control people with the help of modern technology. On God's side there are a few people who recognize what is going on like the Roman Catholic prelate archbishop Vigano who speaks about an inhuman faceless tyranny that is out to subdue all of humanity with the deep state launching the final assault as the children of darkness with the intent of establishing a system worse than fascism and communism.  
(<https://www.facebook.com/cbnnews/videos/2894465667457000>)

Where are the people of faith who are standing up in this situation? They are fast asleep, wearing a mask in fear of a supposedly deadly virus, although they should be the ones who know for sure it is impossible that such a threat exists. Unfortunately, religious people can easily be deceived. They are not spiritually awake at this crucial time and widely comply with the government measures, wear masks, etc. showing how very distant they are from God, not recognizing what is actually going on, unable to give guidance to humanity at this critical hour of countless victims having become the "prey" of egoistic people in positions of power over others.

Just as in previous worldwide confrontations the roots can be found in Germany where not only the God-denying ideology of Marxism originates, but also the basis for the present crisis can be found, going back e.g. to Rudolf C. Virchow who is known as "*the father of modern pathology*" and as the founder of social medicine, and to his colleagues, the "*Pope of medicine*". Today we have the German Christian Drosten whose PCR test plays a central role along with the ideology propagated by the German Klaus Schwab as defined in his recent book "*The Great Reset*", and many other players in positions of power who influence political leaders around the globe in their decision making in respect to how they are handling the so-called corona crisis.

The plandemic turned out to be very successful until now based on the miserable failure of the religious people. Because those on God's side failed to make sure that everybody will be reborn and a completely new beginning will be made in the form of a new heaven and new earth, "Satan" could come forth with his temptation and the people of faith have once again been easily deceived!

In Germany core champions for the victory of Truth over lies and deceptions have come forward like Ryke Geerd Hamer as the one who discovered the essential biological laws that form the foundation for the new medicine of the future along with others like Stefan Lanka who speaks in this video <https://www.youtube.com/watch?v=3BDFUJcDmNM> about the artificial construct presented by virologists which has no basis in reality in respect to how they define viruses. With the help of computer programs like "Megahit" and "Trinity" mental constructs are presented, called alignment, created artificially in the minds of the so-called experts. Virologists are disproving themselves by presenting alignment instead of the nucleic acid of the appropriate length of what they define as a virus although standard techniques have long been available to directly determine the composition of nucleic acid. In this way an artificial construct stands at the core of what is manifested as the Covid-19 pandemic.

After checking the relevant publications it will be crystal-clear for everybody that there are no scientific facts as basis for the so-called Corona crisis, which is an artificially created problem without people actually being infected with some virus. What is going on is a worldwide push to implement measures in the name of health which lack any foundation in true science, whereby the alleged corona pandemic is merely used by certain people to pursue their evil agenda. How is it then possible that it is taking place without confirmed scientific data? Because the vast majority of people are not researching for themselves what is actually going on, but are simply believing in what they are told by corrupt politicians and the mainstream media, blindly trusting that they are being told the truth without checking whether self-centred goals are being pursued by certain individuals who put their own interests above the well-being of the whole.

Only when we **focus on dealing with scientifically confirmed facts on every level** will we see the dawn of a new age where truth and goodness will reign the world. Until then the forces of evil are free to cause ever more harm to humanity due to those destined to fight on the forefront of goodness not fulfilling their responsibility to ensure the victory of truth over half-truth and lies which are ever so present in today's world.

The correct answers are all there, both for the internal realm of the spiritual life of people as well as the more external area of physical health. Where can we find those who stand up and speak out for the truth to come to daylight, making sure that all deception and ignorance comes to an end, both in the religious and scientific realms? Are you dedicated to supporting this urgent task?

Blessed is who is prepared to deal with facts, showing the readiness to draw the correct conclusions which are crystal-clear in the light of true science rather than believing in religious and medical dogmas which contradict God's principles of creation.

A God-centred view of biology enables us to understand illnesses correctly

Dear friends of lifelong good health,

As I emphasized, it is indeed our portion of responsibility to study not only the full truth about internal matters of our spiritual development, but we also must be very clear about the external aspects especially concerning the human body which we received from God as a temple for His and our Spirit to dwell in union with one another.

In order to achieve absolute unity between our mind and body we have to be aware of what is going on inside of our whole being including both the inner and outer aspects. **As a Loving Parent God has surely provided us with the best possible dwelling place for our soul.** It is our task to become clear about how to make the best use of it by keeping it in good shape for about one century, a period which represents no problem for the human body to serve us well.

Giuliana Lüssi wrote a book in German language about “*Universal Biology – an attitude in life*” (Universalbiologie – eine Lebenseinstellung) I would like to share with you about core contents expressed in one of its chapters which was published in German language at this link <https://telegra.ph/Krankheiten-Wo-kommen-sie-her-oder-was-sind-sie-11-15>, dealing with the question of what sicknesses are all about and where their origin is to be found.

We know that it is not easy for people to change their point of view to which they have been clinging for years and decades. That is all the more true in respect to the physical level because people feel certain that they know the truth because the doctor has said this and that and they trust him. But they are not aware of the fact that also in medicine where we see medical dogmas which are defended no matter what, even in a situation when they lack any basis in true science.

After having been told again and again that Jesus is God, dedicated Christians firmly trust it because other Christians do the same. Similarly, medical doctors have gone through the study of a common curriculum at the respective universities, trusting that what they are being told must be the truth and they strongly believe it. They take their knowledge for granted, as something that is proven to be true, and therefore no need exists for them to question anything that is widely accepted in the medical community. For this reason it is a tough job to get rid of false concepts which have become firmly established over the years in the minds of those working in the medical field. How about you? Do you have fixed concepts about health and illnesses to which you cling or are you ready to have a second look and to think twice whether what you have been told is really true?

I trust that you do reflect seriously about the fundamental question as to what is needed for us to be able to lead a long life here on this earth. Healthy food and enough exercise are only one aspect of it. The more important one is to know clearly how our body functions in line with the principles created by God along with all the mechanisms which are at work in us so that our wellbeing can be sustained over a long period of time, at least one century.

If you want to find the full truth then you have to ask questions, starting with the very fundamental one: Why have I become sick? To know the correct answer is as important as knowing what has led to the Fall of Man, whereby both have as a result misery which we experience in our soul due to sins as well as in our body where we speak of “dis-ease”, we do not feel at ease anymore because we are doing something wrong.

What happened that made you feel sick? Someone may ask you: *“Did you catch a cold?”* And you answer: *“Yes, I did catch a cold, a very serious one...”* Merely in this simple expression you find already one of the keys to health and sicknesses which everybody has to be clear about: I make myself ill and not someone else. It is me who is catching a cold, whereas others decide not to. So we find in families again and again the situation that some members get sick while others remain fully healthy. They are not affected by others lying in bed with a running nose, etc.

Once you have internalized the fact that *“I myself am laying the conditions for my body to feel uneasy...”* then it will hopefully dawn to you – in case it is not yet crystal-clear in your mind and heart – that you care causing your body to respond to an internal situation which has become a reality, whereby you do not feel good about it. What you perceive as unpleasant in your soul finds its way to be naturally expressed in your body that is eager to serve you well, to support you to get out of the conflicting inner situation you may experience at a certain point due to stress, bad experiences, etc.

When you feel sick you are usually tired, maybe you cannot sleep well, you are thinking about problems which are burdening your heart and accordingly your body feels heavy... Your internal situation is directly expressed in your external presence on this earth. There are manifold ways how that may take place depending on your personality and especially on what kind of problems you are faced with. In order to gain full clarity about the true cause of your feeling unwell it is decisive to have an open heart and mind and to ask yourself honestly: What has been going on in inside of me lately? Is there something that is pulling me down...?

The error that nearly all people maintain in their mind concerning sicknesses lies in their thinking that the cause for their illness lies outside of them. Something reached them from the outside and now they are sick. Upon having a closer look, you will realize that there is always a much more important internal cause which is the decisive factor. To be able to know this for certain it is inevitable to be familiar with the universal biological laws which we have not been told when we grew up. They are not taught to medical students at their universities.

The reason behind this sad reality lies in people widely not reflecting deeply on life and fundamental principles, but being satisfied with a rather materialistically-oriented mindset while excluding the spiritual realm as the primarily important factor in respect to maintaining good health. One only needs to think about how perfectly the body knows what is needed for the overall wellbeing, adjusting continuously to all kinds of situations, to realize what an amazing body we all have received “at birth”. Such ever so amazingly refined abilities could have never come about by chance but reveal the greatness of our Ultimate Origin.

Please take the time to marvel on the fine tuning of the manifold processes going on inside of the human body, where e.g. the endocrine system is made up of glands that make hormones. Hormones are the body's chemical messengers. They carry information and instructions from one set of cells to another. The endocrine system influences almost every cell, organ, and function of our bodies, serving us so well as we watch our thoughts and harmonize our emotions. Merely from this standpoint it is obvious that the concept of viruses manipulating cells cannot be true because dead material (virus) can never control such a refined system.

Let us work together for all people to come to understand the fundamental truth of life and the universe down to their bone marrow, knowing absolutely for certain how to avoid getting ill and what is needed to maintain good health until old age, which is definitely possible once we set the right conditions for this to become a reality.

## Sicknesses only arise from the inside and not from the outside

Dear friends,

In previous reflections I emphasized the importance of becoming fully aware of the fact that all diseases have their origin in us and not somewhere outside of our body. According to Christianity, we are destined to be the lord of creation which includes of course first of all being able to fully control our own body. If we could get ill due to something reaching us from somewhere else, e.g. some virus flying in the air, then we are clearly victims of circumstances and could never fulfil the ideal of creation because our bodily well-being may be lost at any time even without any of our own fault.

I hope by now it is absolutely clear for you based on the scientific insights I conveyed to you via links to very valuable articles and videos as well as my own explanations that it is impossible that the germ theory and the hypothesis of infectious diseases are true. So we have to find out the correct cause why people get ill, eg. with lung inflammation, or whatever sickness you may think of.

Basically, there are two ways how our body may be affected in a negative way: bodily and internal experiences that cause some imbalance in us. Let us look at the following example: Someone we love had a serious accident and is now in hospital whereby it is not certain that he will make it... There may be other less dramatic situations from an external viewpoint, nevertheless causing very strong emotions and inner conflicts like having been betrayed by someone we trusted, etc.

We need to ask the relevant questions. For example, what is happening to a boy who is in love with a girl and then finds out that she has to ask her parents first whether or not she is allowed to marry him? He may be shocked because he did not expect to come into such circumstances where his future happiness is at stake. He will be anxious to know what their decision will be... In such a situation the boy may get cold feet and hands, he tends to forget about eating because he is so concerned about the outcome.

Why does the body react in such a way? As we are in disharmony when faced with a very unpleasant experience a needed biological process is being activated that is designed for such extreme circumstances. In order to be able to cope well with the new situation the body initiates an extra program which is required in order to restore harmony in the shortest possible time. We all know such programs which can manifest e.g. in the form of our heart beating intensively if we are being very afraid.

When we think of the boy who is in love but has to wait for a long time for the decision he may easily get a dry nose, or if a person is upset about something we speak in German about his nose being full, referring to something that is happening on an external level in response to an internal situation. In this case the cells of muco membranous of the nose are being reduced in order to make more space for air to flow in, which can be compared to a dog who is searching for information through prying or nuzzling. He is eagerly looking for the information which is decisive for his future.

Let us ask ourselves, why we sometimes get cold hands and feet when we are faced with a serious problem? In German language we have been using this expression for centuries. The answer is simple: Because in extreme circumstances our blood vessels become more narrow and in this way the blood pressure is rising so that more energy can be released. In this way nature is providing a method of support in order to remove obstacles which are on our way.

Going back to the example of a boy waiting for an answer, his mother may just as well be concerned about her son and not sleep well at night. Also his younger brother who knows about that situation will probably be concerned about it, asking whether his elder brother will move out of the house in the near future so that he will be alone, whereas the father trusting his son may be in a position that he is not affected, thinking, *“If not her, my son will surely find another wonderful bride...”* With such an attitude he will not get a dry nose.

What is the next step? After a couple of weeks, the answer arrives for which the mother and the sons have been longing to hear. If it is positive the bridegroom can sleep well again, his hands and feet will be warm, and the cells of muco membranous of the nose will multiply again, causing a certain swelling due to the extra water that is being integrated. In such a situation, immediately after a certain problem is resolved, people may get a running nose, thinking that they are getting sick, whereas in reality the issue that has been burdening them is already removed and they are well on the way to full recovery of their original state of complete health. Another simple example, when you hit your finger with a hammer, it will swell because of the water that is included into the tissue in order to repair it. It is all for our benefit of speeding up the healing process.

Because nothing happens by chance there is always a direct correlation between how long the period of conflict lasted and how strong the reaction of the body will be in the healing phase. On average it will be about half of the time a person lived with a particular inner conflict. In this case the extra liquid is then relieved from the body in the form of a running nose until the full balance is restored again in the body.

In regard to the afore-mentioned example of the family members it is obvious that the mother and her boys will get the sniffles whereas the father will not show any symptoms as there was no inner problem which affected the condition of his body. By the way, it is important to distinguish this kind of snuffle with the one where some yellow secretion is running down the nose which has a very different origin and cause...

These are merely some simple examples which may leave one or the other questions open. What is very important to realize is the fact that the deeper you reflect about the relationship between the mind and the body the more answers you will get because the full truth is already revealed which we all need in order to fulfil the purpose of creation during our own lifetime here on this earth.

Sincerely yours,

Nikolaus



## The end of wrong concepts about illnesses and the correct explanation

Dear friends who like clarity of mind,

Just as we see many kinds of natural laws in creation, they exist of course also in respect to our body, whereby it is crucial that we know the most important of them which directly affect us. To understand these biological laws is essential in order to be able to enjoy good health, whereas on the other hand it is decisive to leave wrong concepts behind.

There are two kinds of rhythms in the human body: sympathicotonia during the day when the blood vessels are more closed and vagotonia when they are more relaxed. In case of an unexpected unpleasant situation coming up in our life the reaction is naturally to keep the state of sympathicotonia permanently in order to have extra energy available.

When something extraordinary happens which represents a certain shock for our internal situation like some conflict with another person or the loss of a loved one, an extra biological process is initiated to help us to resolve that situation, whereby 3 criteria are necessary: The situation arises as an unexpected surprise that is grave for the person who feels left alone or cannot speak about it due to shame. In other words, it represents a certain state of shock or emotional upheaval.

What is happening in reality is that people go to a medical check-up and there they are told that they have e.g. cancer which brings them into an internal crisis situation with all the biological consequences that follow, causing manifold problems whereby it would be decisive that the person is aware of what is going on inside of him or her in order to be able to restore their wellbeing.

The state that follows is a phase of conflict accompanied with cold hands and feet, sleeplessness, little appetite... with an organism in sympathicotonia. Depending on the prevailing emotions at least one biological process is started leading to either growth or loss of tissue. The longer one remains in that state the more difficult the course of regaining the original position of harmony will be. It is helpful to be aware that this is the only state which we can consciously influence and determine the course the biological process takes.

Imagine, when we live in the ideal world where every human being is surrounded by love: In such a situation, sicknesses can hardly arise because any kind of inner conflict will be swiftly resolved. Yes, that is the kind of world our Loving Creator wants us to live, and it can start already now in our midst as soon as we begin to care for one another wholeheartedly from the bottom of our hearts.

It is indeed sad that most people of faith do not know about these fundamental biological laws and rather trust doctors who treat them with radiation or chemotherapy, burning and poisoning their body, letting themselves be put in a position to die prematurely instead of taking full responsibility for their health which would lead to cancers and tumours to disappear naturally as they are part of biological programs active in every human being.

Please take it to heart that we absolutely need to focus on resolving serious inner conflicts in the shortest possible time and not allow them to be prolonged and to take some toll on our bodily situation. If we do so we will definitely enjoy a happy long life because that is our original destiny, and not to be stuck with all kinds of health issues in our old age. Let us therefore believe in ourselves and in others, helping one another to be clear about essential facts and to put the truth into practice by living fully in line with the principles governing the universe, most of all True Love.

Only after substantially resolving internal issues can complete healing take place

Dear friends who strive for long-term solutions,

Once you become deeply aware of the biological laws which I am addressing in recent reflections, you will realize how very important it is to take care well of your internal situation for the sake of your own body's wellbeing as **it directly reacts to what is going on inside of your heart and mind**. To resolve internal matters is therefore not only decisive for our spiritual life but equally for your physical situation. Besides eating healthy food and doing enough exercises it is our responsibility to swiftly resolve inner struggles, ideally each and every day before we go to sleep...

Knowing these facts, we must never allow ourselves to remain for a longer period in a bad mood and never allow some anger to get the better half of us, so to speak. Even though we may experience deep disappointments we have to do our very best to go over it in the shortest possible time by looking at the bigger picture and to make an offering for the purpose of the whole. Whatever others may do wrong towards us, if we manage to be more serious to perceive how other people are treated, we will surely find those who are in an even worse position than I may find myself in.

What is important to realize is that the biological program is taking its course independent of what we may try to do to stop it once it has progressed beyond the first steps. If we take some medicine the symptoms can only be suppressed or made milder. The best way of dealing with health issues is always to first of all look for the root cause and to remove it as soon as possible, which is in most cases "immediately" because how we feel inside depends more than anything on ourselves and not someone else as you and I are the ones who decide how we react to adverse circumstances we may find ourselves in.

In respect to bringing an end to the state of feeling sick it is crucial to know that it can only be brought to an end on the physical level in line with the biological solution which is determined or guided by universal biological laws. In order for the next step of healing to take place we need to clearly distinguish between thinking that we have resolved a problem and actually resolving it to the extent that it is completely gone. In German we have a saying, "*A stone has fallen from our heart.*" There must be the substantial experience of liberation in the body and not only in the mind as a theoretical construct. To think that everything is resolved is not enough – it must be felt in our bones, as one may say.

To be very clear, the biology of the body needs a deed which you are consciously doing in order to remove an existing problem. The thought alone is not enough. In order to do so successfully it is important to find out what I can do best in a certain situation, for which it is surely very helpful to ask others for advice and to learn from them. The method of family constellation developed by Bert Hellinger can be helpful in this respect just as other methods of substantially resolving issues.

The solution may also come in unexpected ways of feeling relieved after hearing something that is very fitting to your own situation. Suddenly the inner tension is gone and you feel so much lighter. After an inner liberation along with practical steps in the right direction the biological healing process can advance its course until the end of restoring the complete health of a person.

What we also need to know concerning this process is the fact that after having let go of a problem substantially, usually within half a day, some kind of feeling of uneasy appears in the body. Actually, pain is only felt after we have resolved the conflict. If such bodily reactions are not perceived then the problem is not really gone, we only think that it is gone.



We may come up with some alibi to justify ourselves but if the issue is not thoroughly overcome, lasting and complete healing of the body will not take place.

Once we have come to the point of thoroughly understanding the universal biological laws, we will look at what is happening in us with different eyes: When some pain appears somewhere in the body we do not need to be worried, because we are already in the stage where the inner conflict is already resolved. The situation will not be threatening for us as we expect it to happen. It would be much worse if there were uncertainty and worries connected to it. Through seeing the biological laws at work, we will have more confidence in them. Knowing them enables us to lead a more free and happy life.

The theme of this reflection is *“Only after substantially resolving internal issues can complete healing take place.”* That applies not only on the individual level, but also for the future of the world it is essential that root causes are resolved first for lasting changes in the right directions to come about. In respect to the present corona crisis I wanted to add here one comparison: How would you feel when you come into a large hall, maybe a market place, where everybody carries an opened umbrella? You would surely feel that something is very wrong here, especially after finding out that people do it to be protected from rain. It is obvious that it will never rain in a place covered with a large roof, yet everybody is afraid of it. That is exactly what is happening in the world today. People wear masks as protection against a virus, although it is scientifically confirmed that it is impossible to get sick through contagion.

The present so-called pandemic is based on nothing less than the misuse of the PCR test results what is clear when you listen to the person who received the Nobel Prize for discovering that method. Unfortunately, the respective video has meanwhile been erased by those who practice censorship in order to hinder the truth to come to daylight. Kerry Mullis emphasized that the test cannot show whether what is found harms a person! Please consider what this means for the present pandemic.

Let us not keep silent in front of the incredible scientific fraud about which I have informed people already many months ago. Silence always means to agree when you have the chance to speak out against lies and deception, which are definitely behind what has been on the news for around two years all over the world.

The facts are all on the table, confirmed by true science, as it is outlined in the explanations which you find at this link <https://www.andrewkaufmanmd.com/sovi/?#voices> published by Dr Andrew Kaufman and Dr Thomas Cowan... I hope that you will also sign that document which brings the overall situation to the point: There is no basis whatsoever in science to claim the existence of SARS Cov-2 and with it no reason for any measures like lockdowns or vaccines, etc.

According to the Oxford English Dictionary the term “Isolation” refers to: *“The action of isolating; the fact or condition of being isolated or standing alone; separation from other things or persons; solitariness.”* In respect to viruses this is not being done while at the same time people falsely claim to have an isolate. Because of the huge amounts of monetary profit involved in the vaccination business arising from the wrong concepts promoted by virologists the pharmaceutical industry is doing everything in their power to stop the truth from being revealed to humankind. They do not want people to know what is pointed out in this German language article about virology, which is actually no real science, a fact that is obvious once you have a close look at it. (<https://apolut.net/die-virologie-eine-wissenschaft-die-keine-ist-von-bernd-lukoschnik/>)

Let us do our best to support the truth coming to daylight as soon as possible by making our own contribution for that goal for which we are collectively responsible.

Every human being needs to know how the universal biological laws function

Dear friends who are interested in the laws governing the universe,

As grown-up people we know how to take care of our body in respect to what is good food and which substances are poisonous for us. But that is not enough. We also need to understand the universal biological laws underlying the various functions in every human being. After Dr Ryke Geerd Hamer discovered them, he found himself in a position of being opposed by the medical establishment although he was very successfully healing cancer patients as a leading doctor in a German hospital. Due to that reality most of you will previously not have heard about the 5 biological laws and all the other valuable content uncovered by this medical doctor who was highly respected before he presented his discoveries to his colleagues who were largely not been open to have a closer look at them. Nevertheless, these biological laws are very true and active in every human being on this planet. They are universal, 100% applying to everyone without exception.

Unfortunately, not too much material is already translated into English, but surely there is enough for anybody to become well familiar with these new discoveries. One of the books carries the title: *"The 5 Biological Laws: Bones, Muscles and Articulations: Dr Hamer's New Medicine"* If you go to the link <https://www.5biologicalaws.com/5-biological-laws/> you will find an overview over the 5 biological natural laws. Profound insights are provided in the book by Giuliana Lüssi which was published in German a few months ago. Naturally, the more people work based on the discoveries by Dr Hamer the more knowledge becomes available based on the experience of medical practitioners and the healing process an ever-increasing number of people witnesses in themselves.

In my reflections I have shortly addressed the various phases of illness and healing, including the restorational phase which is followed by a reversal phase before the second restoration phase of the body becoming active, causing swelling, fever, etc. to disappear while the bodily functions return to normal. But that ideal process does not manifest in all those cases where the conflict is re-appearing in a person, causing the biological process to be repeated, finally resulting in what is known as chronic diseases if such repetitions occur again and again.

It must be very clear for all of us: Sickesses are biological processes that are initiated due to grave incidents in a person's life. They serve as special support programs for the sake of a swift resolution of issues. The steps include: (1) The incident as starting point (2) conflicting phase (3) biological solution comprising the first and second restoration phase with the reversal phase in between these two processes. The time period for healing depends on how long the inner conflict has been going on, but is rarely longer than 3 to 4 weeks connected with physical pain and strong symptoms before they disappear completely.

For people of faith who have learned to pray and to listen to the answers from God, it should be much easier than for other people to recognize what is going on and to find the correct solutions on an internal level for the needed physical healing to take place.

Especially, it must be absolutely clear that theories like the germ theory and contagion are definitely wrong because such concepts contradict the existence of God as a Loving Parent of all people and the human portion of responsibility. Remains only that we all do our homework and study thoroughly what we need to know in order to secure a good future based on living a happy long life without serious health issues based on knowing the biological laws that are governing the temple which God provided for His and our spirit to dwell. We all need to do our own research to find the knowledge need in order to cope with challenges to your health in the right way. May Heaven guide you in all your decisions and efforts to keep fit until old age.

When will people return to true science and stop deceiving themselves?

Dear friends who value scientific insights,

I have repeatedly addressed the fact that the idea of viruses causing people to get sick was never ever shown to be true. Not a single scientific proof exists for diseases being caused by so-called viruses, yet the whole world believes in the germ theory. How is that possible? The answer is simple: Because hardly anybody has a closer look at the actual facts. People simply assume that what they are told must be true because everybody believes it although neither in China nor in America, nor any other country the so-called SARS CoV-2 virus was isolated. Nobody has a scientific proof of its existence.

Simple logic tells us that something that was not defined in its components, structure and function in line with true science cannot be known. Genetic sequences of something that was never found cannot be known. Also, mutations of something that was not confirmed to exist cannot be known. From this situation follows that (1) There is no substantial scientific proof of the existence of the Coronavirus. (2) No foundation exists for the PCR test or any other test that supposedly shows the virus. (3) No basis whatsoever exists for vaccinations or any of the other methods that are promoted at this time around the world. (4) Scientifically it is impossible to prove that SARS CoV-2 causes the sickness called Covid-19.

The obvious question arises: In a situation where the “virus” was not isolated, not defined in its sequences, and not shown to be the cause for sicknesses, why are measures implemented like testing people, separating them (social distancing), mandatory masks and the loss of basic human rights? Which purpose do the injections serve which are falsely declared to be vaccines? The answer to such questions can be found in what is defined as Hegel’s dialectic concerning a mechanism of control: First a problem is created – a dangerous virus. Then a pandemic is declared, causing the reaction of fear of infection and death, and the people ask for help. In that situation the government offers a solution, tests and a vaccine, along with less freedom for the people. But if they recognize what is going on, no more false control is possible.

Mark Twain said: *“It is more easy to deceive people than to convince them that they are being deceived.”* That can be understood from the viewpoint that we are meant to trust each other, but once people become aware of what is actually happening, they can use the situation to liberate themselves from the rule by irresponsible leaders. That is the task at hand, to use the present worldwide tragedy as an opportunity to turn misery into a victory for the side of goodness. The **urgently required step forward is to realize that there is no “war” between good and evil elements in the human body.** That kind of truly wrong paradigm must be left behind once and for all. It totally contradicts the understanding that we originate from a benevolent Creator who would never give us a body that is full of contradictions, with so-called “antibodies” fighting against other elements. A holistic view is required which points out the truth that **everything was created to exist in harmony with each other, both in the natural as well as the human world.**

Once everybody is aware of such fundamental facts it will be impossible for those in positions of power to declare some pandemic to frighten people. After serious reflection people will never give up their God-given human rights again due to irrational fears. In this way they will finally come to a true understanding of life and health based on a universally valid biology. Instead of being a victim they become true creators.

## The great reset towards true science in the field of medicine

Dear friends who stick to truth confirmed by science,

There is only one God and one universe along with one eternal and unchanging Truth. Evil came into being in the Garden of Eden based on immaturity leading to spiritual darkness and ignorance even concerning fundamental aspects of life. Now at this time the full Truth is revealed not only in respect to God's providence of restoration in the course of history but also concerning scientific facts whereby the pioneers in both areas have been widely rejected and persecuted by the establishment.

I have shared with you about such central figures who have been standing on the forefront to bring the full truth to light like Dr Ryke Geerd Hamer who discovered universal biological laws. But also these pioneers have their human weaknesses and therefore only on the basis of bringing together their insights on a higher level of integrating all aspects can the lasting foundation of the correct understanding in every respect be secured.

One important point concerning health is that once I can understand myself and the human body correctly then I will not falsely judge others but secure my own health based on the proper attitude towards the people who have a certain influence over me. In other words, issues in relationships must be resolved in order to enjoy lasting bodily wellbeing.

In the case of Dr Stefan Lanka, who has personally met as an expert virologist with people who are known today around the world like Anthony Fauci, we see the situation that as a true scientist he was not satisfied with believing in conventional views. He checked them thoroughly with the result that it became clear for him that the established concepts of virology do not have a basis in real science. Stefan Lanka knew that the prevailing theories are wrong, but did not have the correct answers. He was searching for years to find the scientifically valid understanding which he could gain with the help of the research results of other true scientists like Dr Ryke Geerd Hamer. Through their personal sharing of insights they could benefit from one another and improve their respective work.

These are two examples of pioneers of a God-centred medicine which deals with the inner cause of illnesses which all can only be healed if the root cause has been removed. Stefan Lanka has been working to combine the confirmed knowledge gained by experts in various fields to present the correct understanding of health and sicknesses, publishing the quarterly scientific journal *WissenschaftPlus*. Here you find the first part of two articles (<https://wissenschaftplus.de/uploads/article/wissenschaftplus-the-virus-misconception-part-1.pdf>) dealing with the misconception of viruses.

The correct scientifically confirmed truth is freely available. The only question is: Who is taking it seriously with the readiness to act accordingly based on these facts instead of blindly following those who make claims without real substance rooted in true science? Most people do not act in line with the findings of fact-based science where control experiments are a must. Such experiments to check on theories are not implemented at all in modern virology which is actually full of contradictions. I have already addressed some of them in the numerous reflections centred on that theme.

Virology has long ago disproven itself and shown that their assumptions are invalid. None of their experiments to prove their theory of contagious diseases have been successful. Still, they stubbornly cling to some unconfirmed hypotheses after having left the

path of true science. In June 1954 John Franklin Enders came forth with the speculation – which he defined as such: If cells die, it could be a sign of the multiplication of viruses. Six months later he received the Nobel Prize for another discovery and along with it his theory concerning viruses was elevated in the public and among virologists to the status of an established fact although no scientific proof for that concept exists until this very day!

This article (<https://wissenschafftplus.de/uploads/article/wissenschafftplus-the-virus-misconception-part-2.pdf>) deals with the beginning and the end of the corona crisis. Through the here mentioned two presentations you can learn the decisive basic facts which you need to be familiar with in order to know for certain that there does not exist any basis whatsoever in true science for the claim of viruses spreading contagious diseases. In the light of this reality it is obvious that all “corona measures” must be stopped immediately, because no foundation exists for them, neither from a scientific nor from a legal viewpoint. For this reason the project “*Three red cards for Covid*” was initiated in Germany. It is necessary that grassroots efforts like the here-introduced project are successful for the full truth to come to daylight and for justice to be served to the people who have been deprived of fundamental rights, pushed to consent to measures which lack any basis in real science.

The open question remains: Will people stick to misconceptions or make sure that they will be fully overcome? What is your personal answer in this respect? In which way are you prepared to invest yourself to bring an end to deception which is rampant especially in the medical field that is heavily dominated by the pharma industry?

The knowledge required to make informed decisions is available, as you can see e.g. in this article about dismantling the virus theory presented in easily understandable terms: <https://wissenschafftplus.de/uploads/article/Dismantling-the-Virus-Theory.pdf> Of course, it takes some time to study such materials, but to do so is essential if you are serious about leaving the realm of ignorance behind in favour of gaining the correct view of the human body and how to secure a long healthy life – which we all are destined to live. Moreover, we are indeed responsible for one another, and it would be a sin of omission if we do not share our knowledge with those who need it but have no idea as to where to find it.

Here <https://www.projekt-immanuel.de/Startseite/English/index.php/> you can learn about the *Project Immanuel* that critically examines the scientific background of the so-called “Corona Crisis.” With the help of the natural scientist and virologist Dr. Stefan Lanka, all fundamental publications on SARS-CoV-2 and COVID-19 are closely scrutinised and scientifically examined in a series of posts.

Unfortunately, not many have come to the point of dealing with reality in this respect. Those who should know best are rather silent, the ones who should stand on the forefront of stopping the scientific fraud with all its tragic consequences are not on the frontline but fast asleep, with deadly consequences around the globe because we are now in the final stage where victory or defeat is decided in respect to whether God’s original ideal or some fake pseudo-version is being realized, manifested in either complete freedom or in tyranny and dictatorship, misery for billions of God’s children...

Tragically, those who were called to present a God-centred view on medicine to the world are fast asleep, failing miserably as the people of faith, chosen to stand up for the truth, with the collective consequence of billions of people around the globe suffering the bitter consequences in one way or another. Let us do our best to compensate for what others are not doing for whatever reason they may have.

The key to the realization of the ideal world lies in taking personal responsibility

Dear friends who agree with freedom and responsibility,

What happened in the Garden of Eden? Adam and Eve have not been dedicated to keeping the commandment under any circumstances although it was a life-or-death issue. After they made the mistake of disobedience God asked them what had happened. Very sadly, they denied that it was their fault, and this meant God could not continue to work with them directly to resolve the issue – because they were not prepared to take responsibility for their actions. That was the tragic starting point of a history of people failing to act in a responsible way with the result that the providence of restoration was prolonged until today when we see what may well be called the Fall of Man on the worldwide level when once again a deception took place, starting from the country representing the archangel position.

By now it should be obvious for every attentive observer that the so-called pandemic is nothing else than a plandemic with which we are confronted to the greatest extent after several attempts in the past to frighten the people into being afraid of a deadly virus so that a certain agenda could be implemented. The whole story of a dangerous new virus is a great lie as I have shown in the reflections which I shared in the course of the past two years.

The tragedy has been growing in scope with every day that the lockdown and mask mandates along with social distancing continued to reach the state we are in today where the consequences of these forced measures are much, much worse than the damage the so-called virus could have ever caused. In reality the danger is not there because viruses causing contagious diseases do not exist. That is an undeniable scientific fact which is fully confirmed from the standpoint of God's principles of creation where such a concept has no place whatsoever because it would mean that people are not free to lead a happy long life but can become at any time the victim of some dangerous pathogen. A loving Creator would never put His children into such a miserable position and therefore the germ theory is definitely wrong.

What is the core problem? People just believe what others say without making sure that they are being told the truth. One does not have to be a virologist to know the facts I am outlining here. There are true experts like Dr Stefan Lanka who has been studying the issues for decades in depth including the internal aspects like none other, and therefore knows reality precisely in this respect. He wrote books and is publishing the German language scientific journal *WissenschaftPlus* besides materials in English. I encourage you to study his valuable work.

The correct full truth which answers every relevant question logically is available, especially concerning the human body, yet we see the world in such an unfortunate state merely because people are not prepared to check for themselves whether it is really true what they are being told. Looking towards the future it is clear that the key to the realization of the wonderful world lies in people taking full personal responsibility for their health.

Sadly, this way of dealing with challenges is widely not practiced. Most people want others to solve their issues, to save them in one way or another, an attitude which is exploited by those who pursue a self-centred agenda. Where do you stand in this respect?

I trust that you do your best and am truly grateful for your personal contribution to bring about lasting positive changes for the people of the world to live in health and peace.

Do you take a vaccine against something imaginary without any security?

Dear friends who recognize deception,

If you are using your God-given intellect then you know absolutely for certain that dangerous viruses and contagious diseases do not exist. They are merely a construct in the minds of people oriented on a materialistic worldview who are incapable of recognizing the true cause of sicknesses. The claim of dangerous viruses causing diseases is not only false and unfounded, it is also contradicting the principles of creation which are rooted in True Love, where the concept of deadly viruses has no place whatsoever.

The lie of viruses killing people through all kinds of illnesses is fervently kept alive by the pharmaceutical industry that is gaining billions of dollars based on their deception and lies they are propagating on all levels, including through university professors who teach the medical students unfounded claims and theories for which no scientific validation exists. Doctors think that they are told the truth just as the faithful believe their religious leaders whereas both are actually living in a certain darkness until they thoroughly check their own concepts and beliefs.

Once you are clear about this point of the absence of any proof for the existence of viruses that cause people to get sick then you know also that there does not exist any basis whatsoever for the claim that people should get vaccinated. On top of that fact, we have the situation that there is no liability on the side of the vaccine producers for the effects of their product so that the overall situation is the following: The one getting vaccinated bears all the burden of the consequences.

In order to understand this reality well it is good to use a comparison with your making a treaty with a bank where you bring in the capital, take 100% of the risk, give away 60% of your benefits... You would never do that. Similarly, we have a situation where you make a treaty with the producer of a vaccine whereby you risk 100% of your health, you suffer 100% of the side effects, whether you have the proper physical conditions to get the shot is not clarified, how the vaccine works is not known, also not the long-term consequences, etc. On top of that there is no liability for the company producing the vaccine.

For no justifiable reason whatsoever – because there are no viruses that make people sick – you are risking to get all kinds of severe side effects including death if you go to get the corona or any other shot. Illnesses arise from within the body based on inner disbalances, emotional shocks, internal struggles which affect the bodily functions. So there does not exist the slightest reason to get vaccinated, yet most people in the world welcome vaccination because they do not know the facts, including spiritually oriented people who should know better than anybody else!

It is your and my responsibility to get informed, to know the facts because we are responsible to take care well of the temple we have received from our Creator for His and our spirit to dwell. We have no excuse because the full truth has been revealed in every respect.

Scientists have been working for years on vaccines against all kinds of diseases including cancer, whereas in reality such research is based on totally flawed foundations and ultimately useless because the premise of their work is completely wrong. These projects are pursued because they are well funded by those who benefit the most, Big Pharma, landing their largest hit at this time with the highest income ever by vaccinating the whole population of the world. Are you participating in that inhuman act or fighting to stop this crime of causing countless innocent people to suffer and die prematurely a cruel death?



## Correct and false concepts and theories in the field of medicine

Dear friends of the right scientific understanding,

When we look at the historical development in virology, we see that the old understanding of a virus as a poisonous protein was proven to be completely untenable by the nineteen fifties, yet that false concept is still alive, e.g. in how tetanus is interpreted. The ensuing change of paradigm was based on new discoveries in connection with genes, the DNA which is supposedly an alpha helix, although that concept was never proven to be correct. Nowadays the toxin making people sick is interpreted as an evil or harmful gene, a mutation, a cancer gene, etc.

Based on the hypothesis that the smallest particles are atoms Rudolf Virchow came up with the concept that the smallest unit of life are cells, whereby in both cases the internal aspect of spirit and energy is ignored. One of the ideas which originate in such a wrong understanding is manifested in the completely false belief that viruses are something bad that is produced in a cell. Virchow ignored the teaching of histology which shows that a diffusion of poisonous material through human tissue does not take place. Unfortunately, that wrong concept is still used today e.g. in the ideas concerning what is defined as cancer, although it is scientifically proven that the moving of "evil elements" through the body, manifesting in metastasis, does not take place. Such an incorrect understanding is rooted in an unprincipled view of how sicknesses are created.

Dr Gilbert Norbert Ling showed in the nineteen seventies that the concept of a cell as something that is filled with water and a membrane around it is absolutely wrong from a scientific standpoint. Of course, such a statement will be surprising for you if you hear it for the first time, but you only need to check the scientific papers and you will see the facts.

Concerning the work of scientists Dr Ling pointed out: *"A worthy scientific hypothesis is almost always the creation of a protagonist, an author. In this it is not different from creation in literature, music and the arts."* Religious leaders have been coming forth with all kinds of theologies that were created in their minds and are definitely wrong in the light of an absolutely God-centred viewpoint. The same applies in the field of science where many a hypothesis is not valid at all, yet propagated by those who have vested interest in keeping people believing in something that is not confirmed by science, like Big Pharma that is making billions of dollars income based on people's ignorance.

Dr Harold Hillman, a founding member of Amnesty International, thoroughly refuted as an expert in the neurobiology with clear logical reasons the conventional cell theory on a strictly scientific level, yet such a fact is ignored due to certain financial interests which are unfortunately dominating the field of science today. Through cutting a cell on different levels and checking the cell membrane it can be easily shown that his understanding is correct.

Dr Hillman has also shown that on no pictures made by electron microscope can you find receptors that are assumed to be the vehicle of communication between cells. Such elements supposedly serving as receptors are the basis for the theory of contagion which in turn represents the totally invalid foundation on which the concepts of vaccination rests. These ideas are based on the age-old hypothesis of good and poisonous elements (viruses) being active in us, resulting in today's concept of the immune system with anti-bodies which is actually not proven scientifically. It is only assumed that things work like that, and because



there seems to be no alternative people simply believe it and welcome a vaccine for which no real scientific basis whatsoever exists!

Yes, I understand that it may be shocking for you to find out that not even the ever so common thinking in terms of an immune system using anti-bodies lacks any foundation in true science. It is merely an interpretation of processes that are observed in the human body. Yet, especially for God-centred people it should be easy to realize that just as in the field of religion where we find many false teachings the same applies to science which is based on a materialistic and dualistic worldview. Many theories are definitely wrong because they are rooted in good versus evil thinking which definitely does not apply to the human body which functions due to harmonious processes and interaction with no contradictory elements.

The correct view of the human body was discovered by Ryke Geerd Hamer, who has been one of the most persecuted successful medical doctors. He healed the vast majority of his cancer patients without any of the methods offered by today's conventional treatment provided by Big Pharma. Narrow-minded scientists paid by the pharmaceutical industry along with the mainstream media have been eager to discredit and eliminate him like many other true doctors and scientists although their valuable insights are confirmed by today's highly improved electron microscope. Of course, certain individual cells exist like red and white blood cells, etc. but the majority of tissue in the body consists of an interwoven structure with free exchanges of elements happening based on harmonious interaction.

It is decisive to be aware that the body does not consist out of billions of cells that are separated from one another through a cell membrane. They are directly connected as a tissue that exists on its own. Only at the border of tissues do we find cartilages about which virologists assume that they are viruses.

As a result of the more recent scientific discoveries we can see that the conventional concept of a genome is also discredited. It is rooted in the materialistic view that there does not exist a form-giving field of energy as the basis for organisms to exist. In German language you find a report about this development at [https://www.zeit.de/2008/25/M-Genetik?utm\\_referrer=https%3A%2F%2Fwww.google.com%2F](https://www.zeit.de/2008/25/M-Genetik?utm_referrer=https%3A%2F%2Fwww.google.com%2F) which concludes that geneticists have to say good-bye to the concept of a stable genome, in which changes represent developments that cause a person to be sick.

Yes, that is the crucial point: The completely false understanding that if elements change in unexpected ways then it is something bad. No, everything in our body has a certain purpose that is supportive of the overall health, a fact that is fully confirmed through the discoveries of Dr Geerd Ryke Hamer centred on the 5 biological universal laws.

**The new correct understanding is that the genome is continuously changing with the consequence that every organism, every human being is a genetic universe by itself with countless functions working together harmoniously to ensure our overall wellbeing.** That is the view supported by the principles of creation which should be spread by those who firmly believe in God as the Creator of the amazing universe we live in.

It is truly decisive that we leave the old concept of genes as the determining factor of our existence behind and embrace the new findings rather than clinging to what we may have been believing for many years. Only if we put the truth above any personal preferences can we arrive there where we all are supposed to be based on knowing the full truth rather than believing in this or that theory.

## The importance of thoroughly resolving internal issues

Dear friends,

People of sincere faith speak about a course of realizing God's original ideal which can only be achieved when all issues are thoroughly resolved. The relevant question is for each one of us whether we believe wholeheartedly in that precious goal, or we doubt in one way or another and accordingly hesitate to invest all of our heart and soul for that noble purpose.

Obviously, our decision in this respect affects primarily our spiritual situation. In the long run our overall attitude is just as important in respect to the wellbeing of our body because all illnesses have their origin in the human psyche, in the state of a person's mind and the situation predominant in the soul. If negative thoughts and emotions dominate the scene then we will see earlier or later some serious problems like cancer which has been defined as the "*sickness of the soul*" already half a century ago.

When we check the inner root cause of minor diseases like measles, we will see that in this case it is the self-worth of a person which is lacking. As it is a sickness of the skin it is connected with issues of relationships, particularly for the child unexpected separation from his parents, when a child is sent off to kindergarten or primary school without the proper preparation and the attitude of the teacher does not compensate the internal situation so that a separation conflict ensues for a certain time. As soon as you look for the details from this perspective you will find out that the concept of a virus and contagion is not valid at all in this respect, e.g. measles never breaks out in two or more different school classes at the same time, what would be the logical consequence of a virus "being in the air".

Only when we are open to look for alternative understanding and insights will we be able to gain them. Otherwise, we are stuck in old concepts which are in many cases not valid. In reality there are many (false) reasons presented by conventional medicine for the various kinds of sicknesses like lung inflammation, whereas the real causes behind it is only one: None other than fear. For example, in the process of recovering from a traumatic state during World War II when extra lung material was developed to cope with the fear felt in the chest, there was a period the reduction of materials manifested as tuberculosis. Clearly there are no so-called viruses as root cause for that disease.

Dr Hamer found out that what first appears in the computer tomography picture as a dark spot in the brain while the internal crisis situation is active in a person. The mark in the respective area of the brain turns later into a white spot in the recovery period. A group of German researchers found that for any deadly sickness there are many examples of those who had a deadly disease yet recovered and continued to live in full health. This means that there are no fatal illnesses leading necessarily to a patient's death. The outcome depends more than anything on the internal situation, whether there is unresolved trauma or not.

From this perspective it can also be understood why doctors speak about malignant and benign cancer. Depending on a person's attitude and internal condition, what is called cancer develops in one direction or another. Ultimately, it will disappear completely once the inner conflict is fully resolved.

May we all be successful in this fundamental task of maintaining inner harmony and harvest the fruits of our efforts in the form of good health.

## A materialistic worldview versus the God-centred view of life

Dear friends who appreciate a universal standpoint,

The most important way to freedom, advanced science, confirmed knowledge to achieve health, harmony and balance in the world is to learn the truth and to utilize it to bring about what we are longing for deep inside. To be well familiar with the whole truth is paramount for all our endeavours. Religious people should know this better than anybody else not only in respect to spiritual issues but also science, particularly what is needed for the human body to function well for at least 100 years.

Now we are confronted with a so-called “health crisis” along with PCR tests, lock-downs, quarantine and vaccines. All of them will disappear from one moment to the next as soon as we acknowledge that there does not exist even the slightest justification for them. We only need to realize that there is no SARS-CoV-2, it was never isolated, never shown to exist, full stop. Those who insist that truth must be logical and reasonable, widely do not realize that viruses causing people to die cannot exist to begin with, because that would put human beings in the position of victims who could lose their life at any time without a fault of their own through an invisible deadly virus. What this situation comes down to is that even those who know the core teaching of Jesus Christ having fallen into faithlessness, believing in materialism, in matter dominating the spirit. If they took it to heart that all existence is based on invisible energy as the determining factor then they could never welcome the theory of contagious diseases, claiming that other people make you sick rather than you yourself determining your bodily integrity and nobody else. It is impossible that some tiny particle jumps from a sick person unto you and makes you sick. Such a belief is nothing else than a fairy tale. Alas, even people of faith firmly believe in it, confirming that they have not understood basic facts of creation.

At its core the issue comes down to a reversal of truth, of presenting something upside down, e.g. The term to “germinate” meaning to bring forth new life was reversed into something that brings death by coming up with the germ theory referring to germs making people sick and possibly killing them. Or **bacteria that exist to help us to stay alive by removing dead material in the body, etc. are defined as something bad**. The closer you look at issues the more examples you find an upside-down “truth” being advocated. As a matter of fact, much of what is presented as scientific truth in the textbook is not true at all. If you do for example an energy calculation of how the energy in a cell is maintained it is obvious that the processes could not occur because there is not enough energy to make them happen. The deeper we are examining, the more we see that there must be other explanations.

It is the philosophy of materialism and reductionism that has become the pervasive underlying philosophy of modern biological science and physical sciences. Everything that is built on that foundation does not account for the consciousness that we experience and therefore it can't provide an explanation for the true reality as it ignores the most important aspects. In such a worldview, all the biological sciences that build on it are also going to be false in their entirety. There may be little aspects that have truth to it, but the overall understanding is completely inverted. The prevailing model of cells and how they get sick are the result of misconceptions which go back very far in history. Already in ancient times the cornerstones were laid for a materialistic view of life, ignoring the predominance of spirit and consciousness over matter, with today's conventional understanding building on it, leading to very wrong conclusions and grave medical errors in respect to the true cause of sicknesses.

Only by applying fundamental scientific rules can we come to the correct conclusion

Dear friends,

After clarifying some basic scientific terms in respect to determining the existence of what is called viruses it is also important to ask the question: What does it mean to work scientifically and what are the rules? In 1998, due to systematic and widespread forgeries in the field of cancer and infection research, manifold regulations have been defined concerning scientific work, which are now binding for all state institutes and scientists in many nations.

The scientific rules and standards are the same in every country and in all scientific disciplines, whereby good practice includes the following points which represent only a small part of what is required: (1) The research must be done in the spirit of “Lege artis”, referring to the newest level of knowledge, using the current literature and appropriate methods in line with the latest insights. (2) The task of a scientist includes controlling the results as well as questioning them, whereby also the evaluation of others must be presented which question the hypothesis and the results. (3) Control experiments along with the complete presentation of how the experiment was done are a central part of verifying the methods which are being used and required in order to exclude disturbing factors. (4) Securing quality is an important sign of scientific honesty. When results are published, the method, procedure and results have to be exactly described, whereby the presentation of results and the interpretation must be clearly separated. In this respect it is also essential to appropriately cite the findings which discredit your own hypothesis as well as the ideas and results of other scientists and authors.

Moreover: *“Research as activity is the quest for new knowledge which is gained through a combination of systematic research and inspiration which is always in danger of errors being made and self-deception.”* Another very important quote to be taken to heart: *“Honesty towards yourself and others is a fundamental precondition to gain new knowledge – as a temporarily secured starting base for new questions.”* That kind of basic attitude is indeed crucial if we are to gain true knowledge which is in turn the foundation for knowing the truth which will set us free. *“A scientist learns through his work to doubt everything he does and presents, especially such content which is close to his heart.”* This content is also important to be taken seriously by people of faith who all too easily believe in some religious teaching or dogma without using their brain and reasoning to ensure firm roots of their treasured belief. *“To be superseded scientifically... is not only our destiny but our purpose. We cannot work without hoping that others progress further than we.”* Personally, I consider that statement by Max Weber as crucial not only for scientists but also for people of faith. It is truly helpful for your spiritual life to continue questioning your standard, what you have achieved, and to be open to learn more from others who may have reached a higher level in one or the other area of spiritual development centred on heart and the ability to love.

One more point that is emphasized in this document refers to dishonesty, which in the end is not only questioning scientific research but destroying it. Being dishonest differs from making errors while being well-meaning and credulous. In terms of religions one may speak of hypocrisy as one of the destructive attitudes that must be absolutely avoided. Concerning the work of virologists defining SARSCov-2 as cause for Covid-19 we see the reality that the here-mentioned binding scientific rules have unfortunately not been upheld.

Please reflect about the consequences of not applying fundamental scientific rules because by neglecting them we never come to the correct conclusion. That is what has become a reality in respect to the present crisis which could have been completely avoided altogether if the fundamental rules of science would have been applied.

Genes are not unchangeable building blocks but undergoing a continuous change

Dear friends,

By now you may be aware that the claims of mutations of viruses are referring to another form of alignment. Through every new sequencing another genome strand is created. Presently there are more than half a million different genome sequences listed in the GISAID international data bank for one and the same supposed virus, called SARS-CoV-2! The variants are falsely called mutations.

In this respect it is important to know that there are continuous changes in the DNA and accordingly with every new sequencing new results are produced. What virologists suggested on the basis of one possible alignment became the template for all other patterns which are now used on the worldwide level. Until today no team of scientists was able to reconstruct the genetic sequence which was provided as the first template by the experts. The reason for that reality is obvious: **95% of the body produces continuously new genetic sequences.**

It is truly important to know that the **genes are in continuous change** and not, as scientists have assumed in the past, firm unchangeable building blocks. In case you speak German you can read the details in the publication from June 12, 2008 in *Die Zeit* with the title "*Erbgut in Auflösung*" (The rescission of the genome). Here you find Stefan Lanka's explanations about the history of the infection theory:

<https://odysee.com/@LifeInTheLabyrinth:a/dr-stefan-lanka-the-history-of-the:2>

Concerning pictures which are presented as showing a virus we must be aware that structures observed in an electron microscope have never been biochemically characterized! Never has from such particles nucleic acid been taken and analysed. These particles are merely claimed to be viruses whereby the fact is suppressed that the same material of this kind is also created every time "non-contagious" cell cultures are treated in the same manner as those which are being infected in the laboratory. Non-virologists refer to such particles for example as phagosomes, endosomes, exosomes, transport vesicles, altogether as villi, etc.

For various kinds of claimed structures the same depiction is presented: Pictures taken by electron microscope are always showing merely dead, chemically fixed material, sometimes previously in a frozen state that may cause changes... The important point is that merely artifacts are being shown. The pictures stem only from cell cultures, that is, dying tissue in the test tube, and are definitely not showing something that merely originates directly from a human being or animal. Also, nucleic acid was never won from these structures which are supposed to be the core piece of the virus! What is seen in the motionless picture of an electron microscope never shows the live biological process.

Equally it is true that what is observed through the electron microscope has nothing to do with what is happening in the biological organism of human beings. From the results gained in the laboratory you can definitely not provide conclusions about what is actually going on in a living organism.

The essence of the situation is clear: Only by understanding the various functions of the body correctly can we come to the right conclusions about health, including the fact that genes are not the unchangeable building blocks of life, but are undergoing a continuous change according to the internal development of people in the course of their life.

## The failure to expose scientific fraud by virologists enabled today's tragedy

Dear friends,

What happens when evil is not exposed? It continues in its evil ways manifested in the deeds of those who act in irresponsible self-centred ways. All throughout history we see countless examples of collective sins of omission – of failing to expose evil acts – which have led to tragic consequences.

How does reality look like in this respect today? We see a worldwide catastrophic situation of hundreds of millions more or less innocent people suffering gravely due to senseless lockdowns and other useless measures like wearing masks even in primary schools and social distancing, etc. whereby the most vulnerable, the children, are harmed the most. Could that tragedy have been avoided? Of course. There have been so many points at which the totally wrong developments could have been stopped, had those in responsible positions taken action to make sure that the truth comes to daylight, which refers in this case especially to the scientific community, particularly virologists.

But there is also the collective sin of people in general who saw what has happened in the past, whenever they were frightened repeatedly with supposedly deadly viruses suddenly appearing, against which everybody would need to get vaccinated. In the end it all turned out repeatedly to be a hoax in one way or another with much damage having been done to those who received harmful vaccines. The general public should have become alert to further such senseless frightening of the whole population of countries through fake media reports about new dangerous viruses having been discovered. Alas, such an awakening did not occur so that in the end people have to learn their lessons the hard way.

Just before the outset of the plandemic, the planned worldwide epidemic, the book by Dawn Lester and David Parker appeared about what the true cause why people get sick on December 25, 2019, yet it was not widely enough welcome to effect the needed changes in the awareness of the people concerning the true cause of sicknesses.

Moreover, in Germany it was confirmed by the High Court on March 12, 2015 in respect to the measles virus that *“the genome sequence is no evidence of a pathogen, as it is only a computer model with certain probability values.”* The same applies of course also for SARS-CoV-2: That virologists constructed artificially with the help of computer programs a genome sequence does not mean that they found the pathogen that causes Covid-19. Merely based on that decision on the highest level of court it should have been clear to begin with for everybody that there is no scientific proof for the claims which were made about a new pandemic. Alas, facts were forgotten or ignored to the detriment of millions.

In other words, we see many steps along the way of history where today's crisis could have been prevented by putting things on the right track. Also last year at the outset of the corona pandemic there have been those who warned against the ongoing scientific fraud from the very beginning like the Germans Dr Stefan Lanka, Dr Wolfgang Wodarg along with Dr Claus Köhnlein who have been fighting for years so that the truth about corruption in the field of science would be brought to the public attention. Instead of listening to these experts they have been ostracized and the tragedy took its course.

Looking at the overall picture it is clear that virologists who insist that disease causing viruses exist without providing any scientific proof are at the core of the fraud behind the corona crisis. Science and scientificity are the most important tools that help us to recognize

challenges and to resolve them whereby it is clear that the one who makes claims has to prove them with clear methods. They must be comprehensible and it must be possible to check their validity, because otherwise what is claimed to be true belongs merely to the realm of believing something. Matters of belief must not be presented as scientifically confirmed facts and used as basis to justify political measures.

Another aspect is that one must have the possibility to come forward with a counter-proof, they must be rebuttable. It is the first strict duty of a scientist to seriously check his statements and to try to disprove them. Only if such efforts have not been successful and if such control experiments have been clearly documented is it possible to claim a statement as scientific.

It is truly important to realize the seriousness of this issue. Without presenting confirmed experiments that were made for the purpose of checking on the results it is impermissible to make scientific claims. Such control experiments have not been performed and documented in the case of SARSCoV-2, and accordingly no scientific foundation exists to back up the theory that it is responsible for the disease defined as Covid-19.

The conclusion is clear: If the rules of science are not upheld in line with logic and the laws of thought then whatever statement is made is already disproved as being scientific just as it is the case when no valid control experiments have been made.

Additionally, it is clear that it is the virologists themselves who have disproven their theories as Dr Stefan Lanka has shown in 7 points about which I could learn in my reflections that are published in the book *"The Task of finding the Solutions to Health Issues"* along with the respective original materials and resources. Virologists are refuting their own claims through the way they are operating and constructing their results, what can be shown in every respect.

Again and again, the relevant question is who takes this fact seriously and draws the urgently needed consequences which include in this case the criminal courts due to scientific fraud committed by virologists. But it all starts with taking a clear stand, a task in which one church community in Austria is exemplary in speaking out and acting against what is going on in this country, especially in respect to the government pushing forced vaccination. As you can guess, the videorecording was soon afterwards erased by YouTube, but maybe you can listen to the chorus of that *Church of God* <https://www.youtube.com/watch?v=ZMJTWWTutgs> singing *"We are the World"*, which is about making a better day by starting to give...

What has been going on is nothing else than experts pretending to work scientifically, whereas in reality anti-scientific methods like leaving out control experiments have been used. Exposing this fact on all levels represents just as well a chance for everybody to make an important step forward towards true science, especially in the field of medicine, so that finally natural healing methods will be fully understood and implemented.

## Practicing true science versus pretending to work scientifically

Dear friends,

We all have heard it many times, “*Science says...*” But what is behind such an expression? In reality there are two ways of dealing with science, which are visibly presented here <https://www.facebook.com/photo?fbid=10227198911225642&set=a.2538217941795> for those who speak German.

On one side you see the steps of true science graphically outlined, starting with asking a question, doing a background research, and constructing a hypothesis. Then an experiment is made to see whether the hypothesis turns out to be correct. In case the procedure is not working it is necessary to go through a troubleshooting procedure, carefully checking all steps and set-up, and then do the experiment again. If everything goes well the next steps lies in analysing the data and to draw conclusions. If the results do not align with the hypothesis then the experimental data which was gained is used as background research for other future projects based on asking new questions and forming new hypotheses.

On the other side we have what has unfortunately become more and more common practice in recent decades due to the ever-stronger dependence of scientists on Big Pharma as the doners of money for research projects whereby obviously the one who provide the finances determine a lot how the outcome looks like. Add to this situation corrupt politicians and the mainstream media which has become to a large extent the mouthpiece of the ruling party in many left-leaning governments who in turn are bought to a certain extent by super rich people and organizations with vested interests. Then you know what is behind the slogan which you hear today more than ever before: “*Trust the science!*”

In reality it is all about misusing the term science in order to push a certain agenda in the name of science. The motto is promoted “*Don't ask questions!*” to get people to think only in certain terms while it is emphasized by politicians (e.g. in Germany) that there are no alternatives to the measures taken in response to what certain (bought) scientists say. Those experts who present another view based in true science are ostracized and their research results are not taken into account.

What is actually being done is constructing a model based on preconceived ideas and then compromised so-called experts look for data that agrees with model, whereas data that does not align with the model is being discarded. In this way the scientific facts are being hidden from the eye of the public and blind belief in what expert says is promoted. Such a course of action can easily be understood from the standpoint of selfish people using others to pursue their own interest of gaining money and power.

In other words, we see corrupted individuals misusing their position for self-centred interest. In the case of scientists, it is connected with the fact that true independent scientific research is not really supported, especially in the field of medicine which is dominated by the interests of Big Pharma. In the case of politicians, it is their desire to control others, in the case of mainstream media it is their pushing a certain (leftist) worldview while aligning themselves with politicians. And in case of the people in general we can observe their rather letting others take responsibility for their wellbeing instead of doing it themselves in every respect.

Where do you stand, on the side of true science or (blindly) following the agenda?



## The illusion of evidence-based medicine - exposing the crisis of credibility

Dear friends,

It is hard for children to realize that their parents lied to them. Similarly, it is quite difficult for most people to comprehend that they are not being told the truth by those to whom they look up to, which includes in many cases also the media. They cannot believe that they are told straight lies by their favourite TV stations, yet it is a widespread reality that people are indeed being deceived, especially during the execution of the plandemic on the worldwide level.

What is so shocking is the fact that this is even true in respect to the medical field. At this link <https://www.bitchute.com/video/9nt3oHRDWiWT/> you learn some details about medical journals being corrupt to the core. At 8 and a half minutes into the presentation you can see a chart of how key opinion leaders are helping the pharmaceutical industry.

At the centre of the problems stands the reality that there are no checks and balances in the system. Therefore we have to ask seriously: Who is looking out for scientific integrity in the medical field? Professor Jon Jureidini and Dr Leemon McHenry, who made critical contributions to exposing scientific misconduct, published a book on this theme (<https://www.amazon.de/Illusion-Evidence-Based-Medicine-Exposing-credibility/dp/1743057245>). *The Illusion of Evidence-Based Medicine - Exposing the crisis of credibility in clinical research* provides a detailed account of the studies and argues that medicine desperately needs to re-evaluate its relationship with the pharmaceutical industry. Without a basis for independent evaluation of the results of randomised, placebo-controlled clinical trials, there can be no confidence in evidence-based medicine.

Science demands rigorous, critical examination and especially severe testing of hypotheses to function properly, yet that is exactly what is lacking in academic medicine. How many people are aware of that huge problem? Are you? If not, please reflect about this reality and its consequences. The present corona crisis would have never been possible had there been checks and balances concerning what is claimed by certain so-called experts.

We are faced with the collective sin of society as a whole not to make sure that corruption is being exposed on every level. Unscrupulous people in powerful positions could use this negligence to their own advantage and push their agendas which are not at all for the benefit of all but merely for self-centred purposes. Unfortunately, such a situation is not only widespread in respect to the medical field and other areas of science but also in religion where leaders have been misusing their position throughout the centuries until this very day.

As those who are aware of such a reality we have a special responsibility to stand up for true science to be practiced in every respect, especially when dealing with the sacred dwelling place for God's and our spirit, the human body which has such enormous potential and abilities so that we will never need any of the artificial drugs and harmful radiation offered by conventional medicine to secure our bodily wellbeing.

Trusting that you will do your best to stand up for the victory of the truth and facts both in religion as well as medical science because both areas are a frontline between good and evil forces, I remain sincerely yours,

Nikolaus

## From the beginning of human history until today deception reigns

Dear friends,

Sincere Christians know what happened in the Garden of Eden. The angel of light Lucifer misused his knowledge to deceive our first human ancestors referred to as Adam and Eve who fell into ignorance with all the tragic consequences. It is obvious that if you do not know the full truth you can always be easily deceived. That is what has been happening from generation to generation until today with people misusing their knowledge in order to dominate others.

In my reflections I have pointed out that such a behaviour of misusing one's privileged position has been also at the core of today's corona crisis as you could read in letters with themes like *"Practicing true science versus pretending to work scientifically"* and *"The illusion of evidence-based medicine - exposing the crisis of credibility."* On the side of the common people stands the reality that *"The failure to expose scientific fraud by virologists enabled today's tragedy."*

The problem is not that the truth has not been available, but that it is dealt with in an irresponsible way, a trait which applies both to some religious leaders as well as to certain scientists along with corrupt politicians and so-called opinion leaders in the media who have been misleading the public in criminal ways. I am using this term because it is indeed a crime to deceive others who do not know the full picture into believing something that is not true, causing them to be harmed. It also represents propaganda to push a certain worldview at the cost of others or to their detriment, as it is happening today on many levels.

Looking back in history it is clear that the old concept of the idea of viruses as a poisonous protein was fully disproven by the early nineteen fifties, but was then reintroduced with a new explanation by John Franklin Enders without providing the required scientific confirmation, leaving out control experiments, etc. Latest by the time of scientists realizing that genes are not unchangeable building blocks but are undergoing a continuous change, the basic concept of virology was fully disproven, yet it was upheld no matter what, backed by those who have a huge interest in such a situation because they are making enormous profits from vaccinating people against diseases that are supposedly caused by viruses.

In other words, people are continuously led to believe something for which no basis exists in true science. When it comes to virology and vaccination, they are based on the completely wrong concept of dangerous viruses causing sicknesses. For religious people who know that God is good and would therefore never put His beloved children into a position where they may lose their life any time without a fault of their own due to invisible tiny particles against which they have no means to protect themselves, it should have always been clear that such an understanding cannot be correct.

For this reason it is particularly the people of faith who should have stood at the forefront of exposing deception in the medical field, particularly in virology and so-called cancer research, and never allow countless children and adults to be seriously hurt through useless and surely harmful vaccines, what is confirmed in manifold ways with obviously unvaccinated children being much healthier as those who have received many shots as scientific studies clearly show!

The question is, how much longer will we allow the scientific fraud to continue with people being deceived to believe in things which were never shown to be scientific facts?

## Eliminating totally wrong concepts, including antibiosis in the medical field

Dear friends,

We know about various kinds of false ideas people came up with, like the idea of evolution through selection (Darwinism) and the theory of thesis, anti-theses, and synthesis (Marxism). It is crucially important to expose also the completely flawed concepts that are prevailing in the medical field like antibiosis. Wikipedia offers the following definition: *“Antibiosis is a biological interaction between two or more organisms that is detrimental to at least one of them; it can also be an antagonistic association between an organism and the metabolic substances produced by another. Examples of antibiosis include the relationship between antibiotics and bacteria or animals and disease-causing pathogens...”*

Do you notice what is being said here? First the article speaks about antibiosis as an antagonistic association between an organism and the metabolic substances that represent *“chemical processes occurring within a living cell or organism that are necessary for the maintenance of life. In metabolism some substances are broken down to yield energy for vital processes while other substances, necessary for life, are synthesized.”* And then about the relationship between antibiotics and bacteria...

God created everything to be in a beneficial relationship with one another for the sake of the greater good. Because scientists with a materialistic worldview do not consider this timeless truth they are looking at what they observe with the mindset of those who think in terms of a fight between good and evil elements, which is not happening at all in God's wonderful natural world. That simple fact is unfortunately not even clear for people of faith, much less for most God-fearing people who think that evil is an unavoidable part of life.

Here is where it is ever so decisive to bring an end to totally wrong concepts like that of antibiosis about which you can read: *“Antibiosis resistance often results in increased mortality or reduced longevity and reproduction of the insect.”* In reality people do not die earlier because of the ability of bacteria and other microorganisms to resist the effects of an antibiotic, but due to unhealthy lifestyles paired with being treated based on completely wrong concepts of doctors who prescribe artificial drugs which are much more harmful than helpful. They may reduce some symptoms at the moment but are always damaging people's health in the long run so that today people with advanced age are much more sick than in earlier times when they kept themselves fit based on natural methods until old age.

Merely the term „antibiosis“, stemming from the Greek words „anti“ (against) and “bíos” (life) should make every believer wake up to the realization that such a concept must be wrong because it cannot be reconciled with the understanding that God created everything to harmonize with one another for the greater good and higher purpose with every living being having a certain purpose in the overall picture of maintaining balance in nature.

In the German version of the Wikipedia explanation of what antibiosis is all about you can read about this imagined process being defined as a defence mechanism in order to eliminate competition. God's creation is surely not based on such a concept that has nothing to do with the mind of our Loving Creator who has made everything to interact harmoniously for the ultimate cause of everybody's benefit and not detriment. You learn also on that page about the human immune system acting as an antibiotic towards bacteria, which definitely represents a wrong concept. The term antibiosis is even used in respect to certain chemotherapeutics based on the unproven theory of contagious diseases. Further the word antibiosis is associated with destructive interference, parasitism, etc.

Any unprincipled concept must be eliminated in favour of the true God-centred understanding of life which needs to be developed on deeper levels than ever before.

## A sober look at the enormous harm caused due to wrong concepts

Dear friends,

I hope that by now you have taken the time to reflect seriously on the unspeakably grave damage false concepts have caused to human beings. To do so is decisive in order to have a clear picture concerning what is at stake today more than ever before. I have shared with you some of the serious misconceptions in the field of medicine that have enabled what became manifested as the corona crisis, originating in totally wrong theories which were never proven to be correct like the idea of contagion, a fact that can be studied in various publications. (German speakers can learn the details e.g. in the series presented by Samuel Eckert: [https://www.youtube.com/watch?v=5W84I8B\\_9Zg](https://www.youtube.com/watch?v=5W84I8B_9Zg), ...)

Looking at the overall situation it is clear that based on a materialistic worldview the unprincipled concept of a battle between good and evil elements in the body was introduced and promoted until this very day, resulting in realities like the use of antibiotics, radiation, chemotherapy, disinfection, etc. and the situation of enforcing quarantine, lock-downs, the restriction of fundamental human rights and many more harmful measures. What it all comes down to is the fact that based on already disproven materialistic theories of life and human nature strategies are implemented which are not only negative for people, but also represent the most potent religion rooted in the belief of evil viruses endangering humankind. The term "*corona denier*" has become prevalent (especially in German language), representing the opposite of faithfully believing in something, namely, the corona virus.

Such a way of reasoning has its roots in a theory of life that claims there are only atoms, and not consciousness along with spiritual forces, a prime mover or invisible Creator as the origin of the universe and all living beings. Based on such materialistic thinking scientists are forced to believe in a big bang as an event where suddenly out of nothing all atoms came into being. Some of them happened to touch each other and form molecules, which in turn through meeting by chance brought about the forming of the original cell from where life on our planet came into being through battles and selection of the fittest so to speak. Such theories cannot be checked with the help of science and are therefore in no position whatsoever to be called scientific! They are nothing more than fairy-tale-like beliefs, phantasies created in the minds of clever people who add to their hypotheses complicated mathematical formulas in order to give the appearance that they are talking about something scientific. They are doing this to avoid considering an intelligent Origin of the universe.

Unfortunately, those representing the people of faith are not doing much better due to their being widely stuck in some kind of religious theology or illogical concepts which are also not helpful to resolve the given situation of grave ignorance on many levels. We find ourselves in a situation of collective guilt of not making sure that our decisions are based on true science and a profound relationship with our Creator in the case of people of faith. The way forward lies only in becoming aware of the full picture from the standpoint of the principles of creation on which all existence rests.

We could have avoided so much unspeakable suffering if we had stopped earlier to reflect seriously on the foundation we stand on both in the religious as well as scientific realm. It is my hope that by having a sober look at the enormous harm (including billions of dollars spent for useless vaccines) caused due to wrong concepts we will finally take collective responsibility to make sure that all of our endeavours are rooted in true science.

Very sadly, nearly all humankind believes in a self-destructive body

Dear friends,

Do you know what an autoimmune disease is? According to the definition it happens *“when the body’s natural defence system can’t tell the difference between your own cells and foreign cells, causing the body to mistakenly attack normal cells. There are more than 80 types of autoimmune diseases that affect a wide range of body parts.”*

That is what doctors say and the faithful believers in conventional medicine respond: *“Amen! I am sure that this is the case because you say it. You are the expert...”* Actually, the term *“conventional medicine”* refers to *“a system in which medical doctors and other healthcare professionals (such as nurses, pharmacists, and therapists) treat symptoms and diseases using drugs, radiation, or surgery. Also called allopathic medicine, biomedicine, mainstream medicine, orthodox medicine, and Western medicine.”*

In other words, people of faith and atheists alike believe the human body is so very “stupid” or imperfect that it is attacking itself. It truly pains my heart deeply to see that even spiritually oriented people of all colours with very few exceptions believe in such a totally wrong and unprincipled concept of cells attacking each other in human beings. Atheists believing that theory is still forgivable because they think that there is no meaning to life, it just happened by coincidence. But what about those who have studied the Bible and know that God is Love and everything He created is very good?

It is deeply painful for me to see my own brothers and sisters in faith who have studied the Scriptures running around with masks, going for totally unnecessary surgery or harmful radiation, welcoming poisonous chemotherapy with in the vast majority of cases causes them to die prematurely, whereas they could enjoy a long life if they understood that God is indeed our Loving Parent who would never put us as His children into a position where we may become any time the victim of so-called self-destructive processes in our body, of deadly viruses attacking us, of metastases of cancer cells, etc. although these are all merely theories which are not confirmed through the practice of true science that always must include control experiments.

What has become a reality is nothing less than both religious people as well as atheists believing in a godless religion, practicing idolatry, *“the worship of an idol or cult image, being a physical image, such as a statue, or a person in place of God.”* That includes the people of faith who are proud to have followed all the government measures against covid although what is claimed to cause it, the supposed SARSCoV-2 virus was never isolated, not in a single case shown to actually exist, so that the 1 and half million Euro bounty for such an isolate are waiting already for many months in vain to be picked up!

Please, stop for a moment and think back and imagine how you would have reacted two years ago if I had told you then that soon everybody will run around with a mask to protect themselves and others against a virus although these face-coverings are useless for that purpose! The majority will line up to receive a vaccine against something that was not shown scientifically to be a reality. The virus and its mutations are only a concept, a theory in the mind of well-paid scientists, greatly sponsored by Big Pharma that is earning billions of dollars through selling their tests and vaccines. The people will be ready to quarantine themselves although they are healthy, they will not protest against lockdowns that are destroying the economy and in many cases causing them to lose their job and income. Children will test themselves 2 to 3 times a week by pushing a stick up their nose, harming

their nasal mucosa, and not even allowed to attend school if they are not vaccinated against that presumed virus with a shot that has already killed already thousands of people...

How would you have reacted if I had told you about such a reality in the imminent future? You surely would not have believed me, and now you could be one of those who support such totally inhuman and unreasonable measures. If you are clear about the ongoing deception, what are you doing against it? In which way are you standing up and speaking out in front of what is happening in front of your own eyes?

Even when the present pandemic is over, there remains the reality of nearly all people believing in cancer as a probable death sentence and in tumours as something evil, although these are a part of natural reactions due to imbalances in the human body. They will disappear again without any external measures once the internal conflict situation is resolved which has caused the extra growth of tissue.

It is up to you whether you believe in having received a self-destructive body as dwelling place for your spirit and entrust your wellbeing into the hands of people who believe in theories that were not shown to be scientifically and practically correct, or walk the path of a true believer who knows that we all have received a body which can easily live for around 100 years if only we treat it correctly and refrain from poisoning ourselves through all kinds of artificial drugs and harmful substances.

The theme of this reflection is centered on people believing in a self-destructive body. Unfortunately, it does not end there. As it has turned out in recent years, the vast majority of mankind is also readily deceived to believe that we live in a world which might easily end up in a climate catastrophe merely because too much material is being burnt. In reality there have been e.g. forest fires throughout history with much more CO<sub>2</sub> having been put out into the air than today, yet it was never a problem for the "world climate". Those who have a closer look know very well that the man-made climate change is nothing else than a great lie created and advocated by those who want to use this fairy tale to fill their own pockets.

Yes, that is the bottom line of the fearmongering concerning deadly viruses just as well as about the supposed dangerous climate change. In both cases the claims have nothing to do with reality, yet they are freely propagated by those who pursue their self-centred agenda. Are you clever and wise enough to recognize these simple facts? I trust that you are and that you are determined to do your best to bring an end to the manifold lies by making sure that the full truth is being revealed in every respect. What the overall situation comes down to is none other than people rather trusting some so-called experts who tell them all kinds of stories, pretending that they are based on science, whereas they are in reality nothing else than unconfirmed ideas. The inability to recognize the actual facts is rooted in people not thinking deeply about their own value and dignity as sons and daughters of God who would never create a planet for His children to live on that may easily be destroyed through a climate catastrophe or through invisible viruses killing people.

It is surely not easy for most people to digest the present very sad situation, yet it does not help at all to close one's eyes in front of reality. I hope that you are not afraid to speak out, knowing well that the letters of the word FEAR must not stand for "*Forget Everything And Run*" but for "*Face Everything And Rise*".

May we all reflect profoundly on the given decisive issue and do our best to contribute to the urgently needed changes for the sake of our descendants.

The side of evil is prospering because good people do not stop it

Dear friends,

I suppose for some of you the present corona crisis turned out to be a wake-up call how very evil people can be, especially those who misuse their power and position for their own benefit. Hopefully it has also helped you to realize what kind of person you are – how you react in unprecedented extreme situations as they have become a reality for billions of people due to unnecessary lockdowns and the mandate to wear a useless mask due to a virus that nobody isolated - which was never even shown to exist.

Yes, without any scientific evidence for the need of certain measures they are enforced on many levels, whereby e.g. in Germany the national association of doctors has been asking the politicians to implement vaccination for children as a condition for them to attend school. Evil is prospering whereby in this case many German doctors are speaking out to protest against such a decision because they know first-hand how harmful these experimental vaccines are - they have merely an emergency approval. What about all the other nations who are pushing people to get the covid shots that have killed already thousands of people with so many more casualties to come – all for nothing, with no benefit whatsoever, only harming innocent people. That tragedy is continuing because those who know the facts are not enough dedicated to speaking out in order to share with others what they have found out.

It is important to be aware of the very grave issue of the mistake of omission through good people failing to stand up in front of injustice and evil, because this failure represents such a central issue in respect to the cause why evil is still prospering although we all are meant to be good, made in the image of a wonderful Creator who provides us with everything we need to enjoy a happy long life. Let us not forget what Voltaire said: *“Every man is guilty of all the good he did not do.”*

Evil came into this world due to immaturity and it can only be erased if we go beyond ignorance and know the full truth in every respect, whereby the truly science-based knowledge of the human body is decisive in order to fulfil the original purpose of creation. **The essential medicine for the healing of the world is surely Love and Truth rooted in God**, and not in the minds of people who create hypotheses and theories based on a materialistic worldview, excluding the fact that all existence arises from the invisible spirit - whether we are aware of it or not.

At the center of the confrontation of the forces of good and evil is indeed love and its misuse as well as the truth and the variants of half-truths, untruths and lies. The obvious question is simply: Are you doing the work of untangling the manifold wrong attitudes and misconceptions for the sake of being able to help everybody to see the light of hope in the form of the full Truth that has been existing from the beginning of creation, “designed” by God as the Ultimate Origin and Initiator who has made the world with man and women in His image to **live in love and joy by acting in line with the True Love Principle?**

Through the Holy Scriptures containing timeless wisdom which have been revealed until today we can learn many precious insights into God’s providence of guiding His children towards a wonderful future. He provided humankind with the necessary answers to be able to reach maturity and to live in the sphere of the direct dominion of God’s unending and all-embracing Love. Concerning the human body, the full truth has yet to be spread throughout the world. That is our task if we want to bring an end to evil.

The day you realize that you deceived yourself will be filled with bitter regret

Dear friends,

I have written about the ongoing deception from many different standpoints, whereby the core essence remains the same: Millions of people are suffering and dying prematurely due to their receiving a totally unqualified, not only useless but often harmful treatment as it is the case especially in respect to vaccinations and how cancer is dealt with.

You may feel that this is a too harsh statement, but you will certainly find out one day that it is very true once you realize that God gave us indeed a dwelling place for His and our spirit which does not need any of the conventional medical treatments because it is capable of naturally restoring complete health if we only support it well instead of hindering or obstructing it through artificial drugs of all sorts. Not a single pill is necessary once you have learned to listen to your body and respect the biological laws with which all organs and functions are aligned.

In this respect I would like to remind you of the fact that the third leading cause of death is to be found in the medical treatment that is not proper, which means nothing less than being caused by the ignorance of doctors. They speak for example about idiopathic disease as a "*disease of itself*," one of uncertain origin, apparently arising spontaneously. doctors speak of spontaneous remission, an unexpected improvement or cure from a disease, because they do not know the reason why the patient got well, whereas the biological laws discovered by Dr Geerd Ryke Hamer do not leave any question open. They offer the correct answers which can be confirmed in every case.

The decisive question is therefore whether we return to truly science-based medicine or continue with the illusion of such a medicine which exists merely as a belief in the minds of those who trust the so-called medical experts and virologists, etc. without making sure that they are not mistaken or even deceiving others. Evil prospers especially in respect to what kind of harmful treatments are offered because the interest of Big Pharma as the traditional sponsor of the medical system is not interested in healthy people but in patients who ask for their products.

The day when you realize that you have deceived yourself to blindly believe in people who work based on a materialistic worldview in respect to their medical procedures and use non-scientific methods, violating the principles of true medicine, will be very bitter in case you have not yet left such a completely mistaken concept behind, thinking that your health lies in the hands of doctors in case you get some illness. As I have pointed out already, such a mindset comes down to idolatry, worshipping fake science as the standard to look up to, putting largely ignorant people's views above God's standpoint which is definitely that the human body is capable of dealing with any health issue without the need of conventional medicine, except of course some support in the case of an injury through an accident.

Once you have internalized the fact that no virus was ever shown to cause some illness and the idea of contagious diseases was equally never scientifically proven to be correct, you will know that there is also no need for a single one of the vaccines that are given to children and adults. That means hundreds of billions of dollars could be saved and used to end hunger, etc. if we pursued the path of true science and a God-centred view of the human body – what is the responsibility of those who are familiar with the principles of creation.



Are you interested in facts or are you satisfied with fake science?

Dear friends,

We are supposed to know basic facts. Without being aware of core points we cannot secure our wellbeing. I chose 5 questions about which I want you to be truly serious. I would like you to have the answers always ready just like the 5 fingers of your hand. With the fingers of your left hand, you can associate the questions and with the fingers of the right hand the answers. Whenever you put your hands together you can feel: *I have all I need to live a long happy life.*

More than anything else people wish each other on New Year's Day and on birthdays or other occasions good health and happiness. Why? Because that is what we need more than anything else as a basis in order to fully enjoy our time here on this wonderful planet. The first question is therefore: Which elements are needed more than anything else for people to reach old age in good health? That question has been researched in many studies with the longest one going on for decades and the results are crystal clear.

The correct answer to the question "*What is the number one common element in the life of those who stay the longest on this earth?*" is not the diet, people doing enough exercises, etc. but something related to their spirit and heart, namely, their relationships with others. Social relationships and social integration are the number one factor determining whether a person lives longer than others. Those who are embedded in the warmth of a loving community and experience heartfelt relationships are the ones who become the oldest because they do not wish to depart from the loved ones and those who love them want to have them as long as possible in their midst. I suggest that you associate the thumb of your hand with this essential quality, Love. Whenever you use "thumbs up" it can remind you that more than anything else we need love to enjoy our life to the fullest extent and to find lasting fulfilment, peace of mind, true happiness and whatever you may be longing for deep inside.

Let us continue with the forefinger. It is also called pointing finger. You may use it to point to some object or to some person. Thinking of the latter, I would like to ask you: Please point to the person who has isolated SARS-CoV-2. Do you know who has isolated the virus causing covid-19? Can you tell me who has scientifically isolated and characterized the genome of that supposed virus? Those who have looked at the facts know that the correct answer is simply: Nobody. Not a single scientist exists on this earth who has provided verifiable scientific evidence proving the existence of the so-called novel coronavirus. For this reason, the 1.5 million Euro bounty for such scientific proof is waiting in vain to be picked up.

I am sure that all of you have also known the right answer to this second question. So let us go to the next, the middle finger. I would like to associate it with the third question: *Is conventional medicine evidence-based?* Those who have done the research know that even a whole book was published last year dealing with this topic "*The Illusion of Evidence-Based Medicine*", exposing the crisis of credibility in clinical research and the need to re-evaluate the relationship of medicine with the pharmaceutical industry. Without a basis for independent evaluation of the results of randomised, placebo-controlled clinical trials, there can be no confidence in evidence-based medicine.

Let us go to the ring finger, generally associated with beauty, creativity, and relationship with others. I would like to emphasize here the aspect of creativity. We live in a world where modern technology has enabled us to use all kinds of valuable tools,

instruments, things which make our life more comfortable. They have become possible because the scientists who made them responded to the demand of rigorous, critical examination, especially severe testing of hypotheses. Yet that is exactly what is lacking in academic medicine. The present corona crisis would have never been possible had there been checks and balances concerning what is claimed by certain so-called experts. Without a basis for independent evaluation of the results of randomised, placebo-controlled clinical trials, there can be no confidence in evidence-based medicine.

The fourth question refers to contagion. I have mentioned it before, the theory of contagious diseases was never shown to be correct. You can read the details e.g. in the book *“Contagion Myth - Why Viruses Are Not the Cause of Disease”*. My question for you is: *When and where did the medical experts from the Rockefeller Institute for Medical Research, Johns Hopkins University, and other universities do many kinds of experiments to find out the origin of influenza and how it is being spread, additionally, did they find out how contagion works?* The first and the last part of this question are not difficult to answer: It was during the greatest “pandemic” of the past two centuries, the time of the Spanish flu; and no, they could not succeed to make even one single person sick through contagion although they tried everything imaginable, including transferring blood from sick patients to healthy people.

The third part of the question is obviously not easy to know because you did not learn about it at school although it is so very important to be aware that it is impossible to get sick through another person causing you to become ill. The correct answer: The Gallop Island near Boston in America. You can become familiar with their experiments through the relevant documents, whereby Samuel Eckert has published a video series with detailed explanations in German language starting with: [https://www.youtube.com/watch?v=5W8418B\\_9Zg](https://www.youtube.com/watch?v=5W8418B_9Zg).

That means, **without contagion, without people making each other sick, there cannot be a pandemic**. I suppose most of you have studied the details of the fraud behind the present crisis to know how much deception has been going on, starting with the PCR tests that cannot determine whether a genetic material is virulent – if it can make people sick!

The final question is related to what has been widely on the news before the corona crisis and is now coming back again to the headlines, namely, the climate change that is supposedly caused by human beings. My question is: How high was the percentage of CO<sub>2</sub> more than 100 years ago and how high is it today? There is only one answer to both questions: 0,04%. As you can read in the famous encyclopaedia of common knowledge (Meyers Lexikon) published by Joseph Meyer, founder of the Bibliographical Institute in Germany, the percentage of CO<sub>2</sub> in the air was 0,04% in 1890. Today, it is still the same, yet people talk about the need for urgent measures against climate warming which includes as emphasized by German politicians, climate lock-downs! Moreover, the world’s oceans contain 50 times more CO<sub>2</sub> than the air, and a rise in CO<sub>2</sub> is not the cause but RESULT of global warming! (<https://www.new-swiss-journal.com/post/piers-corbin-astrophysiker-und-meteorologe-best%C3%A4tigt-co2-theorie-gr%C3%B6sster-unsinn-den-es-je-gab>).

I would like you to seriously reflect on the here-outlined 5 facts because they indicate key points which we all need to be aware of in order to resolve the core problems of society: (1) The dumb of your finger should remind you of the need to focus on developing loving relationships because they are the number one guarantee for you to be able to enjoy a long happy life. (2) The pointing finger should remind you of the fact that SARSCoV-2 was never isolated, which is also true for all the other claimed viruses. None of them has ever been shown to actually exist in line with the strict rules of science, in this case the Koch postulates.

(3) The middle finger should remind you of the illusion of evidence-based medicine. It is lacking in so many respects as you can find out for yourself if you do the respective research with books having been published to confirm this fact like *"What Really Makes You Ill? Why Everything You Thought You Knew About Disease Is Wrong"* (<https://www.amazon.com/dp/1673104037>).

(4) The theory of contagious diseases was never confirmed by reality and accordingly all the talk about pandemics is irrelevant, just as well as about (5) climate change. What needs to be changed or improved are our hearts and minds, to become more loving and clear about the scientific facts and what are merely unproven theories.

I spoke about 5 basic points associated with the 5 fingers of our hand so that you may remember them more easily. If you are doubting that it is definitely true what I have been sharing with you, then you only need to ask yourself: Does there exist any scientific proof to confirm another viewpoint? When you search for such evidence, you will not find it because there are simply no valid scientific papers that can prove the opposite. In other words, without doubt it is true: (1) Developing loving relationships is the number one guarantee for you to enjoy a long happy life. (2) SARS-CoV-2 nor any other so-called virus was ever isolated in line with the Koch postulates. (3) Evidence-based medicine is unfortunately not the standard reality but lacking greatly in respect to dealing with diseases. (4) The theory of contagious diseases was never confirmed by reality, just as well as (5) man-made climate change. In case you are still not completely certain, here you can get an overview of the FINAL rebuttal of virology in respect to Covid-19 which was never been proven to exist <https://www.brighteon.com/7d61c830-058d-44d9-85d2-30cc201fdbdd>.

The conclusion is clear: There are no viral strains and therefore it is not possible to create any diagnostic tests and a vaccine. Equally it is impossible to prove a causal relationship between a disease and a virus that is non-existent. Consequently, it is obvious that all the so-called preventive measures taken by the government are not based on science, and the whole story called Covid-19 is only necessary for social control and getting people used to dictatorship.

Concerning the lack of science-based medicine it is important to do your own homework to be able to know for certain in which points conventional medicine is erring greatly, whereby it is decisive to be aware that humans are first of all spiritual beings with the mind and psyche of a person directing the body. Unfortunately, Western medicine is gravely neglecting that fundamental aspect in respect to diseases, widely ignoring the fact that all sicknesses have their root cause in the internal situation of the patients, ultimately in their soul, unresolved issues and prolonged stress, etc.

In such an unfortunate reality it is all the more important to remember the symbolism connected with the dumb as the main counterpart to the fingers to be able to have a firm grip on life by taking care well of cultivating loving relationships as the one and only valid foundation for lasting fulfilment in life. What is being emphasized is the exact opposite of what is needed for experiencing a happy life. Instead of supporting close relationships the propaganda is calling for social distancing, which is very unnatural for humans who are fundamentally social beings as we all know.

I think these are enough examples to make you think and motivate you to do your own research so that you will know the facts for certain and be able to stand up firmly against everything that is going wrong in our society.

If you really want, you can have everything you need to enjoy a happy long life

Dear friends,

From my reflections on reality you know that I have been emphasizing that we can enjoy a happy long life if we behave in the right way. In order to do so we must first of all know what is wrong and gain the correct view on life, particularly concerning our potential as human beings. Nobody can do that for another person. We each have to convince ourselves by listening to our heart and by using all of our intellect and reasoning to be able to come to the right conclusions.

Facts remain facts whether we believe them or not. I have been sharing facts that may have been surprising or even challenging for some of you, but there is no way around facing reality as it is, rather than trying to pretend that it is not out there. In respect to the present crisis the essential core comes down to the situation that people are afraid of something that was never proven to actually exist. Once you dig deeper, you find out that the vast majority of what you thought you know about illnesses is not true, what is certainly a shocking realization. David Parker and Dawn Lester have been studying the scientific literature in this respect intensively for one decade and published their results on some 800 pages with 40 pages of footnotes for those who are interested to view the relevant documents. At this link <https://whatreallymakesyouill.com/our-second-interview-with-tiamara-williams/> you can listen to an interview with them to gain deeper insights on what they have found out through their dedicated research. I wish every one of you can be absolutely certain that you have everything you need in order to enjoy a happy long life from the standpoint of the potential of the human body. We do not depend on conventional medicine to remain healthy our whole life long. For centuries people have been living until old age without a single pill or artificial drug if they took care well of their body. That is certainly still true today, but we can only get there where we are supposed to be after we have gotten rid of wrong concepts. To support you in this respect is my main concern behind my sharing.

Let us shortly come back to the 5 fingers reminding us that: (1) developing loving relationships is the number one necessity to be able to live happily. (2) So-called viruses have never been isolated and remain therefore merely a theoretical concept. (3) Evidence-based medicine is unfortunately not reality when it comes to dealing with diseases. (4) The theory of contagious diseases is not at all confirmed, just as (5) man-made climate change. In this respect it is important to know that not CO2 causes the temperatures to rise but to the contrary, a warmer weather leads to more CO2 being released from the oceans which contain 50 times more carbon than the atmosphere!

I would like to add 5 more fundamental insights for the sake of clarity because it is decisive that we are completely certain when it comes to basic issues. When you associate the here-mentioned aspects with the fingers of your left hand, I would like to suggest 5 similar points for your right hand: For the thumb which is used for thumbs up to express that something is ok I would like to suggest to let it always remind you of the fact that **your own body knows best what it needs** and not some doctor or specialist in one or the other field. The key to a long life is definitely to live in harmony with your own mind and body without any contradictions in your soul. Once you have internalized that knowledge you can look confidently towards the future.

I would like to invite you to let your pointing finger remind you always that whenever you are in trouble that the solution lies first of all in yourself, in your own body, especially when it comes to health issues. Through studying the 5 biological laws discovered by Ryke

Geerd Hamer you will know that there is a direct correlation and connection between our emotions and the respective parts of the body which exist in all people. Unresolved internal issues are expressed in our organs and need to be resolved internally first in our mind and psyche for the body to regain its full strength. Whenever you feel unwell, please remember the finger pointing at yourself: **You and nobody else has the key in your hands not only for your destiny but also fully in respect to your bodily wellbeing.**

For the middle finger I would like to suggest to associate it with the fact that there is nothing to be afraid of, not even cancer or tumours which are a natural part of the healing process after going through extreme inner conflict situations. To hear that may be very surprising for some of you, yet it remains a fact that is 100% confirmed by reality: Every **cancer can be healed in a natural way** without the need of any chemo, radiation, or surgery. The same is true for heart problems which all can be resolved naturally if only we listen to our body attentively and make sure to always restore our internal balance as foundation for our bodily activities to be well performed. The ring finger of your right hand may remind you of that essential fact.

In German language there is the saying, *“to be able to do something with the little finger”*, referring to special abilities. In this respect I would like to encourage you to become familiar with the actual situation which is in many areas very different from what is being propagated by conventional medicine, unfortunately based in various areas on completely wrong concepts. Once you have understood that there are no viruses attacking the body, then you also know that the concept of an immune system is wrong to begin with because where there are no attackers there is also no need for a defence system. That simple truth has enormous consequences: It means the complete end of the vaccine industry as there is no justification for any of the shots which people get during their lifetime.

I am talking here about facts and not theories. You will know for certain that this is true as soon as you have a closer look at what doctors believe and tell their patients. Actually, at medical universities the students are told that things are like this and like that without their checking whether that is really true. There are indeed many completely wrong medical dogmas which are upheld due to the pressure by Big Pharma - because once the truth comes to daylight it means the end of their existence. I do not want you to believe what I am saying but that you do your homework to check for yourself so that you know the essential facts of the human body, most of all, that it is easily capable of dealing with any health challenge in a natural way without the need of a single artificial pill. It is up to you whether you continue to put your life into the hands of doctors who offer you drugs to suppress symptoms or you heal yourself completely by removing the root cause of sicknesses.

How bad the overall situation is may be understood when reading the book **“Can Medicine Be Cured? The Corruption of a Profession”** by Seamus O'Mahony. It was published a few months before the present plandemic began to occupy the minds of the majority. That would surely not have been possible had more people been aware of the widespread corruption in the medical field. Clearly, the truth is not verified by popular vote, it avoids no question and answers based on logic and reason.

I trust that you will do your homework and thoroughly educate yourself about how to maintain a joyful spirit and a healthy body throughout your life because these are the two basic requirements to become truly happy and to experience lasting fulfilment.

## The tragic consequences of putting your own responsibility into the hands of others

Dear friends,

What happened in the Garden of Eden? Adam and Eve did not make the task of being obedient to God's Word their own but trusted the archangel Lucifer more than God as their Loving Parent. In other words, one may say that they put their own responsibility into the hands of another being. His advice was more important for them than being true to themselves and making sure to do what was expected of them – which was of course for their own benefit because our most wonderful Creator had only the very best in His mind when he made His children in His image, enabling them to be co-creators of their unique personality based on acting out of their own volition fully in line with the True Love Principle.

Based on this awareness, please reflect on what has become a reality in today's world: Nearly everybody goes to a doctor to find out what is wrong with them instead of fulfilling their God-given task of taking good care of the temple for God's and man's spirit to dwell. You may feel that it is normal to let others tell you what to do, but actually such behaviour comes down in this respect to nothing less than idolatry by putting other people into the center of your life when it comes to restoring your health instead of fulfilling that task yourself. It is indeed decisive to become fully aware that only you can heal yourself and not some doctor or specialist when some illness has appeared in your body. Putting some artificial pills into your mouth or using an unnatural therapy can never be the solution because complete healing can only take place when the root cause of the dis-ease has been resolved and the inner harmony of the patient is fully restored, which will be directly expressed in the proper function of the various organs and bodily interactions that enable us to lead a long healthy life.

Please take the time to let these simple facts sink deeply into your mind and reflect profoundly about them thoroughly so that you will finally know absolutely for certain that taking care of God's temple on earth is 100% the responsibility of each individual, of you and me personally, whereby an experienced healer can give us some advice, but basically it is I who has made myself sick by making some mistake or not properly resolving some internal issues. For this reason it is only I who can restore my complete wellbeing. To achieve that goal nothing artificial whatsoever is needed. Not a single drug made in some laboratory. Each one of them has some negative side effects because the body is only meant to take in what exists in nature.

Once you are conscious of what I have pointed out concerning today's catastrophic situation in respect to the medical-industrial complex, you will surely be overwhelmed by the extent of the crimes that are happening with hundreds of millions of people dying prematurely due to improper medical care up to the extent that they are clearly murdered by the poisonous drugs prescribed by doctors who were taught by professors teaching unprincipled concepts, rooted in a materialistic worldview. The concrete facts can be studied in numerous publications and documentaries. The only question is whether we are educating ourselves to know for certain what has actually been going on for many decades with the overall situation becoming worse and worse.

I suppose you are aware of how much the level of censorship has increased in recent months and years in order not to allow the truth to come to daylight along with good science being suppressed by the medical-pharmaceutical industry. Instead of transparency it is secrecy that rules together with special privileges for certain individuals, a great lack of people actually being held responsible for their actions, and many other fallen practices

which all contribute to today's catastrophic situation of the medical field from the standpoint of true science and accountability.

Instead of upholding the need for scientific work to be based on evidence we see the neglect of control experiments that are absolutely required in order to avoid errors. Evidence-based research is widely replaced with doctors simply agreeing on probabilities, a situation where they agree to have the same opinion, proclaiming it as scientific consensus, whereas reality comes down to nothing less than so-called experts having the same opinion. Unfortunately, the irrefutability of true science counts little today just as well as finding the true cause of sicknesses. Additionally, the thorough checking of official studies is widely neglected because it does not bring any profits and negative results are hardly published.

On one hand we see the people looking up with blind faith to those dressed in white as the worldly "high priests" who pronounce the truth about their health status or the name of the illness they are supposedly suffering from. On the other hand, we have the increasingly arrogant medical establishment who rightly prides itself of special accomplishments but that is only true for certain limited areas, whereas they are doing very poorly in the overall cause of helping people to restore their full health. More people than ever before are taking pills on a daily basis with lots of side effects against which in turn yet another pill is prescribed.

When we take a sober look at the facts it is obvious that no evidence whatsoever exists of the concrete mechanisms that cause cancer, nor was it ever shown that cancer cells move from one place in the body to another to cause there what is falsely called metastasis. The closer you look, the more contradictions you will see like the fact of hundreds of billions of dollars having been invested into cancer research, resulting in gigantic profits for Big Pharma, whereas alternative therapies are hardly supported, even to the extent that it is officially recognized that if lifestyle instead of genes were properly observed up to one third of the cancer cases could be avoided if the people changed their diet. In concrete terms: The American National Cancer Institute provided 1 million dollars for the budget supporting projects for the purpose of education and the media public relations advocating fruits and vegetables to avoid the growth of cancer, which represents merely 0,025% of the billions allotted to fighting cancer! Such a tiny amount of the available resources is used for what could prevent one third of cancer cases!!

The overall situation comes down to the medicine prescribed for the patient being so poisonous that they are creating the sicknesses against which they should help. 800.000 people die due to pills every year in America alone, more than through any other sickness including cancer and heart attacks. Worldwide death caused by the treatment, like giving too many drugs, is on the third place of the reasons why people end up dying prematurely.

Such tragic developments are rooted in the refusal and even denial of a patient's internal situation as the main cause of their getting sick along with the neglect of always focus on the overall state of a person, and accordingly use a holistic approach to medicine rather than departmentalization as it is the common reality today in Western medicine. In other words, instead of monocausal thinking and focusing on only specific factors, medicine has to return to supporting the restoration of the patient's inner balance as foundation for the body to function well again.

May we all do well in securing good health along with increasing happiness in our life by taking full responsibility for wrong developments to be set right and internal problems to be thoroughly resolved.

Are you prepared to look at the confirmed facts and the scientific evidence?

Dear friends,

I hope that by now it is clear for you that I am not interested in believing this or that but only in an absolutely science-based standpoint. My concern is that everybody knows the facts and not that they believe in something without knowing the actual facts. For that purpose, it is surely necessary to use all your intellect and reasoning along with your heart.

The Truth remains the Truth irrespective of how it is being treated. We live on one planet and there is one set of natural laws. Whether we respect them or not, does not change them in any way. Every new year there will be spring, summer, autumn, and then winter before a new cycle begins. The wise person will strive to know the whole Truth and to live in harmony with the principles of creation for the ultimate purpose of realizing a world overflowing with True Love.

We are not there where we are supposed to be, but very far off the mark. Good people had to suffer throughout history due to the persecution by evil people who pursue a self-centred agenda at the cost of others, causing much harm to the public good. At the same time, corrupt individuals have always tried to hide their crimes, doing their best to stop others from finding out the actual facts about them. Such an attitude is today more alive than ever before in a world where self-centredness dominates all areas of society. The methods are of course different from those in the past. Instead of burning books they are put on the index, the list of banned publications that people are forbidden to read. Their number is for example for Germany 900 books, and some 6000 videos that are censored or blocked on YouTube. Because certain people do not want the truth to be revealed they are using such forceful methods in order to make sure other opinions and presentations of facts will not get known by the wider public.

How about you, are you prepared to look at the facts and consider the proof, the scientific evidence, or are you satisfied with believing what you are being told without checking whether it is really true? Actually, it is our human responsibility to search for and find the full truth because without it we will not be able to fulfil the original purpose of our life. It is not necessary that we all become scientists or researchers, but we are responsible to make sure that we are not being deceived. For example, if someone claims that there is some deadly virus and therefore our basic human rights have to be restricted, then it is our task to request the proof for the claims that are being made, in this case, that the control experiments have been made so that one can be sure that there is no deception or hoax behind what is being advocated. In respect to covid-19 the answer is clear: SARS-CoV-2 was never isolated. Not a single scientist in the world has provided proof of its existence.

I have been speaking about this fact on many occasions. That is not an issue of belief but whether one adheres to the principles of science or not. That the latter has widely become a reality can be understood e.g. when reading the book published in 2004 by the historian of molecular biology Horace Freeland Judson „*The Great Betrayal: Fraud in Science*”

The task at hand is none other than to let logic and truth replace the monumental lies. That is your and my individual portion of responsibility because only by knowing the facts can we reach the goal of living in full accordance with God's principles of creation.



That which is alien to nature cannot possibly correct natural processes

Dear friends,

God created the human body as a wonderful dwelling place which is “very good” and certainly not in need of improvement in the form of vaccines, something artificial being shot into the body, year by year, from birth to death so to speak. That is the direction into which society is moving, confirming how God-less it has become, believing in scientists more than in the Loving Creator, showing in that way that they consider God to be so incapable that man had to wait for millions of years until finally vaccines were created to save people’s lives.

The decisive question is therefore: Is it true that an artificially created drug which is alien to the nature of human beings can correct natural processes in the various organs?

The answer is obvious: It cannot, because there is no common foundation. Man-made nano particles can freely move through the bodily systems without restrictions and cannot be properly eliminated from the body where they cause all kinds of serious problems that even lead to people’s death! What is indeed incomprehensible for me is the reality that not only the vast majority of the people of faith have such an unfaithful attitude to have more trust in so-called medical experts than in our Creator, indirectly accusing Him that He is so incapable that He gave His children a body that can fall any time prey to some virus from which he can only be saved through some miraculous vaccine that is telling the body cells what to do, how to protect themselves from deadly viruses!

Even those who should know better than anybody else the full truth not only in respect to the spiritual but also physical reality in line with the Principles of Creation, are deceiving themselves by believing in the vaccine illusion, about which German speakers can study the details in the respective book “*Die Impf-Illusion*” (vaccination illusion) by Dr Suzanne Humphries and Roman Bystryanyk.

What has been happening is that not only the common people but also doctors around the world trustingly accept the deluge of fabricated, sophisticated, and wildly pseudo-scientific speculations as scientific fact, not only in respect to the fabricated diseases supposedly caused by some virus in the past but also now again in respect to the present crisis where instead of the poisonous drugs it is the harmful covid-19 vaccination in all its variations that is causing tens of thousands of innocent people to die prematurely.

It is true that science based on misinformed consensus and circumstantial evidence invites disaster. It has done so in the past and is doing so today more than ever before because the lies and deceptions have only been exposed but are not known by most people who live still in ignorance concerning how much scientific fraud is actually happening.

The fraud in the medical field should have been fully exposed and eliminated, yet that did not take place although there have been numerous opportunities especially during the times of the media propagating new deadly viruses as it has been repeatedly the case over the years. When will we stop this killing of innocent people in the name of supporting their healing through poisonous artificial drugs - which are never the solution?

George Orwell wrote: “*In a time of universal deceit, telling the truth is a revolutionary act.*” Let us do our best for the truth to prevail and tragic reality to finally come to an end.

## Please do not deceive yourselves by denying facts

Dear friends,

When reading the theme of this reflection you may think that deceiving yourself has nothing to do with you, because you are not so stupid to do such a thing. Yet, I would like to invite you to think twice, to check on yourselves to see if it is really true that you can clearly distinguish between what is a fact and what is fake. In so many situations of daily life people are acting in a responsible way, but what about dealing with situations where the doctor tells you that you have cancer and that you have to be treated with chemotherapy? Will you simply trust the one wearing a white coat or study the issue for yourself to be able to make an informed decision?

If you have done your research then you know that science-based medicine is an illusion when it comes to the conventional way of treating cancer patients who receive chemotherapy, radiation, surgery, etc. All of these are highly harmful methods which are not necessary to begin with because what doctors define as dangerous cancer is in reality a natural reaction of the body when a person experiences extreme emotions of shock and fear. This issue can be studied in detail based on the discoveries made by Dr Ryke Geerd Hamer and others who have an in-depth knowledge of the five biological laws which are valid for every human being. For example, at <https://www.disease-is-different.com/>.

We have received the same dwelling place for our eternal spirit for the time we spend on the earth which is capable of dealing with all kinds of health challenges without the need of artificial drugs or the afore-mentioned harmful treatment. None of it is necessary for us to live a long life on this planet, but what is definitely required is the knowledge of how to respond to the needs of our body in the right way. The task at hand is to leave the realm of illusion behind, of thinking that the doctor knows best, when in reality even after hundreds of billions of dollars having been invested in the course of decades into cancer research, no cure was found so that today every second person who gets cancer dies, presently 10 million people per year. That means nothing less than if you belong to the 20 million diagnosed with that illness you have a 50 to 50 percent chance to live 5 more years.

The decisive question which must be asked in this respect is none other than: *“Do half of the cancer patients die because of the poisonous treatment within 5 years?”* The truly shocking correct answer is clearly: *“Yes.”* The representatives of the medical industrial complex tell you that this is not the case, insisting that cancer is so deadly, whereas the opposite is true: What doctors define as cancer is actually a natural process in the body which our amazing Creator designed to deal with challenging situations where an extra growth of tissue, etc. is needed to support the overall wellbeing. There are countless cases of cancer fully disappearing in a natural way without any artificial drugs, a reality for which doctors have no explanation whatsoever, referring to it as a spontaneous remission or medical miracle. In other words, they do not know, whereas all relevant questions can be fully answered based on the knowledge of the 5 universal biological laws.

Let us not deceive ourselves by putting our trust in people who do not really know the cause of diseases and work based on false theories, but act fully in line with the principles of creation which enable us to live for around one century here on earth without the need of any doctor if only we use our potential well and listen attentively to what our own body is telling us concerning where we need to make some corrections in our lifestyle.

## The ability to distinguish between the truth and lies or half-truths

Dear friends,

Our first human ancestors went astray due to their being deceived by the archangel Lucifer to doubt God's commandment and to distrust their Loving Creator. We know the tragic results of Adam's and Eve's failure to be faithful to the Word of God, manifested in ignorance which has been prevailing throughout history on many levels.

In order to leave that realm behind we need to be able to clearly distinguish between the truth and everything that is not in line with the Principles of Creation. The first task is to be aware of how evil people pursue their self-centred agenda. In this respect I would like to mention the 10 commandments of fraud by Robert E. Willner, the author of the book *"Deadly Deception"*: (1) Coincidence is proof of cause and effect. (2) Circumstantial evidence is direct evidence. (3) One example proves the rule. (4) One guess supported by another guess creates a fact. (5) Saying it is so, makes it so. (6) Don't confuse the issue with facts. (7) Proof is unnecessary and should be avoided. (8) Lie, lie, lie and they'll believe it. (9) Silence, ignore and suppress the truth. (10) Replace reason with dogma, fraud and blindfolded fear.

The repeated use of these commandments by the conspirators is a confirmed reality in various areas, not only in respect to the HIV-AIDS lie but also how so-called experts have been dealing with viruses, particularly in the case of what is claimed to be the cause of Covid-19. Add to this the common practice the fact that character assassination in response to challenge is tacit evidence of an indefensible position and you will have a certain awareness of what is actually going on even in the scientific realm. It may be hard for you to believe that these fundamentally wrong concepts and attitudes are widely practiced in the scientific community, especially among those who are heavily sponsored by Big Pharma while pursuing their own agenda. Yet, if you are not prepared to face reality you will never come to know the truth as to why things are going so very wrong in various areas of society.

Maybe you ask yourself: How could they get away with this incredible fraud in connection with AIDS and other artificially constructed epidemics and pandemics? You may think: Surely, it is not possible that a fraud of this magnitude could ever escape the scrutiny of the thousands of scientists throughout the world who have been researching the many avenues of investigation into this modern-day plague. Yes, in essence the overall situation comes down to the failures and inconsistencies of establishment medicine and its resistance to deviation from the mandated dogmatic approach to disease. That reality should not be surprising for religious people who experience how much theologians insist on their view, clinging to the dogmas of their respective religions.

Upon having a closer look it becomes again and again obvious that criminal arrogance is a core trait of individuals who block open scientific discussion, who use political and economic power to silence opposing points of view, and suppress or ignore basic scientific fact and logic. In this kind of overall tragic situation it is necessary that there be an outcry from the public demanding an investigation. Unfortunately, such efforts have been successfully halted with the result that they could do it again and again, culminating in today's covid-19 crisis for which no scientific basis whatsoever exists.

A quarter of a century ago Robert E. Willner wrote: *"Not one shred of scientific proof of cause and effect exists in the world's research and medical literature with reference to HIV. There are currently well over 40 theories to explain the HYPOTHESIS of AIDS, but not one single proven fact."* A similar statement can be made in respect to today's plandemic which has catastrophic consequences for the population of the world, especially the poor

countries and people who are suffering the most from the consequences of the scientific fraud that is rampant in many areas.

When checking the details you will find out that HIV is claimed to be responsible for the destruction of the T-cells, whereas in reality this has never actually been observed. *“When this supposedly occurs, it is believed that the virus somehow works as a ‘co-factor’ with other risk factors to cause these diseases, and they are then referred to as 12 AIDS diseases. The naming of the disease, its cause, and the requirements to qualify as a disease of AIDS, has been by arbitrary definition; not by the scientific proof which is the standard requirement in medicine. Unbelievably, it includes three distinctly different classes of diseases which actually represent totally different phenomena.”* Such is the extent of deception that took place decades ago and continued to be present over the years and decades until it is now even toppled by the fraud behind the so-called corona pandemic.

The projections for the numbers of AIDS victims have been less than 10% correct, which equals more than 90% wrong. The same has become true again and again with the further assumed viruses of the past decades, and certainly also in the case of SARS-CoV-2. The scientists could hardly be more wrong in their projections! Many years ago, Gordon Stewart, the British epidemiologist working with the WHO stated: *“The fact is, this whole heterosexual AIDS thing is a hoax.”* The same is certainly also true for Covid.

If you ask Google concerning the expression *“The plague that never was”* you receive 60.000 entries. There are various examples, most prominently AIDS, and now Covid. Yes, that is the truth which is confirmed by countless facts. Similarly, there are numerous incidences of the parable *“The Emperors’ new cloths”* with AIDS and Covid being two prominent examples of people not using their intelligence, judgment and instinct, simply going along with the crowd. I trust that you do not belong to those kinds of people and are you clear enough to stand firmly against the crowd, even if you are the only one.

No basis whatsoever exists in true science for the claim of viruses causing diseases, a fact which confirms that equally no scientific justification exists for even a single vaccine. Yet billions of people are being vaccinated, totally unnecessarily, with harmful and even deadly consequences for countless innocent children and adults. Please do not simply continue with business as usual after reading these lines but realize that you are definitely deceiving yourselves to believe in fake science when you cling to the totally flawed and wrong concepts concerning viruses, cancer, etc. We could save the trillions of dollars which are invested into the treatments of symptoms in patients for a beneficial purpose like ending the hunger in the world and enabling a life worth living for all inhabitants of our planet. Yes, that is possible in the here and now if only we let go of the many erroneous concepts which stop us from having the correct principled view of the ever so amazing human body.

In case you are not familiar with the plandemic movie (The first instalment has been seen by over one billion people worldwide) I would like to suggest that you have a look at it (<https://plandemicseries.com/>) as it is important to know about the agenda to reduce the liberties of the people around the world through medical tyranny. Dr. Charles A. Thomas says: *“I feel that for scientists to remain silent in the face of all this doubt is tantamount to criminal negligence.”*

Let us not remain silent in the face of today’s worldwide deception causing the loss of a rapidly growing number of innocent victims whose life is being cut short due to the poison injected into them through a vaccine.

## The end of the good and evil battle concept for the human body

Dear friends,

Spiritually oriented people are working to bring an end to all evil in the world, but even after this noble goal is achieved, according to conventional medicine the battle between “good and evil” will continue in our body, between viruses and antibodies, etc. This idea is based on the concept of an on-going war in the human body between the millions of dangerous pathogens defined e.g. as virus = poison and those elements fighting against them (with often deadly outcome), because supposedly God has been unable to create a dwelling place for His children that would function well for about 100 years, the amount of time we are destined to live on earth.

Tragically, even those believing in God as a Loving Creator cling to this concept of a fight within the human body. Instead of being dedicated to expose this incorrect theory of a battle between good and evil elements, most religious people are stuck in the thinking that the body is at any time in danger to be infected by some deadly aggressors, as it is taught in the germ theory which was never shown to be correct. Merely the concept of infectious diseases represents the opposite of the understanding of a wonderful Creator who made us to enjoy being free within the True Love Principle, because if that hypothesis of contagion were true, we might lose our freedom at any time without our own fault!

Here [https://www.bag-ivi-swissmedic-fall.ch/Corona\\_Phantom\\_13-1-2021.pdf](https://www.bag-ivi-swissmedic-fall.ch/Corona_Phantom_13-1-2021.pdf) you find a German text with crystal-clear scientific explanations concerning the phantom virus on one hand and on the other the correct understanding of what causes people to get sick. Maybe you can read a translation of the here-mentioned article in your native language and study its content or any other scientific knowledge you need to have in order to know the correct standpoint concerning the human body and how to keep it functioning well until you will conclude your time on this planet earth victoriously.

It is indeed every person’s individual task to make sure to keep themselves in good shape. Nobody can do that for others, everybody has to find for him/herself the correct answers to the fundamental questions of life not only about the internal development but also health issues which all originate in people’s heart and mind.

Our amazing Creator certainly fulfilled His task of entrusting us with a wonderful temple for our spirit to dwell which functions perfectly according to universal laws that have now been fully revealed through the pioneers of true medicine. It is our human portion of responsibility to become well familiar with the basic information we need to lead a long healthy life. Let us be serious about our individual task to study and to know for certain how illnesses arise in us and how we can naturally resolve health issues without the need of any artificial drugs or methods.

Trusting that you recognize and welcome this challenge and refrain from putting your health into the hands of other people instead of acknowledging and fulfilling your share of responsibility,

I remain sincerely yours,

Nikolaus

There are two options, to be healthy or sick – which one do you choose?

Dear friends,

We see that all animals and **plants** have their respective life span during which they **are healthy** under natural circumstances. On the other hand, we have **human beings** who could easily live for 100 years, but die one or two decades earlier and have in many cases a **dis-ease** for which they are taking some pills. The question arises: Is it **normal** to remain **healthy** your whole life long, or do we have to become ill? For me it is absolutely clear: We all are supposed to be well, and if we have problems, we should resolve them to become completely fine again. In order to do so we need to know what makes us sick. The correct answer: our own internal situation, unresolved inner conflicts.

We can find behind any illness clear logical reasons why a certain part of our body is suffering. You can study the details based on the scientific discoveries by Dr Ryke Geerd **Hamer** in the **5 biological laws** which are valid in 100% of the cases when it comes to sicknesses that arise in the body like cancer, chronic illnesses, allergies and psychoses (not in the case of injury, poisoning and extreme malnutrition). That means, the answers how to take full responsibility for our health are all there, enabling us to heal even serious issues without the help of a doctor because any illness originates in our psyche and has to be resolved there. Therefore we need to make sure that we are harmonious inside and cultivate loving relationships as foundation to enjoy a happy long life.

If you objectively reflect on the overall situation then it will be clear for you that as long as you do not know the true root cause of a sickness for certain, any medicine is in the end an experimental treatment and nothing else. From this standpoint animal experiments are only an alibi because the reason why people get certain symptoms are not known to begin with. Accordingly conventional medicine has to speak even after many decades of all kinds of theories like that of contagion, of infectious diseases, the germ theory, etc.

What is crucially important to know for certain is simple: Any disease originates in us and needs to be healed internally, on the level of our heart and psyche first in order for symptoms to disappear. Illnesses becoming manifest in the form of symptoms in one or the other organ are part of the healing process whereby our God-given human body always wants the best for us. It is designed to support our wellbeing so that we will recognize unresolved issues and be able to thoroughly resolve them. That goal can only be achieved if we know the universal biological laws and how to deal with internal challenges properly. Here is where each one of us has to take responsibility to be well in the soul in order to ensure the health we all wish to maintain throughout our whole life, what is certainly possible if we set the right conditions.

Once you have understood the truly universal 5 biological laws you will know e.g. that inflammation is already part of the recovery before the full health is being restored. You only need to stop and reflect seriously: God did not give us a body that is acting against itself. That means all bodily symptoms are there to help you to correct what you are doing wrong and to support you in the best possible healing process. This is not something to believe or not, but what you can experience in 100% of the cases where sicknesses arise in the body.

May we all be successful in accomplishing the fundamental task of taking full responsibility for our health and set the right conditions for healing to take place whenever and in whatever form it may be needed.

## Truth, beauty and goodness - three columns for securing a happy community

Dear friends,

By now you will hopefully be aware that there is no basis in true science for the claim that people get sick through viruses. This concept remains a hypothesis, called the "**germ theory of disease**" about which we can read in Wikipedia that it "*is the **currently accepted scientific theory for many diseases.***" The relevant question is therefore: Are we believers in this or that theory or people who act based on what is really confirmed through science?

In the light of such a reality it is obvious that the present pandemic does not rest on real science but rather on speculations and hypotheses which are not at all confirmed. For this reason I am convinced that we can resolve this and all the other tragedies we see in the world today only if we stick to true science rather than clinging to some belief system, as it is in the case of virologists who base their efforts in various theories which could not be shown to be true even after centuries of research. In such a situation I consider it a must to always make sure that our decisions are rooted in science, starting with asking a question, doing a background research, constructing a hypothesis, and then performing experiments to determine whether the theory is correct. In case the procedure is not working and does not provide the expected results, it is necessary to go through a troubleshooting process, carefully checking all steps and the set-up until every condition is fulfilled that is required to declare the results of experiments as **scientific**.

Most people feel that their homeland is a beautiful country and want to preserve its beauty. But there is also a kind of inner beauty which good people wish to uphold, the beauty of loving and caring relationships which are at the root of lasting fulfilment in life. I am convinced that the second most important common foundation for us to unite must be, besides the **truth discovered by science**, the **beauty** that is appreciated not only in the arts but arises from human nature. We are definitely meant to be beautiful **from the standpoint of Heart and Love**. The third core point around which people can unite is goodness, because every person who is emotionally healthy and acts based on clear reasoning wants to be good. That human trait is even confirmed by bad people justifying their deeds, wanting to present themselves in the best possible light. We are meant to be good and once we are truly serious about it, we will definitely see a bright future ahead of us.

The answer to the question of what you and I consider to be good depends on our worldview, on what we see as the basic truth of the universe. In my life which has brought me to dozens of countries around the world where I have been working for positive changes, I could see that all people are looking for **truth, beauty, and goodness** to be manifested in their surroundings, which ultimately starts in the human heart and soul, in our wanting to be true to one another, in our wishing to live in externally and internally beautiful places, and in our common longing for goodness to be realized in every respect.

I would like to invite you to take the time to reflect deeply about these core points, and if you come to the conclusion that they correspond also to what you wish to see realized, then please let us work together to show that we are able to **resolve issues centred on truth, beauty and goodness**. Please offer your suggestions of what you see as important to be considered in order to ensure a better future for us all.

I am very grateful for everyone who takes responsibility for things to change in the right direction,

Nikolaus

## Understanding your body is an elemental part of getting to know yourself

Dear friends,

It is essential to be conscious of the fact that "*Know thyself*" starts with finding out how your body functions, being well familiar with core facts beyond the simple basic knowledge most people have with the consequence that if there are some irregularities, they are running to a doctor to ask him what is wrong with them. I hope that through your own research and maybe with the help of my reflections you are by now fully aware that all sicknesses have their origin in the psyche of a human being.

Traditionally people speak about chakras as energy centers which need to be in balance with one another. Doing Yoga is a good way of making sure that this is the case, whereby such activities are beneficial both to our mind and our bodily wellbeing. Here I would like to mention a few aspects in connection with the 7 energy centers in the body, commonly referred to as chakras. They are related to certain qualities that reveal once again what an amazing dwelling place God has given to us for His and our spirit to dwell during the around 100 years we are destined to spend here on this earth to enjoy the many wonders of creation - if we fulfil our portion of responsibility to properly take care of our spirit as well as our body.

The first chakra, called root chakra, is associated with the need for survival and security, the basic feeling of "*I need*".

The second chakra is connected to sexuality, procreation and passion, "*I desire*".

The solar-plexus chakra is related to power, assertiveness, joy and sadness, "*I want*".

The fourth is the well-known heart chakra, in a close relationship with emotions like love, longing, trust and peace, "*I share*".

The fifth chakra is centred on the throat and self-expression, creativity, speech, honesty, communication, "*I express*".

The third eye (6<sup>th</sup> chakra) refers to wisdom, insight, understanding, perception and clarity, "*I see*".

The seventh or crown chakra is associated with consciousness, the connection to the higher self and the relationship with God and the universe, "*I am*".

Another way of looking at the positive and negative characteristics related to the various chakras is to consider that the 1<sup>st</sup> chakra deals with survival but is blocked by fear.

In respect to the 2<sup>nd</sup> chakra pleasure and guilt are the main opposing aspects.

The affirmative characteristic of the 3<sup>rd</sup> chakra is willpower and on the other side stands shame.

Connected with the 4<sup>th</sup> chakra is obviously love, whereas on the negative side we see grief and suffering.

The 5<sup>th</sup> chakra deals with truth and is blocked through lies.



The third eye (6<sup>th</sup> chakra) is naturally related with insight and disturbed by illusion.

Finally, the positive aspect of the 7<sup>th</sup> chakra is manifested through the connection with the cosmic energy. Blockage is caused through an unproper attachment to the ego.

The task at hand is to get rid of negative emotions and to strengthen and develop our positive qualities. The first step is to be aware of the energy patterns and to realize which thoughts and feelings are not in line with our original nature endowed by our Creator.

The second is obviously to replace old thoughts with new ways of seeing ourselves and others along with renewing our emotional state, which is of course a huge task which requires years of efforts to align it with the level where we are naturally resonating with the wonderful vibrations of our Loving Eternal Parent.

When you reflect on this simple overview you can guess that everything is very wisely interconnected in the amazing body with emotions being directly related to certain organs and functions. Knowing these connections is decisive to understand the root cause of sicknesses. Once we do, we will be fully aware of the wonderful interconnection and cooperation of all the various organs and functions we will also know for certain that it is impossible for people to get sick due to their coming in contact with ever so tiny particles of merely some nanometres, what is actually happening all the time.

Understanding your body is definitely essential to reach the goal of mind-body unity. Accordingly, we need to educate ourselves not only about spiritual matters by being sensitive to the inner voice and conscience but also learn to listen well to what our body wants to tell us when certain symptoms appear. Knowing the 5 biological universal laws (discovered by Ryke Geerd Hamer) is essential for this purpose along with gaining other fundamental insights concerning how our body functions and responds in extreme situations.

If you search the internet you will find an enormous amount of resource material to study in depth about all the wondrous abilities and functions of our body where everything is interconnected in manifold ways, always supporting the overall wellbeing of the individual. You will surely know about foot massage, the fact that every organ is directly connected with certain parts of the foot base. The same is true for the hands and the ears. Even the teeth are directly related to specific organs in the body which in turn can also be diagnosed by looking into the iris of the eye of a person.

In so many ways it is possible to support the health of a person including acupuncture or acupressure, because our Creator provided us with energy centers which can be stimulated in support of good health. Even beyond the physical realm we can directly help each other through prayer and energy healing, what is very effective as we are more than anything beings consisting of energy with electromagnetic fields in and around us.

It is up to you and me to do our homework and use our time here on this earth well based on getting to know our spirit as well as our body on ever deeper levels so that we will be able to embody God's eternal and unchanging truth in our uniquely personal ways.

Wishing that we all succeed well in that fundamental task, I remain sincerely yours,

Nikolaus

## The change in the scientific understanding of core elements of life

Dear friends,

When we research the historical development in respect to defining the core elements needed for the creation of life, we see that first the concept of proteins having been considered to be the foundation for life, and then the idea that there is a nucleic acid with a firm unchangeable structure, like a book containing the blueprint how to build a house.

When scientists see a different expression of what they define as genetic material and body tissues then they speak of an “evil” and harmful mutation, a dangerous tumour or cancer, etc. In reality these are natural changes in the body in line with the laws God created with our very best interest in mind. We only need to understand God’s design well and align ourselves with it, and then we will recognize that the processes which are taking place in our body are there for our benefit.

You have heard in the media or read in scientific literature about alignment as a process where scientists are artificially constructing something they call a virus, from tiny particles with the help of a computer program. Without ever actually isolating the whole genome scientists claim the existence of a spherical (round ball) although they did not even cut what they consider to be a viral material into slices to show in the microscope that they have a three-dimensionally round structure. What is called “villi”, defining small, slender, vascular projections that increase the surface area of a membrane, is wrongly thought of as viruses, whereby it was never claimed that from such villi the nucleic acid has been isolated.

From these facts of a false interpretation of what is being observed it is obvious that no justification whatsoever exists for tests to find SARSCov-2 because the scientific proof for the existence of the claimed virus was never presented. Actually, parts of what is defined as a cell is presented as showing the presence of a dangerous virus!

The primary task of nucleic acid is to create energy. Accordingly, one of the first elements which are formed as the basis for life is RNA, which shows catalytic activities like enzymes. Phages have the ability to inject nucleic acid into organisms in need, whereby they are not causing any harm but offer a constructive contribution to the overall development of life.

Another aspect which is also important to be considered is the fact that what is seen as bacteria does not exist alone but only within a certain structure together with other bacteria. In reality we have an enormous number of microbes in our body, whereby only a tiny percentage has been defined through isolation. Based on ignorance and false concepts scientists have come up e.g. with the theory of “viruses of bacteria”.

When the Nobel Prize was given in 1969 you could read that at that time the phages model became the foundation of all virology. The concept is that if phages die in a laboratory they are transformed into viruses. In reality scientists are deceiving themselves by thinking that what they have in front of them must be a viral substance. Based on this false idea they are going on to unknowingly deceive others into believing something for which no scientific basis exists. It is confirmed knowledge that phages cannot kill bacteria. If scientists finally do the control experiments, then they will know for certain that their claim in this respect is totally invalid. What is actually going on is a metamorphosis of elements, a creative act resulting in new positive developments.

Biologists observe as phenomenon phages being released from bacteria and then virologists take this as an example to claim that this is happening also with viruses being produced with cells being dissolved, whereas in reality that misinterpretation is leading to wrong conclusions. In their experiments they are using liquids (e.g. from the lung) that are mixed with antibiotics so that there will be no bacteria without making control experiments, which would clearly show that cells are also dying when starved as there are doing in the laboratory to supposedly enhance the infection with a virus.

Based on that kind of flawed thinking scientists try to develop various kinds of vaccines, which all have no validity whatsoever because the foundation for such projects are merely an unconfirmed theory. From the standpoint of the principles of creation it is clear that the concept of viruses as harmful elements in the body is wrong from beginning to end because it is out of question that God has put us in a position where we can become at any time the victim of some invisible deadly viruses.

Similar to the flawed idea of communism having been shown as not workable in a period of 7 decades between the Russian Revolution and the Fall of the Iron Curtain, the false virus theory established in 1954 will not survive more than 70 years because in 2021 the control experiments which virologists refused to perform have finally being completed so that it is scientifically proven that today's virology does not stand on the foundation of true science. At this link you can see a short report in this respect:

<https://odysee.com/@DeansDanes:1/cpe-english:f>

The idea that bacteria in the lab represent one single type is a laboratory artifact, because bacteria continuously exchange information with one another, leading to the change of their form and function as they adjust to one another. This is a very important fundamental fact which is widely not considered, including the reality that bacteria cannot make people sick but are there in the body to fulfil a supportive role. Max Joseph von Pettenkofer, a German chemist and hygienist who lived in the nineteenth century, has been advocating this view as an apostle of good water, fresh air and proper sewage disposal. He was further known as an anti-contagionist, a school of thought, which was unfortunately suppressed by those advocating the germ theory as foundation for their vaccination business.

Looking back in history we can see that there have always been those who argued in favour of a variety of conditions collectively contributing to the incidence of people getting sick, yet in the end those views which served the pharmaceutical industry got promoted, no matter how very wrong they are. That is one of the tragedies of human history which must be corrected now at this time of great opportunity to use the present corona crisis to leave false concepts behind and to focus on the correct understanding of the human body which puts the internal aspects into the center.

We really need to have the correct understanding how very beneficially the various elements in our body work together before we can know how to best support a person who is not feeling fine, stuck with one or the other health issue.

It is up to you whether you follow the path of Truth based on confirmed science or that of disproven theories on which e.g. virology is based. No scientific evidence whatsoever exists for the claims of virologists. This fact is now finally confirmed once and for all.

## A materialistic view of the world versus the energy-centred universal standpoint

Dear friends,

For nearly two and a half thousand years the Western view of the world has been based on a philosopher in ancient Greek named Democritus having proposed the word “atomos”, which means uncuttable, as the smallest unit of all matter. With the discovery of the quantum field it has finally become undeniably clear that all existence is based on waves, frequency and resonance.

One would expect that with that fundamental new standpoint concerning how science understands the essence of all matter far-reaching changes have ensued in all areas of life, yet that is unfortunately not the case. Our world today is still dominated by a materialistic worldview which influences every field, whereby the consequences are fatal in respect to conventional medicine where experts still cling to the old way of seeing things, They hold on to completely wrong concepts like the germ theory or the theory of contagion, insisting that people get sick due to microscopic tiny particles, ignoring the fact that whether a person gets ill nor not depends primarily on the psyche or inner situation of an individual.

Latest with the appearance of today’s corona crisis it has become obvious what wrong concepts can do, how much damage and harm they can cause. We see that totally unreasonable measures have been taken whereby confirmed scientific facts are being ignored in favour of sticking to some hypotheses even to the extent that hundreds of millions are pushed to receive an experimental vaccine, in many cases with deadly consequences.

The decisive question is therefore whether we implement the energy-centred standpoint in every area of life and deal especially with illnesses based on universal laws which apply in 100% of the cases, as it can be shown based on the discoveries by Geerd Ryke Hamer and others who have been doing valuable pioneering work in the field of energy medicine. In upcoming reflections I will look into a few aspects in this respect, whereby I would like to encourage you to begin with to do your own research to gain the knowledge which is necessary to have a truly informed understanding.

It makes such a huge difference like night and day whether you base your decisions on a materialistic worldview or on the discoveries made in recent decades, confirming that the conventional atom theory is definitely wrong. Unfortunately, most of the adherents to the various religions in the world have fallen into the trap of not recognizing that it is impossible for the germ theory of contagion to be true because God exists as a loving Parent who would never put His children into a position where they may lose their life at any point without their fault and without their being able to protect themselves from deadly viruses which are claimed to exist by people with a materialistic view of all matter.

As I have pointed out in previous reflections, the germ theory was proven to be wrong long ago, explained in detail in publications like *“Good-bye Germ Theory: ending a century of medical fraud.”* by Dr William P Trebing. The full truth is out there in every respect so that the completely false conventional atom-based way of seeing things can be left behind once and for all, yet who is prepared to make the energy-oriented and universal God-centred standpoint of all creation his/her own?

Sincerely yours,

Nikolaus

## Light biology enables us to understand the amazing abilities of the human body

Dear friends,

There are facts about life which leave us speechless or in awe once we take them to heart. For example, 10 million cells die per second. That means at the same rate neighbouring cells must be informed of that death so that each one of the respective cells comes to know that now it has to grow in order to substitute for the cell that has just ended its life. In order to convey such huge amounts of information, to give the correct message at the right time at the right place, light as carrier of signals is essential because light photons are the only possible way of doing so.

That is all the more confirmed by the reality that on average around 100.000 chemical reactions take place per second in every cell. Please stop here and read this sentence again and let it sink into you: 100.000 reactions per cell per second and the human body consists of 10 billion cells. Every reaction lasts around 1 nano second (1 millionth of a second) and causes many other reactions. To allow all of these countless complicated processes to take place within such a short time span is only possible based on the amazing abilities of photons to store and to convey messages. It is important for us to be fully aware that God provides us with the possibility to consciously influence and guide the activities of bio photons, e.g., we can determine how many photons we emit from our hands which in turn can be exactly measured. The mechanism that is active in our cells can be regulated to a certain extent by our consciousness. Your and my psyche directly influences the activities in our cells via photons.

The photon (name originates in the Greek word for light) belongs to the class of bosons and is a type of elementary particle. It is the quantum of the electromagnetic field including electromagnetic radiation such as light and radio waves, and the force carrier for the electromagnetic force. Photons are massless, so they always move at the speed of light in vacuum. Like all elementary particles, photons are currently best explained by quantum mechanics and exhibit wave-particle duality, their behaviour featuring properties of both waves and particles. Photons (energy) is needed in order to enable electrons to move from one level to another, called quantum leap. Such actions are constantly taking place in our body whereby photons cause the manifold chemical reactions to be initiated. That means we can not only directly influence what is going on in our own body but also in other people whom we are consciously influencing, e.g. as a healer who supports the activities in the patient's body to take place in the right way so that the original state of health can be restored more swiftly. On the other hand, we need to be aware of the reality that if the sick person has no trust in the healer no positive effect can happen.

Plants are radiating much more light than people due to coherence and the fact that we primarily need the photons to organize the functions within our body. We take in light, use it for the manifold activities in us, and radiate only a minor portion to our surroundings. (For clarity I want to mention that bioluminescence found in nature is a chemical reaction which is caused by biological photons.) An important factor is the question as to how much light my body is able to absorb in support of my health and wellbeing.

In case you understand German you can watch the son of the famous professor Dr Fritz Albert Popp give a lecture ([https://www.youtube.com/watch?v=-kXHpCK\\_HB8](https://www.youtube.com/watch?v=-kXHpCK_HB8)). In pictures of light radiating from the hands you see especially many photons being emitted through the fingernails that have a more firm structure similar to that of plants. If you check the radiation of light shining from the human body it is clear that most of the light is being

conveyed through the palms of the hands. In this way science is showing the effectiveness of what has been practiced for thousands of years, the healing of people through laying of hands on the patient. What has also been confirmed through scientific measuring is the beneficial effects of mediation not only on the brain but also in the form of meditating people emit less light as they are using it to improve the activities within the body. People who pray fervently are radiating much more than those who do not cultivate a deep prayer life.

In the area of providing healthy nourishment instruments (photon multiplier) are used for checking the quality of food by measuring the light emission of fruits, etc. In this respect scientists have proven that eggs from chicken that grow up out in the sunlight have much more light emanation than those of chicken that are kept only inside of chicken farms. Biological photons stem from natural organisms and cannot be created through some technical instruments.

Due to quantum coherence only a few photons are needed in order to regulate the hundreds of thousands of functions that are active in cells because biological photons can preserve information longer than artificially created photons, e.g. through a laser pointer. Sickesses are disturbances in our regulatory systems through external as well as internal influences. Illnesses are determined through the state of our psyche, whereby it is clear that ultimately we get sick due to imbalances in our emotions.

In connection with biological photons it is important to know that we use our consciousness in order to change a potential information via photons into an active information. Every atom is connected to a certain frequency to which it responds. That applies of course also to molecules whereby everything is moving according to certain frequencies. It is the photons that can cause electrons to move/jump, and therefore science speaks about a quantum leap where an electron is changed from a lower to a higher state. The photon conveys the energy in order to alternate the state of the atom.

Resonators cause the light to be stored for a certain period of time. Light is being absorbed by an atom and it is emitted from there after a particular time period during which it is needed in the atom. Accordingly, every part of a cell can serve as a source of light and information to the neighbouring cells.

There are constructive (more photons are present) and destructive interference whereby in the former the electromagnetic field is enlarged. Light always has an electric as well as a magnetic component. Biological photons can directly influence the distribution of electric loads in the body as there is a clear interaction between them and the atoms and molecules. It is achieved through biological photons that have a very high degree of order. The information or message that is conveyed through them at the speed of light is precise. If the method of conveying information was merely transportation through biomolecules or chemical messengers it would be far too slow to secure the integrity of an organism.

The conclusion is clear: Biological systems cannot exist without light. Photons are in a central position for all living beings to function properly, and by learning about them we come to understand more about how we can influence ourselves and others in a beneficial way in concrete terms, confirmed by the findings of true scientist who help us to close the gap between the invisible and the visible substantial world.

## Photons act as connection between our invisible spirit and the visible body

Dear friends,

Thanks to all the true scientists and pioneers of modern technology we can know and understand today better than ever before how very true it is what is said at the beginning of the Bible, namely, that first of all God created the light – because photons are indeed in the core central position to connect the invisible and the visible substantial world.

They are like the mediators between the spirit and the body, capable of storing and conveying huge amounts of information in order to give the correct input at the right time at the right place based on our conscious thoughts and emotions as well as our unconscious brain activities in their function as carrier of signals. Nowadays it is possible to measure even unconscious emotions of which we are not aware scientifically based on new discoveries like the so-called Weber Fechner laws.

The photon is an elementary particle of light. It has a very low intensity of light that corresponds to a candle at a distance of approximately 20 kilometres. Biophotons are photons coming from living systems and represent single units of very weak electromagnetic fields. A photon is necessary in order to stimulate a molecule to perform a chemical reaction. Photons are events or processes which have a very high degree of coherence so that they can work as submitters of information. The biological system has a very high capacity of coherence, which allows the biological system to communicate with the best possible clearness and accuracy as well as effectiveness.

For any kind of reaction in a cell there has to be first of all a stimulus. Biochemical processes can only take place based on energy being added or contributed. On the level of quantum every molecule must be stimulated in order for it to take any action. For every molecule a fitting stimulus is required on the level of some electron volts with a wavelength of a couple of hundred nanometres in exactly the way to which it can and will react. Large molecules like enzymes need long waves as it is emitted by infrared light, and for the most important molecules the needed wavelength is in the bandwidth of visible light until ultraviolet light. It is scientifically confirmed that molecules are guided by photons. Without such steering and control nothing will be happening.

Photons in the cells can be measured, and it is clear that they are not distributed there at random. They are not in certain places by chance but for very clear reasons. Their position can be mathematically calculated and measured. For the 100 000 processes that are happening in a cell per second only a relatively small number of photons is needed because the activities are performed at highest precision whereby with minimum input a maximum of output is being achieved, a reality which can be observed everywhere in God's wonderful creation.

If the thousands of activities in the cells were not guided in very exact ways then we could not exist even for one second. From this viewpoint it is clear that our very existence is secured every single second by the concrete controlling and guiding activities of photons that are happening on an unimaginable high level of precision. In this respect the decisive factor is not the number of photons but their coherence, their ability to fulfil the given tasks in the most effective way.

Even with our advanced modern technology it is impossible to achieve what every cell of the human body is doing every moment with tens of thousands of biological processes

happening in an accurate and orderly manner. Theoretically, laser light could guide the activities but it is technically out of question to handle such an enormous amount in very short time intervals. In case you understand German you can hear in this video <https://www.youtube.com/watch?v=NfQObPCqNHY> how Prof. Dr Fritz Albert Popp who has been studying photons for more than 30 years speaks about the fact that the human cell is a billion times superior to modern technology in its capabilities.

Science has shown that it is incapable of handling so many biological processes at the same time as they are happening in every cell, which in turn are directly connected with the other parts of our body with information being conveyed at the speed of light via photons moving through special structures in the human body whereby it has been shown that rays of biophotons can move through thousands of layers of cells without any loss of photons whereas normal light is of course not able to do so. German speakers can learn details in the publications by Dr Marco Bishop, e.g. the book "*Biophotons, the light in our cells*" and his lecture about quantum phenomena in biology ([https://www.amazon.de/Marco-Bischof/e/B001JQQR80?ref=dbs\\_a\\_def\\_rwt\\_hsch\\_vu00\\_taft\\_p1\\_i0](https://www.amazon.de/Marco-Bischof/e/B001JQQR80?ref=dbs_a_def_rwt_hsch_vu00_taft_p1_i0), <https://www.youtube.com/watch?v=DdKHEfQ-E7E>)

All living beings, from tiny cells to human beings, emit a tiny current, tiny particles of light, biophoton emissions, representing the primary communication system of organisms. This faint radiation, rather than biochemistry, is the true driving force in orchestrating and organizing all cellular processes in the body. Light waves offer a perfect communication system able to transfer information almost instantaneously across an organism. They enable various tasks to be carried out simultaneously in different parts of the body.

I would like to mention here that the article "*How to Think May Be the Key to Everything*" where you find a picture showing the difference of the various brain waves (<https://www.armstrongeconomics.com/ga/how-to-think-may-be-the-key-to-everything>) from Alpha waves (9 to 13 Hertz) in a state of being physically and mentally relaxed. Beta waves (14 to 30 Hz) when we are awake and alert in our consciousness. Then Delta waves (below 4 Hz) expressing deep meditation and on the other side Gamma (30 Hz and above) when we show heightened perception.

In this way it can be measured in which mental state a person is at a certain moment. Our mind controls the frequencies of the brain waves. Everything is logically related and manifested in the ever so amazing human body about which scientists still do not understand many aspects, especially in respect to the brain and consciousness. Even more than the brain it is the heart about which is still little understood, particularly from the standpoint that it is indeed the true center of a human being.

May we all use the love in our souls and the truth of God to be a shining light in this world which gives people hope and confirmation that it is indeed worth the effort to practice True Love because everyone will benefit from doing so in the long run as we are indeed connected as members of one worldwide family.

Sincerely yours,

Nikolaus



## The Word of God manifested as the light of man and our attitude

Dear friends,

Have you read my previous reflections attentively, dealing with light biology that enables us to understand the amazing abilities of the human body on a new level? If you did, then you will surely be amazed about what is actually going on in our body with 100.000 chemical reactions taking place per second in every cell. Multiply this number with the number of cells in an adult person, and you will have an astronomical number of how many activities are going on in the human body each and every second.

How is that possible? It is only possible because all of them are harmoniously organized with very precisely defined actions taking place at every nano second in accordance with the individual as well as the overall purpose of our existence, to live in good health for around 100 years on this planet. The communication and stimulation is actually guided by photons which in turn are governed by our thoughts and emotions.

Once you take such incredible facts to heart you will surely marvel more than ever about the amazing temple with which our Heavenly Parent provided us as His children. At the beginning of the Bible we read: *“And God said, ‘Let there be light,’ and there was light. God saw that the light was good...”* (Genesis 1:3) Modern science confirms the central position of photons especially in respect to biology, the biophotonic light that sustains life. At the beginning of the New Testament we read about the Word of God which became manifested as the Light of Man. (John 1:4)

Please, dear friends, allow the fundamental facts about the centrality of light provided by the eternal and unchanging Truth of our Creator to sink into your heart and soul. I would like to encourage you to reflect about it to become more deeply aware of the enormous potential and wonders which are manifested in our whole being as God's sons and daughters who are alive based on billions of harmoniously combined activities going on in inside of us in each and every moment. They all are precisely organized and as soon as they are out of sync or disturbed in one way or another, we feel unwell and even get sick if that state continues for a longer time period.

Now let me ask you: What is your understanding of illnesses and how to overcome them? You know my insights in this respect as I have shared it with you in dozens of reflections based on confirmed scientific facts of which some of them may have been very new for you as they are not being taught by conventional medicine which is in turn dominated by the pharmaceutical industry. In which way are you evaluating what is going on today, especially in connection with the so-called corona crisis?

I hope that by now it is clear for you that behind that tragic development is an agenda pursued by self-centred individuals who prepared this plandemic for which no scientific basis exists in respect to a virus being the cause of people dying prematurely with the ultimate goal to vaccinate all 7 billion people, an agenda which Bill Gates pronounced in spring of 2020 in an interview at the prime time of the main German TV station so that the whole population will know about it.

According to the country you are living in the lockdown measures will have been more or less harsh during the past months, whereby the overall question that must be asked at this point by each and every one of us is indeed: What do I believe as a spiritually oriented person? Do I still have (blind) faith in conventional medicine propagating the germ theory and

the hypothesis of contagious diseases, whereby both theories have never even once been proven to be scientifically correct? Your answer may be that you are still not sure what to believe as you are not a scientist and you cannot check what is really true, but such an answer is not valid for people of deep faith, because they should know that God has provided us with such a miraculous body which is still not fully understood after thousands of scientists have studied it for centuries in all parts of the world.

As someone who knows that we were created by a Loving Parent it is impossible to believe at the same time in dangerous viruses that can kill anybody at any time a person gets in contact with them because if they existed the realization of God's ideal world would be impossible to begin with as people may lose their life at any point of their existence without their fault. And what about vaccines? It is claimed that they can create some beneficial processes in our body, whereby one of the companies producing them recently confessed that they had underestimated the side effects which are at around 40% of the recipients severe up to the point of death!

Very sadly, even many of those who believe in God as an amazing Creator emphasize to follow the government directions made by politicians which are in most countries influenced by Big Pharma pushing for the vaccination of all humankind, not only once but with two or three and more doses against a virus which was never isolated, that means nothing less than not shown to even exist!

The conclusion: On one side is the eternal Truth of God who provided us with such an amazing temple for His and our spirit to dwell in whereby billions of biologically fine-tuned processes are taking place each and every second.

On the other side are those who interpret reality from a purely materialistic viewpoint and unfortunately also the people of faith who show that they do not trust that God gave them a body which can cope with any kind of health issues and believe therefore in fake scientists who offer them a vaccine which is better than what God has created!

Where are those who are fighting on the forefront of liberating humankind from ignorance in respect to the human body as well as their true spiritual situation?

This is a very important question in the present time where decisions are being made which affect our future generations, the way they will grow up, being vaccinated again and again from birth to their deathbed or in freedom without any interference by those who are not really interested in people's health, the medical industrial complex, which represents one of the most powerful forces at this time.

I trust that you will do your homework of clarifying any open question so that you can be certain where the truth lies and that you will offer your heartfelt contribution to stop lies and to substitute them with the truth of a God-centred viewpoint where the dignity of human being are upheld along with the integrity of the human body which must never be harmed by vaccines, radiation, chemo, unnecessary operations, etc.

The correct answers are available, alas few people take them to heart and make them the foundation for their life to ensure to act fully in line with it. I hope that you as reader of these lines reflect seriously on the situation we are in and contribute from your heart and clear mind to developing the practical solutions which will benefit future generations to live in the light of truth rather than the spiritual darkness which prevails at this time.

What we need more than anything is the relevant precise information

Dear friends,

Dedicated Christians know that the problem in the Garden of Eden arose with Adam and Eve receiving the wrong information from the archangel who sowed the seed of doubt in their minds in respect to the commandment which they received from God for their own protection. The result was a history of humankind wondering in the darkness of ignorance concerning core fact of God's eternal and unchanging Truth.

Over the years, centuries, and millennia more and more of the lost Word of God was discovered, culminating in today's profound knowledge of the principles of creation and restoration which have been revealed centred on spiritual leaders and true scientists who contributed to the truth coming to light in every aspect of life.

In my letter about photons as connection between our invisible spirit and the visible body I mentioned professor Dr Fritz Albert Popp's explanations in his talk which you find in German language at this link <https://www.youtube.com/watch?v=NfQObPCqNHY> where he points out that the photons in human cell are a billion times superior to modern technology in its capabilities because they are able to store information a billion times longer than even the best laser beam can perform in respect to the coherence time. The high sensitivity of biological systems created by our amazing Ultimate Origin can be admired in countless examples in nature, e.g., in the sensitivity of certain fishes even to sense the light from a flashlight in a distance of hundreds of kilometres. No man-made instrument is able to detect light to such an incredibly high extent.

Concerning physical energy human beings cannot show a high performance in comparison with what modern technology provides in manifold ways. But in respect to storing and using information none of the existing systems come even near to what the human body is capable of doing, whereby coherence plays a central role. The challenge to allow 100 000 processes in one cell to take place at the same time is not a problem of energy but one of information. Also, in regard to providing the body with the needed energy through food it is obvious that nourishment plays only a minor role compared to the absolutely required correct information in the cells to ensure that we will not get sick.

Information is needed for the steering and controlling of the manifold processes of life. We only need to think of consciousness. No computer whatsoever comes in any way close to what we are able to manifest in respect to our awareness as well as unconscious memory. In this area we have gigantic abilities compared to what modern technology is able to provide. Unfortunately, only few people recognize this fact. Some seemingly godless and superficial individuals dream of a fusion between the human brain and computers without considering how very tiny the level of technological achievements is compared to what the human mind and cells are capable of accomplishing.

The poor comprehension of God's creation can be seen in scientists who still think that electrons have to physically meet and influence each other or to get processes going whereas those who have come to realize the amazing qualities of photons know for certain, confirmed by science, that communication can take place far beyond external connections as it is happening continuously e.g. in the exchange of ideas among people. It is indeed sad and deplorable that most scientists have lost the ability to look deeper with a broad mind to recognize the whole picture of the enormous potential and capabilities of human beings, who excel enormously compared to what even the best technology can provide in respect to

being able to store and use information for the wellbeing of all humankind. We urgently need scientists who are prepared to do true research without having the goal of earning money in mind.

The textbooks of biochemistry teach that a chemical reaction can only take place if it is stimulated through a photon. It was already in 1923 that the existence of photons was proven for the first time by a Russian scientist, but in those days it was forbidden to accept such results by the communist authorities. That means we know already for one century that photons exist as the ones controlling cellular metabolism, yet today the vast majority of mankind believes in vaccines containing (poisonous) substances that are supposedly able to improve the biological processes in the human body, including Spiritually oriented people who should know better than anybody else! Most people are blind to recognize the amazing abilities of photons to store and to convey messages, information that is essential whereby biological light photons are the only possible way of guiding all the complicated processes taking place in every one of us.

The famous Nobel Prize winner Erwin Schrödinger emphasized that nobody should call himself biologist if he cannot answer the question as to why no mistakes occur during mitosis, the multiplication of cells. It is relatively easy to present some molecular structures which are involved but the decisive question is why this complicated process of cell division in which one cell (the mother) divides is happening so perfectly. Mitosis consists of four basic phases: prophase, metaphase, anaphase, and telophase. When the cell division process is complete, two daughter cells with identical genetic material are produced.  
(<https://www.thoughtco.com/stages-of-mitosis-373534>)

How is each and every step of that complicated biochemical process controlled to ensure its flawless performance? Such fundamental questions are generally not important for scientists with the tragic result that they miss out on the most important points, leaving them in a position where they are incapable of providing the correct answers in many decisive areas of life, ending up with believing in fairy tales like the ability of so-called viruses as dead material to give directions to a cell what to do, to reproduce its genome, etc.

Tragically, also the vast majority of religious people is stuck in having great faith in what totally unqualified scientists tell them and even hide their face behind masks which are useless and only serve to harm one's health, and even welcome being inoculated with poisonous drugs with severe side-effects including death! Here the virology fraud is explained in clear terms: <https://odysee.com/@FreeFromFinancialSlavery:2/COVID19-VIROLOGY-FRAUD-EXPLAINED-IN-some-minutes:8>

Unfortunately, we see nowadays the widespread practice of scientists acting in favour of Big Pharma which is financing their research projects, influencing how the outcome looks like. Politicians and the mainstream media support the interest of super rich individuals and organizations pursuing their respective agendas. Therefore the first step to bring an end to all wrong developments is to return to the scientific facts and the truth which is backed up by **true science**. How reality looks like can be understood when reading the book *"The Illusion of Evidence-Based Medicine."*

To conclude with a positive note, please try to always use your intellect and reason well and remember what the letters of the word "think" stands for: T – is it true? H – does it help? I – is it inspiring? N – is it necessary? K – is it kind?

## Amazing snow crystals and water as the carrier of information

Dear friends,

I suppose that you have seen impressive pictures of snow crystals. Here are some examples of such for me awe inspiring photos of the beauty of God's creation:

<https://www.facebook.com/photo/?fbid=10221302973216222&set=pcb.10221302973976241>

Merely watching attentively the outstanding beauty of these crystals while knowing that there are no two snowflakes which are the same and considering that every one of the trillions times trillion basic components of the snow falling from the sky have a unique shape is proof enough for the existence of God along with all the countless other wonders in the universe. That is my conviction in the light of such incredible beauty being manifested in this universe.

What I would like to encourage you is to take the time to look at such impressive photos of water crystals and to meditate about them based on the insights which Masaru Emoto has found out. Jerry Pollack who received the 1<sup>st</sup> Emoto Peace Prize is another pioneer in the field of studying the qualities of water centered on its fourth phase as you can see here: <https://www.youtube.com/watch?v=i-T7tCMUDXU>, <https://www.youtube.com/watch?v=nSbg3cuZNRQ>.

Who causes the creation of such manifold forms of water crystals? How is the information provided? Obviously, most scientists do not have the correct answer because they exclude the possibility that an invisible energy field can influence the creation of physical materials. If they would overcome their prejudice against the existence of spiritual substance or invisible information and expand their minds to include it into their scientific research then they could easily understand what is scientifically proven in experiments like the one documented in this film about Water Memory: <https://www.youtube.com/watch?v=R8VyUsVOic0> (2014 Documentary about Nobel Prize laureate Luc Montagnier).

Jacques Benveniste is one of the pioneers in respect to showing that water has memory, a fact that is also researched by scientists in Germany as you can see in this short presentation about Miracles Of Water: The Mystery & The Memory: <https://www.youtube.com/watch?v=l2R1YJvR7fg&feature=share&fbclid=IwAR2y4wdYmnRflBTQzlmN6TfSlvXDnEX0GQbDHRW40iRBSd8nM-rOh93DexA>.

In the documentary about the scientific work of Professor Luc Montagnier in his later years you can hear the narrator say: *"How can DNA molecules be reconstructed without any model? It is breath-taking."* Yes, it is indeed breath-taking when you are the witness of the proof of invisible knowledge determining the assemblance of DNA particles into a structure based on information conveyed merely via the internet without the help of any physical molecules which could serve as the source of information.

One of the scientists comments: *"Every time it is exciting for us because we feel that this is really a turning point for biology, but also for physics. I would say for knowledge in general."* That is certainly the case, yet such precious insights are denied and suppressed by the conventional scientific community which is refusing to face the fact that invisible information is definitely the basis for the visible structure they observe in the universe. That new dimension of medicine is fiercely opposed by the powerful pharmaceutical industry because it will lose its influence once these precious insights become widely known.

The proof of invisible knowledge determining the assemblance of DNA particles is available and the way open for that reality to be used for treating patients with frequencies

instead of conventional medicine. Wave medicine is a new field in biology dealing with the wave frequencies we carry in our body. Yet most scientists decline to take a stand on this new understanding because they are afraid of the consequences. Jacques Benveniste is considered to be the Galileo of the 20<sup>th</sup> century, condemned because his positions went against the scientific dogmas of his time.

The statement that water has a memory changes our whole view of the world. The time has come for the invaluable new insights to become widely spread, yet it depends on you and me, all of us, how long it will take until we use the full potential provided in the human body to serve us well for about 100 years.

Additionally, it is important to know that there is a substance that is a fundamental part of the realisation of life and that is the so-called "water membrane" or surface tension of water. This membrane, which is wrongly defined as the 4th phase of water, is the substance that water itself creates when it comes into contact with gases, solid surfaces, dissolved substances or when whirling movements are generated. From this substance, life is created. It is a substance of high density (1.4 kg per litre), liposoluble and viscous like a gel. We are made of it and it envelops nucleic acids, tissues, organs...

Currently almost 1,000 studies exist which show that hydrogen water helps relieve symptoms for over 150 diseases. Guy van Elsacker, David Marsalek, Dr Mami Noda, Professor Oleg Medvedev and many others emphasize the great advantages of molecular hydrogen therapy, whereas on the other hand negative campaigns against that valuable way of healing patients have been carried out to discredit this method as it puts the many pharmaceutical products in a position to be not needed anymore.

There are manifold ways of helping sick people that work much better than conventional medicine, yet in reality they are strongly suppressed by the medical establishment. The battle for the victory of goodness and truth has to be fought in so many areas both for the restoration of the spiritual as well as physical health of God's children.

May I ask you: What are you prepared to invest for that essentially important task? I am asking this question because each one of us individually and collectively together we decide to a certain extent how future generations will live – according to the way we respond to the given issues with which we are confronted today.

You and I decide whether our descendant will have a good start in life due to being educated properly with profound knowledge or with all kinds of lies as it has been the case in manifold ways for most people until now.

Sincerely yours,

Nikolaus

The cells of the human body are light-driven batteries creating energy

Dear friends,

I hope that by studying the valuable content to which I provided links in the reflection "*Amazing snow crystals and water as the carrier of information*" you have become familiar with the important fact that information is being stored and conveyed through water because it provides answers to questions which could not be resolved in the past. There is of course so much more to be learned about water as it has some 70 abnormalities which scientists are struggling to explain, as in most cases they do not have valid answers yet.

I would like to invite you to watch attentively the talk by Dr Gerald Pollack whom I introduced in the here-mentioned reflection, speaking about water, cells, and life as it is decisive that we are aware of the connection between them in order to know more of the basics of how life functions and how we can support it in the best possible way in order to secure a long life here on earth with our body in a wonderful shape to use it freely for manifold purposes rather than being stuck with all kinds of health issues especially in old age: <https://www.youtube.com/watch?v=p9UC0chfXcq>. Dr Gerald Pollack mentions the benefits of infrared light for our body, which is known for a long time. My parents used it to help us children to swiftly regain our wellbeing when we did not feel well, so I am familiar with its healing potential from my childhood. (As infrared light emanates from materials night vision cameras can be used to film even in the dark.)

Scientists found out that when water meets certain hydrophilic (water loving) materials the water molecules split into positive and negative. Negatively charged water is a different phase of water, not even H<sub>2</sub>O but H<sub>3</sub>O<sup>-</sup>, representing what might be considered a fourth stage of water beyond solid, liquid, and vapor, namely a semi-crystalline water called EZ (exclusion zone). As this phase of water builds it pushes out everything that is inside the water like solutes and particles.

Green plants suck up light energy and transform it into chemical energy which drives its metabolism, the growth and whatever the plant does in the course of its life. All of this works through water that is absorbed through the roots, moves to the leaves where it receives the light energy that is used to split the water into positive and negative, which is the first step of photosynthesis driven by light. We can say that light creates that kind of "battery" with plus and minus not only in the plant cells but also in the human body.

Cells operate much the same way also as a light-driven battery. Light is responsible for building the negative charge in the cells in order to create energy. In this way light is actually driving the work of the cell functions. Just like plants also our cells undergo the first step of photosynthesis. The energy needed for our cells to function properly comes not only from food but also from light. Light-induced separation of charge is used to provide the energy we need to move and act day by day. For this reason it is obvious how important sunlight is for our health...

Dr Stefan Lanka emphasizes that the main function of nucleic acid is to release energy and, secondly, it is a component in the production of a few proteins and enzymes. Ninety per cent of proteins and enzymes are generated by the human body without genes, i.e. without blueprints. For the remaining 10% the body does have "blueprints" or "templates". However, the belief that viruses have played an important role in evolution is wrong. Life generates its own nucleic acid and this is important because it is the primary energy generator of cellular metabolism.

Concerning conception it is important to know that actually thousands of sperm are needed to fertilise an egg. People think that just one sperm is enough, but it's not. It takes a



lot of tissue to get the process going. A sphere of up to 64 nuclei is created which, after a process of invagination, gives rise to the three embryonic germ layers that form the different organs. Only later do the cells appear at the edges of the organs or in the bone marrow where red blood cells are produced. But organs - such as the skin or the brain - are not structured in a cellular way. What you see when you put dead organic tissue under the microscope after applying chemicals and dyes is a laboratory artefact. Stefan Lanka explained this in detail in three articles which he published in 2019 in the journal *Wissenschaftplus*.

The conclusion is that the understanding of life arising from the embryonic germ layers is correct and not the theory of the indivisible unit of life in the form of the cell.

DNA has a different function than is commonly believed. It is the resonator and stabiliser of metabolism: *“Enveloping the nucleic acid is the substance I mentioned, the water membrane, which arises from water itself and turns back into water when it releases energy. It is the fundamental substance of life. Aristotle called it ether and the ancient Indian cultures called it prana. We absorb it with our breath...”*

It is very important to know that the **nucleic acids in each nucleus are constantly changing independently of each other**. What virology is trying to do, to make a larger viral genome out of small genetic fragments, has already been attempted by genetics. First they tried sequencing large DNA fragments in order to assemble them into a chromosome, but it didn't work. Then they resorted to shotgun sequencing, which consists of randomly dividing fragments of DNA and creating by sequence alignment millions of fragments, the continuous sequence that represents the chromosome. But this is a mental construct, as no one knows how long a chromosome is or what it looks like. Erwin Chargaff had warned that the prevailing scientific theories could not be used to understand reality and would only lead to destruction.

<https://mail.google.com/mail/u/0/#inbox/KtbxLrjNcGKXvFmxGCQwtFVnVxvhtwixNV>:  
At this link you can see a talk by Bruce Bugbee about turning water into food, a reality which we all need to be aware of in order to broaden our mind concerning what is possible – the wonderful potential our Loving Creator has provided for us to take care of ourselves and each other by using His creation well.

God is indeed our Parent who wants the very best for us as His children. It is our task to invest also our heart and mind to the fullest extent to expand the realm of fulfilment we all are supposed to enjoy during the century we are destined to spend here on earth.

Sincerely yours,

Nikolaus



The human cell as a cavity resonator of sunlight is the correct answer

Dear friends,

In a previous reflection I referred to the issue which Nobel Prize winner Erwin Schrödinger emphasized, namely, the open question as to why the complicated process of cell division is taking place so flawlessly in the human body. Scientists working with professor Dr Fritz A. Popp found out that the correct answer lies in the human cell being a cavity resonator for electromagnetic waves.

Cells are nothing less than sun collectors as resonators that respond to sunlight by producing standing waves in resonance to the whole spectrum of sunlight from ultraviolet to infrared light. In this way also “sound figures” are produced with electric forces being active in the cell, which make sure that photons preserve their proper position based on the electromagnetic field that is created through sunlight.

The impulses provided by photons serve to stimulate cells to grow just as well as to stop them from further growth, regulating their existence in a coherent field in connection with the other cells. All activities of a cell are guided by such impulses initiated by photons. From this standpoint biology is centered on information and not merely on external factors like atoms and molecules. Based on that understanding and focus we will be able to appreciate life much more than when we only consider the material side of all existence.

Knowing that our Ultimate Origin is not merely the greatest artist in respect to the wonders of creation but also our endlessly loving Parent we will pursue the path of becoming one with God in heart and soul. The decisive question is how much we are investing in order to get to know Him better so that we will be able to resonate with His Heart more closely. Timeless wisdom teachings encourage us to use both science and religion in order to overcome any form of ignorance so that we can finally live under the direct dominion of God's Love as we were destined to do from the very beginning.

In this interview <https://www.youtube.com/watch?v=trycaZzwMeo> you learn that Dr Fritz A. Popp emphasizes that man is essentially a being of light. That is certainly true, and spiritually oriented people are called to complete this understanding by making sure all people know that we are a being of love, called to be the embodiment of True Love.

If you want to know more about the precious insights which this pioneer in exploring the origin and function of life I want to suggest studying the content which is presented at this link in German <https://www.lebenswertes.de/2016/01/14/der-mensch-ist-ein-lichtsaeger-dr-fritz-a-popp/> by translating it into your native tongue.

Here [https://www.resonancescience.org/blog/Liquid-light-at-room-temperature?fbclid=IwAR0\\_7kCmiu5eQWHeBljh7zrnIBRbqOTIJ5UvPUXMWSRPacMvMOhRZ\\_smjJ0](https://www.resonancescience.org/blog/Liquid-light-at-room-temperature?fbclid=IwAR0_7kCmiu5eQWHeBljh7zrnIBRbqOTIJ5UvPUXMWSRPacMvMOhRZ_smjJ0) you can read: *“When we think about liquids, we think about one of the four known states of matter: gas, liquid, solid and plasma (charged or ionized gas). Light being massless, the words Liquid and Light put together seems at first like an oxymoron. But not so long ago, in 2013, a theorized similar situation predicted in 2007 and called ‘photonic molecule’ was made artificially. In these experiments, photons – quantum of electromagnetic fields, which have no rest mass and travel at the speed of light in vacuum – bind together so strongly, they behave as molecules, and so acting as if they had mass.”*

At this link <http://www.biontology.com/biontology-2/> you can learn about light as the foundation of life: *“Every biochemical reaction is preceded by an electromagnetic signal, or biophoton. Without these biophotons the body would be an inanimate object. In other words: when there is light, there is life. By targeting the underlying electromagnetic signal, Biontology® addresses the root cause of all physical, emotional, mental and soul ailments.*

*Biontology® is a holistic approach to health. The word Biontology® is derived from two words: “bio”, meaning life, and “ontology”, the study of the nature of being. It describes a holistic approach to health and unites the Chiren® (biophoton instrument) with several ancient and new healing modalities that also address illness on the causal, electromagnetic level. Examples of therapies that are based on light are acupuncture and homeopathy. Biontology® builds upon and extends on these therapies by applying the body’s own light directly as a tool to help the body heal itself.”*

The Institute for Applied Biophoton Science declares: *“It is our mission to restore the foundations of our clients' health so that they regain the capacity for self-healing on a physical, emotional, mental and soul level. This way, awareness of their body's signals (symptoms) and trust in its immune system is raised, resulting in complete independence of outside help. The ultimate goal is to free everyone from the widespread misconceptions and illusions around illness and health and to reignite respect for nature's intelligence.”*

As you can see many valuable efforts are being made around the world to help people to regain their original state of health in a natural way. The knowledge needed to live a truly happy long life is there both on the internal as well as external level.

The one decisive question remains relevant: Who takes the truth to heart and acts accordingly by embodying its content and helping others to do the same?

Sincerely yours,

Nikolaus

## The secrets of light are unveiled with the help of modern technology

Dear friends,

One of the great mysteries of biology is how cells communicate with each other. The standard scientific view is that DNA, the blueprint of the body's proteins, and amino acids somehow manage to spear-head all the body's dynamic activities. Where scientists fall short is explaining how the DNA knows when to orchestrate this, and how these chemicals all blindly bumping into each other can operate more or less simultaneously.

At <https://bigthink.com/surprising-science/alternative-nucleic-acid> you learn about the central dogma of biology stating that genetic information flows from DNA to RNA to proteins, but new research suggests that this may not be the only way for life to work, with the conclusion that DNA is not the only genetic molecule. The genome supposedly contains all the information of an organism that is required to build and maintain it. Because the scientists' understanding is widely still based on unconfirmed theories it is important to question existing concepts of cells as the core structure of life because they are incapable of answering relevant questions.

Valuable answers concerning the fundamental issue of communication between cells are provided by professor Fritz Albert Popp who has been researching for decades centred on biophotons, tiny frequencies that are mainly stored and emitted from the DNA of cells. He found out that this faint radiation, rather than biochemistry is the true driving force in orchestrating and coordinating all cellular processes in the body: *“Every chemical reaction takes place if, and only if, at least one of the reacting compounds is excited by a photon. . .*

*This means that 1) without photons chemical reactions are not possible and 2) the distribution of photons regulates the chemical reactivity in non-living and living matter.”*

Professor Popp uncovered a new communications channel within the body that uses light as a means of instantaneous, or 'non-local', signalling to the rest of the living organism. *“These signals contain valuable information about the health state of the body as well as of therapeutical effects,”* he says. His research takes us one step closer to understanding the multi-channel method by which the body communicates with itself and with the rest of the universe. Parts of the body tell each other about the state of things using “messages of light” that are conveyed through tiny currents of light waves with a surprisingly high intensity.

What's more, these photons in the living systems he examined were more coherent than anything he had ever seen. In quantum physics, quantum coherence means that subatomic particles are able to cooperate. These subatomic waves or particles not only know about each other, but also are highly interlinked by bands of common electromagnetic fields so that they can communicate together. They resonate like a multitude of tuning forks all attuned to the same frequency.

As the latest science has discovered, particular frequencies cause certain 'photochemical' reactions in the body, not unlike photosynthesis in a plant, which harnesses the power of the sun and converts it into usable energy. Unfortunately, most of the science about laser therapy concentrates on the results and not why this type of light has such a profound effect on the body.

Light is confirmed to be a means of instantaneous non-local global signalling. The signals contain valuable information about the state of the body's health and the effects of any particular therapy. In essence healing is about harmonizing the body's light emission in order to restore the body's equilibrium. These light emissions also serve as a communication system between living beings whereby photons are absorbed and light patterns sent back as though the two beings are having a conversation.

I would like to encourage each one of you to listen attentively to Lynne McTaggart (<https://podcasts.apple.com/us/podcast/episode-3-how-we-communicate-through-light/id1475463467?i=1000449012111>) explaining how we communicate through light. She points out that the human body has the highest possible coherence in nature.

Biophotons are stable until an organism is disturbed which causes them to go up or down. It was discovered that if a medicine is applied in one part of the human body, a large change occurred in the number of light emissions not only in the place where he deployed the ointment but also in distant parts of the body, whereby the size of the changes correlated in every location - they were the same.

Scientific evidence shows that focused attention creates more biophotonic emission, and because of that aids healing. Now it is confirmed that conscious thought like healing intentions create waves of light with streams of light flowing to the patient, very powerful and coherent light waves that can be shown even with thousands of km in between through special very sensitive cameras. Such light emissions create a highly ordered subatomic network. In quantum physics, quantum coherence means that subatomic particles can cooperate, they know about each other and are interlinked by common electromagnetic fields enabling them to communicate with each other, forming a bigger whole where individual waves affect the whole system.

In this conversation <https://www.youtube.com/watch?v=993bL082ow0&t=12s> centred on "*Healing Ourselves: Biofield Science & the Future of Health*", with Dr. Shamini Jain & Dr. Dawson Church, you can gain valuable insights.

There is still a lot to be discovered to gain deeper insights concerning the connection between our mind and heart and in which way our spirit affects the body. The deeper we understand fundamental relationships the more effective we will be in maintaining our own health and supporting others to regain their wellbeing.

Traditionally the practice of healing through energy is widely spread not only in the Christian culture through the practice of laying the hands on the sick parts of a patient's body. The Japanese term for healing, especially for healing of wounds, is /te-a-te/, which is literally the "*laying of hands*".

The conclusion is clear: We affect things in our surroundings for good or bad based on our thoughts and emotions. Focused attention creates more biophotonic emission, and in this way the recovery process can be supported. It is in our hands to heal the world together based on our love for others which mobilizes the necessary energy which will result in finally all people being able to resolve their issues and enjoy a happy long life.

## The correct priorities arise from our essence as vibrational beings

Dear friends,

We speak about the invisible and visible substantial world. What is this substance like? It is none other than vibrational energy based on frequencies whereby the highest frequency is manifested when True Love is being practiced. For this reason it is decisive to leave behind any limited concepts about our position in the universe and to become fully aware that we are indeed vibrational beings who are destined to live in the realm of God's Love, which means nothing less than vibrating on very high levels by embodying all the wonderful qualities we can think of.

Due to the development of science to new levels it is now possible to measure even milligrams of weight and confirm in this way the existence of substantial spiritual energy and even define the frequencies of people's emotions. In this respect it is important to know that everything in the universe is energy. All of this energy vibrates on different frequencies. Every person has his or her own vibration.

The vibration of love and light are the highest vibrations along with the most elevated human emotions. Life is based on frequency and resonance, and therefore we must make sure that we raise our vibrations by practicing truly unselfish love for one another and all creation in line with the True Love Principle.

Everything can now be clearly and logically understood and even be proven by scientific experiments. Yes, the fundamental questions of life have all been answered both in respect to our spiritual as well as physical existence, so that nothing stands in the way anymore to create the New Heaven and New Earth where all people live in deepest fulfilment because they are fulfilling the original purpose of creation.

The only thing that is hindering us from experiencing that ideal world is our own behaviour. Each one of us can leave the realm of acting according to some selfish nature behind and live without any traces of the Fall because we have every answer that is needed in order to fulfil the purpose of creation. We only have to put into practice what we know by not allowing ourselves to be dominated by self-centred emotions but strive from morning to evening to be there for others with a loving heart, investing all we have into raising the spirit of people, a mindset from which we naturally will benefit ourselves greatly.

Yes, the way to reach perfection here on earth is open for every human being who is prepared to take full responsibility for their actions, to "self-correct" daily based on their own insights and the willingness to continuously learn from others. We have all the fundamental knowledge concerning what makes life worth living and have the tools we need in order to experience ultimate fulfilment. Most of all we have our heart and soul which we are supposed to invest 100% while doing our best to live for the sake of other people's happiness.

The task at hand is to focus on all the wonderful qualities which create a high vibration in our whole being like showing generosity and gratitude, love and compassion for all living beings, up to the level of practicing unconditional and universal love which is measurable in frequencies beyond 200 hertz, especially when expressed in fervent prayers and selfless dedication to invest all we have to enrich other people's life.

## Touching the body with a loving mind is essential for everybody

Dear friends,

In case you understand German I would like to encourage you to watch this documentary (<https://www.youtube.com/watch?v=UDM7yf3b2Bw>) about the importance of touch for the human body, starting from pregnancy until the final breath is taken, whereby it is confirmed that receiving and providing proper touch prolongs a person's life. This important area has unfortunately been widely neglected by science until recent years although it is a fact that touch is a basic need like the air to breathe and the food we eat.

The biochemical processes in the brain are dramatically changed in a positive way merely through the tender touch a person's body's experiences, which is truly vital for our existence from the period a baby spends in the mother's womb. Especially after the time of birth when the baby is only able to see some 30 centimetres and also the sense of hearing needs another month to be fully developed, the touch is ever so central for the newly-born to make the connection with the world. It is actually so important that a baby would not survive without it as it represents the essential way of communication and interaction with the surroundings.

If a baby is crying then it wants to feel the body of the parents. Words alone are surely not enough to calm the infant. When the soft pressure which surrounded the baby in the womb is gone, the touch of the mother and father that lets the child feel that someone is there for them, caring for their wellbeing. In this way it is from the first moments of new life having been born that sensing tender touch is crucial for a healthy development of the psyche and the body.

Touches cause us to feel security and closeness, providing comfort or stimulating excitement, expressing joy and connection, ideally with bonds of heart being established. Actually, the human body is capable of differentiating well between the various kinds of touches and swiftly recognizes whether a touch is benevolent or done with bad intentions. Within fractions of a second various receptors in the skin let us know what kind of touch is felt in a certain situation. To sense the various forms of touch is the very first "language" a baby learns. That process continues throughout a person's life whereby scientists are now researching the role of touch in human communication.

If touch is included in loving relationships the depth of connection and emotionality is strengthened. From this standpoint it is obvious how very harmful social distancing actually is because in this way the essentially needed social interaction is greatly restricted. This is especially true for children who still have to learn how to interact properly. The lack or even missing of personal touch causes definitely much harm. To touch and kiss the young ones, to shake hands, etc., is ever so essential, yet it was gravely neglected through lockdowns which were in no way ever shown to be beneficial!

A tender touch can be calming and make us feel relaxed, which is important in many situations, yet it was forbidden through the order from above, without any basis in scientific facts! Loving touch is needed on so many levels, yet it has been gravely restricted with serious negative long-term consequences particularly for young people. How very important touch is from the outset of a person's life is confirmed by the fact that touching a baby stabilizes the breath, the temperature and even the level of sugar in the blood of the infant.

Even after years the cognitive differences between those who received enough touch and those who didn't can be clearly seen. Very sadly, that biologically truly essential way of communication has been greatly neglected in the past and even now. It is well proven that those who do not receive the fundamentally needed touch are damaged in their psyche with

long-lasting negative consequences which include performing poorly in cognition and memory, etc., even to the extent that the volume of the brain is shrinking as it was shown through animal experiments.

Being touched is decisive for babies to feel self-assurance and to develop their self-esteem. The direct contact between parents and the infant is stimulating and supporting the growth of the body. When a child's skin is touched millions of receptors react and produce micro-electricity which reaches via the nerves various regions in the brain where they are releasing the electric storage in special cells which in turn stimulate growth in different parts of the body. In this way touching someone has an effect on the whole body where it causes certain reactions in people of all ages.

It was merely a few years ago that scientists discovered for the first time how a person can biologically distinguish between pleasant and unpleasant touches via special nerve fibres where the information is conveyed not as usual in a few milliseconds but the conveying contents via nerves takes one or two seconds to reach the brain, providing information about the quality of the touch. It was shown that people automatically touch their face in situations of stress, which has a calming effect on the brain activities and supports concentration and the preserving of our emotional balance.

Touching yourself has a very different effect than when someone else touches you. This means that the same stimulation of feeling touched can cause a wide variety of reactions. To touch someone who is sad can have a comforting effect whereby information is first of all conveyed to the spinal marrow and then to the brain which responds with extra information for the medulla (spinal cord). When experiencing the touch of another person, regions of the brain are active which are responsible to recognize the intention, thoughts and plans of people, which remain inactive when touching yourself.

Physical touch is so very essential for human beings that the absence has very grave negative consequences, especially if it is for a prolonged time, as it is the case when strict social distancing measures are implemented, with mental health issues widely rising. By now it is fully confirmed that there is a direct relationship between lockdown measures and the stress level of people. On the other hand, we see the reality that we automatically touch the part of the body which happens to be hurt in a little accident, contributing to our feeling less pain in such a situation. That is even true in the case of emotional pain. When your heart is painful and sad, physical touch is often more helpful than words, creating a depth of connection which cannot be reached by words alone.

Here <https://www.facebook.com/HeartMathInstitute/videos/10159581932833669> you find a very valuable short presentation by the HeartMath Institute about the importance of the heart, its special potential and amazing capacity. True healing originates in the heart, in loving care for one another which represents the key to healing the world.

If we look at the development in society in recent years we see that loneliness has become widespread with less and less direct communication without the use of modern technology taking place among people. The result is a rise in psychological problems like depression. What we know today is the fact that loneliness has even higher harmful effects on the human body than alcohol and nicotine, causing people to die prematurely!

The conclusion is clear: There is no substitute for direct physical touch which originate in a loving heart.



## Learning from Paracelsus, the philosopher who reformed medicine

Dear friends,

Martin Luther is a central figure in God's providence who initiated the Protestant religious reformation in 1517. Here I would like to share some of the statements of a contemporary, Theophrastos Paracelsus whereby his first name is derived from the Greek "*theos*" referring to "*God, divine*" and "*phrazō*" meaning "*to explain, interpret.*" I am certain that he was called to offer important explanations about the correct attitude towards health and how to restore it in case of illness.

In the course of laying the foundation for the realization of God's ideal it is decisive that not only the full truth concerning the spiritual situation of human beings is revealed but also the principled viewpoint of the human body, which included the proper understanding of diseases and the natural way of regaining complete wellbeing after having become sick. Unfortunately, that area has been greatly neglected in the people of faith with the end result that most of them are obedient to government measures in the present corona crisis instead of fighting for the facts to be brought to daylight, starting with the reality that the theory of contagious diseases was never proven to be valid and none of the supposedly dangerous viruses was ever isolated.

In such a situation it is wise to look back in history to recognize the work of Heaven for medicine to move in the right direction, for which Theophrastos Paracelsus has surely made great contributions through his insights of which I would like to present some in this reflection. Paracelsus spoke of a wholesome and beneficial or salutary way of life as precondition to remain in good shape for many years. His timeless wisdom in respect to health and sicknesses includes the following advice for medical doctors: "*Nature is the doctor, and not you. It is from nature that you need to draw from and not yourself. Nature is providing the composition and not you.*" The task of a doctor is therefore to gain his knowledge and to learn his art from the signs shown through nature. Accordingly the doctor has to derive his abilities from God's amazing creation.

Paracelsus emphasized the importance of respecting and taking good care of nature because it contains already the key for resolving any health issue: "*If nature is protected then it is nature itself which will heal all sicknesses because it knows how to heal.*" Concerning how to find true doctors Paracelsus noted: "*The righteous doctors can be recognized by their love for their fellow human beings.*" "*Those who want to be a good doctor have to think and treat patients based on reason and with the light of nature.*" "*Wisdom has no enemy. There are merely those who do not understand.*" This kind of timeless insights are today more needed than ever before and must be promoted in order to bring about the urgently needed fundamental renewal in the field of medicine.

This is how Paracelsus saw the task of those who help people to regain their health: "*The knowledge, the art, the theory and practice of a doctor lies in the nature of the remedy (medicament). The doctor must consider that God created for every sickness a remedy. To recognize it is the task of the person supporting the healing. He must know that the body by itself is getting rid of more sicknesses than the doctor through his medicine.*" I wish that not only those working in the medical field but every human being understands these basic facts well and takes full responsibility for their internal as well as external wellbeing in line with the ever so fundamental truth which also Paracelsus advocated: "*If the spirit suffers then also the body will suffer.*"



To take good care of our internal situation, the condition of the heart and mind is ever so central to securing that we will remain fine in every respect, what surely everybody wishes to experience. Paracelsus advised the people of his time: *“Wisdom centred on nature is required for the sake of being able to recognize the order in nature where everything is taking place in accordance with it.”* To know the principles, laws and functions that are manifested in God’s creation is indeed essential for us to live in freedom both on the internal as well as external level.

Other valuable insights which Paracelsus shared with those who are interested in his view of the world include: *“Every joy of people has its origin in their heart. Let us live in virtue, peacefulness and love, then we will have a favourable natural heaven.”* Yes, we are meant to live in heaven on earth which starts in our hearts, in our love for one another and all creation. The more we put this core truth into practice the greater will be the happiness we experience.

Concerning the attitude required from patients Paracelsus made it clear: *“Without the readiness of the sick people to welcome healing no success is to be expected. Therefore you need to know that in them needs to be a natural will, a natural force, and a natural sickness. These three are a precondition for a doctor to be successful in his efforts.”*

Another of Paracelsus’ realizations is confirmed through the 5 biological laws: *“If you want to get healthy you need to know that this is not possible without pain.”* What is important to be aware in this respect is the fact that generally physical pain appears when the body is already in the recovery or healing phase after having gone through extreme emotional experiences which are in most cases the root cause behind people getting sick. Through studying the scientific discoveries made by Dr Ryke Geerd Hamer you can get to know the details of how this process is functioning in every human being.

What is also today more relevant than ever is the fact which Paracelsus expressed in the following words: *“There is no sickness which necessarily kills a person or which can make him lose his life because all sicknesses without exception can be healed. There are merely those illnesses where we do not know yet how this can be achieved.”* In the meantime we can know the true cause of any sickness based on what Dr Hamer found out in strict accordance with scientific methods – if only we are open to study this precious content. Unfortunately, most doctors are not prepared or ready to do so, which means nothing less than their continuing to wander in ignorance in many areas where conventional medicine does not know the answer concerning the origin and way of healing of particular sicknesses.

The zenith or essence of truths concerning healing is expressed in statements by Paracelsus like: *“The highest reason of medicine is love. The root of any remedy must be the truth. A medicament must never be based on speculations but on truthfulness and the correct teaching. Medicine is an art that needs to be practiced with a firm conscience, great experience and also with respect in front of God.”*

Paracelsus was convinced that for every sickness a particular medicine exists, whereby he was clear that bodily illnesses require a physical medicament whereas inner sicknesses need to be treated with spiritual means. Spiritually oriented people know that the latter must always be priority.

It is decisive that we really invest wholeheartedly into making sure to take care well of our heart and soul as foundation for enjoying a long life in good health.

## The universal supremacy of the spirit over the body, of mind over matter

Dear friends,

As we go through life it is decisive to distinguish clearly between truth – that which corresponds to reality – and what we may think is true. Ideally these should be the same, but in many areas we are not there where we are supposed to be, a place where not the slightest disharmony and contradiction exists in us.

If you observe yourself then it is obvious that your will is expressed in what you do. Behind every move of your body stands your conscious or unconscious decision to act in a certain way. And according to the situation the body adopts to the circumstances. For example, if you are running you are breathing more strongly and your heart beats on a higher frequency in order to cope well with the extra need of energy. If we act wisely, we will see that our body serves us well over many years without any serious problems. That is certainly something which I have experienced for decades.

The question I would like to shortly address here is the issue of sicknesses. From where do they arise? Excepts if we suffer from poisoning, some harm from an accident, malnutrition or radiation, each and every illness is rooted in our spirit, in an inner conflict situation to which various organs of the body react. In this respect it is important to know that every emotion is directly related to an organ. If our spirit is in trouble then we see a visible expression of that inner disharmony. Not only will we have a sad or worried look on our face but we will also feel to a certain extent uneasy in our body, whereby severe discrepancies in our soul will definitely result in negative consequences for our physical wellbeing.

What may be surprising for you to hear - but what you will surely understand if you reflect deeply – is the fact that symptoms appearing in the body represent not the start of an illness but usually the result of something that has been going on inside of us. In this respect it is decisive to know that any course of getting sick and the recovery of the original healthy state proceeds through 6 phases. During the first three steps you may not even have some pain or other symptoms - whatever they may be, they will naturally disappear again in the course of the body restoring its overall wellbeing. Unfortunately, we are generally not very sensitive to what is going on inside of us, we are not listening attentively enough to what our body wants to tell us, and accordingly we do not respond properly when we are faced with challenges to our health.

Let us take the example, of a father who loses due to the corona measures his job, causing him to feel anger, fear and powerlessness because he is confronted with a situation where he earns no more money, he does not know how to pay the rent, or if he will find another job, etc. It feels too much for him and accordingly the virus represents an attack on his life. Certain shocking events cause strong emotions which influence certain areas in the brain where they can be observed through brain scans (computer tomography), and finally they are expressed in changes in those parts of the body which are directly related to the respective emotions.

The brain stem responds to conflicts concerning our basic human needs, the cerebellum responds to physical or verbal attacks, the medullary layer or white matter reacts to issues with our own self-worth and the cerebral cortex is responsible for any kinds of problems in relationships. The various organs of the body consist of more than one tissue which in turn are governed by the correlative areas in the brain. You can learn the scientific

details by studying the five universal biological laws discovered by Ryke Geerd Hamer which are active in every human being here on earth.

The physical effects which we define as sickness do of course not arise with every strong emotion but only if we are faced with a situation which hits us unexpectedly hard and causes us to feel alone because we cannot really talk with someone about it and find it hard to deal with the new reality. Only under such extreme emotional circumstances will our body be affected to such an extent that he initiated a supportive process. What every one of us will probably experience again and again is that we can be triggered to certain reactions due to traumatic experiences in the past.

This three-fold connection between mental stress, the brain, and the organ which is affected, can be confirmed in every case because for every specific issue a certain area in the brain serves like a switching point for this particular problem causing reactions like e.g. cold hands and feet, which are a sign of a certain emotional state like being fearful. If a person is full of worries, he does not sleep well and has not so much appetite as usual. Our internal situation is always shown in certain external behaviours.

Expressions like *"I have been worrying greatly but after I got the good news a stone fell from my heart"* or *"a burden has fallen from my shoulders"* show that our emotions have definitely a strong effect on our body because there was no physical stone or burden oppressing our being but heavy emotions have been weighing us down. The decisive question is simply: How do I look at what is happening? If I understand the universal biological laws and processes then I will not worry when I notice symptoms in the body but know for certain their meaning and which attitude is important in order to support the complete recovery of our health.

The most important point to be fully understood is the fact that always our internal situation, our emotions and thoughts determine in what kind of condition or state our body functions. It is always active for our sake, which means nothing less that all symptoms and phenomena serve ultimately our own wellbeing. To be aware of this fact is essential, just as well as to be conscious of the fact that it is our individual responsibility to recognize clearly our part in securing a long life here on earth. It lies in the task of taking good care of our heart as foundation for all bodily functions going on harmoniously.

The starting point of such an awareness lies in being conscious of the universal supremacy of the spirit over the body, of mind over matter, that nothing else than our internal situation determines what is going on in the body. Whenever we notice some changes in it then it is important to take a closer look to see what has been going on in my soul and to recognize where some adjustments may be necessary in my mind, in my attitude towards others, in the way I deal with challenges, etc.

Once you are deeply aware of this fundamental principle you will take enough time for reflections on reality and for expanding your awareness of what you are longing for deep inside. To lead such a life of being focused on the center of our being and to cultivate it well is the prerequisite for maintaining your strength and vitality until the end of your days on earth when you yourself decide to move on to the spirit world where we are destined to live eternally while breathing the air of True Love.

May we all do well in preparing ourselves well for this precious ultimate destination by acting day by day in line with the True Love Principle which we need to study in depth.

## The true meaning of medicine and our present reality

Dear friends of good health,

If you search for the meaning of the word “medicine” you will find various answers. This term is connected with many terms and can have numerous connotations and can mean quite different things for people, depending on whether they believe in allopathic medicine or in healing sicknesses with the help of natural means like herbs growing in nature.

What I would like all of us to be fully aware of is the fact that using medicine must be for the purpose of helping a person to come into a harmonized state again. The Latin adjective “medius” refers to “middle” with several meanings that all centre on the idea of being in between or balanced. Medium means something that lies between two other points, whereby the central task for patients is to be in their middle of a balanced state again, which can only be achieved if this state is first of all reached on the internal level. Any other methods will never lead to the desired result, what is obvious when looking at the reality of people taking more and more artificially created drugs to deal with an ever-increasing number of chronic illnesses.

If you are serious about getting or remaining completely healthy, you must first of all make sure that you are in the middle in your mind and heart, well-balanced in your thoughts and emotions. Once you live with this kind of inner peace, you can be certain that health issues will be naturally resolved. For me this is not a theoretical concept but my personal experience of not needing a doctor to deal with some illness for decades. It is up to you to support your body to naturally deal with illness, or to burden it with artificially created drugs which are actually foreign substances that always cause some adverse effects.

The overall situation is very simple and clear: Either you allow the body to cope with challenges the way it is meant to, or you think that somebody else, a doctor who belongs to the category of those with the shortest lifespan, knows better how to get healthy. It does not make any sense at all to trust those who show, that they are not experts at all in leading a long healthy life but represent on average the opposite, to be the reliable advisors and helpers in questions of health, yet the vast majority of people blindly trust that they know best what needs to be done.

Do you also belong to those who show such a contradictory behaviour? This is not a rhetorical but a very practical question: Do you run to the doctor to tell you what is wrong with you and how you should solve your health problem, or do you know that you yourself have caused the feeling of dis-ease, namely the disease, whatever it may be. Because you are the one who made the body react in a certain way it is only you who can resolve the disharmonious situation by setting the right conditions to return to the where we all should be our whole life long – enjoying good health based on being in our middle, centred on the heart, experiencing loving relationships that lift up your spirit and make you feel fine.

There is so much to be learned from old folk wisdom expressed e.g. in the German saying: *“A happy heart and a healthy blood is much better than to have much money and possession.”* I suppose you are one of those who know this fact for certain and therefore you are interested in learning more in sharing centred on the fact that True Freedom, Health and Happiness originate in the heart. Yes, it is our heart and soul on which we need to focus more than anything else if we want to enjoy a fulfilled long life which is truly worth living.

True medicine is about helping people to gain their original state of feeling fine, of restoring harmony and balance in the soul which will naturally result in the wonderful functioning of all organs in the body. The term “medicine” is defined as *“the science or practice of the diagnosis and treatment”*, as well as *“a drug or other preparation for the treatment or prevention of disease”*. Medicine must therefore be about recognizing what a person needs and helping to gain and to preserve a state of wholesomeness where all bodily functions are well in place.

Once we let this basic fact sink into our minds it will become very clear for us that more than anything else we need to focus on our internal wellbeing. We need to behave in such a way that we experience enough love, which is the most important food we need for our spirit. The best guarantee for being able to maintain good health until old age is nothing else than developing the ability to build harmonious relationships where the warmth of love flows freely.

I suppose you are dedicated to supporting people on this path of learning to love themselves and others on ever deeper levels, which means in practical terms of course that we need to help each other to make good progress on this path of enjoying good health our whole life long.

I am very grateful for everyone who is prepared to invest into this timeless task and to contribute in this way not only to their own wellbeing but also the health of others by letting them know what you have learned, how you have been victorious in gaining deeper inner peace as foundation for living without disease and sickness, what we all are supposed to do.

Based on the here outlined realization it is clear that the best medicine in the world is none other than love. Yes, this is what the patients needs more than anything else from his surroundings in support of internal issues to be resolved which are at the root of any illness.

This means of course also that you and I can best make sure that we will not get sick and that we have always enough medicine at hand by building bonds of love which allow True Love to flow, starting with restoring our own dignity as son or daughter of God as our Loving Parent who provided us with everything we need in order to experience utmost joy and fulfilment. Our portion of responsibility to reach this precious goal is to take care well of our soul by expanding our ability to love, so that we can be an ever-better channel for God’s Love to flow through us to others, enriching their life.

The issue is not to believe in a Creator of the universe or not, but to experience the presence of True Love in the heart so that you and I become the embodiment of Truth, Beauty and Goodness, what all human beings are destined to achieve. On the path towards this timeless destination we definitely need each other as nobody can get there alone. We depend on each other because the fulfilment in love can only come through harmonious relationships, which in turn are the key for seeing our highest ideals and dreams fulfilled.

Just as we take time every day to make sure our bodily appearance is acceptable it is decisive that we also invest daily into improving our internal situation by feeding our spirit well so that we can shine for others by radiating our inner peace to the surroundings. In this way we will be naturally contributing to the health of those around us, being a good medicine for them so to speak. If we live with this awareness we will naturally be a blessing for others and gladly welcome every new day as it represents another opportunity to be there for our brothers and sisters of the worldwide family humankind represents.

## Nature is built on cooperation and unity and not confrontation

Dear friends,

Let us consider a few fundamental points which we all need to be aware of, like the fact that nature is built on cooperation and unity and not on confrontation. Please take a moment to reflect on this essential point. Positive developments can only come through working together and not when we are fighting against each other. For this reason we must first of all think about our common foundation as human beings and from that standpoint look towards the future to determine what we would like to change for all people to live in peace and security, protected from the invasion of powerful forces, especially the influence of corrupt politicians who make unreasonable decisions to which every citizen must comply.

When you look at the root of the word "*competition*" you will see that it originates in the term "*to strive together*". That is what we need to do, to work together beyond cultural or ideological borders to find the best possible long-term solutions for the problems with which we are faced today. So we must not compete with one another in the sense of pushing others aside but to always find a way to work harmoniously in unity for the greater good of the wellbeing of all people rather than allowing egoistic people at the top misusing their position and exploiting others for their own benefit. Our task is to move from experiencing misery in whatever way it may affect us to living in heaven on earth, which is surely possible once we are determined to cooperate on every level.

The core problem we are faced with in society is that we have built a cultural behavioural system based on a false understanding of our nature as human beings as well as of science, whereby the majority of people cling to some dogmas which are not even proven to be correct. Merely because people hear the term "*Science says...*" they blindly believe it without making sure that what they are told is actually true. That failure can have tragic consequences, a situation which has become more obvious than ever in the present man-made corona crisis. If we had checked the facts thoroughly then we would have known from the very beginning that contagion, people making each other sick, is merely an unproven theory and for this simple reason there cannot be an epidemic or pandemic. Moreover, not a single virus was ever scientifically proven to exist, which has been confirmed in the case of the so-called measles virus by the highest court in Germany in 2017 and in respect to the one which supposedly causes covid-19 there are still 1 and a half million Euro waiting in vain for someone who can show that SARS-CoV-2 was actually isolated.

We are well familiar with the term evolution, whereby it is important that we know that this is not a passive process but a participatory process which always requires input. The decisive question is therefore: Are we going to work together to create harmony and a new wonderful garden here on earth where all people can flourish or are we going to let the overall situation deteriorate as we have seen during the past months on a worldwide level?

You and I decide in which kind of world our children will live because we are definitely at a historic crossroads where we determine the course of events which influence many generations to come. Please let us take this responsibility in front of history seriously because so very few are actually doing this.

It is up to us whether we strive to understand and support each other so that in the end we will act as the family of man who is united in brotherhood and sisterhood where we sincerely care for one another or we all are bound for ruin because the forces of evil are very

strong as everybody can testify who has been fighting against corruption, lies and deception. We have the power to change our lives and the world in which we live. What is missing is merely to become fully aware of our potential and learn how to use it well centred on the higher purpose of the common good rather than trying to put our personal advantages first.

The task at hand is to become conscious of our true nature as human beings who have a spirit destined to rule over our body in such a way that we can cope with challenges both on internal as well as external levels. We need to take the time to reflect on the past and think of the future in order to be able to make the correct decisions in the present. In this respect I am deeply grateful to each one of you who stands up for freedom which we need to gain in every area, starting with our own inner situation which may be blocked through all kinds of bad experiences of the past so that we cannot easily trust others and find it hard to work closely together with the people in our surroundings.

Once we seriously meditate on the overall situation, we will surely realize that confirmed knowledge is a key element to open up a brighter future for all people. What we need is wisdom which tells us how we can use the truth in the best possible way rather than merely developing more technological power. If you search you will find those who have been pioneering such positive changes based on true scientific knowledge, as for example the renowned cell biologist Dr Bruce Lipton has done. He is the author of books like *“The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles”*, *“Spontaneous Evolution: Our Positive Future (And a Way to Get There from Here)”* and *“The Honeymoon Effect: The Science of Creating Heaven on Earth.”* Here is the link to a nice presentation by Bruce Lipton: <https://www.youtube.com/watch?v=nM5w3EjkdA&t=6s>.

To have a second look at what has actually happened that has led to our present situation on the worldwide level is important because there is a very unfortunate alliance of science, the mainstream media and politics with some scientists in a central position whereby they themselves define what science is rather than allowing controversial theories to be checked with the help of scientific methods. The tragic results of such an anti-science attitude by those who should be representatives of true science have affected ultimately billions of people on our globe. In the face of this unprecedented reality we really have to think twice about the question: In which kind of world do we want to live and what kind of legacy do we wish to pass on to future generations. Science has been misused just as well as politics and the role of media to serve the interests of truly egoistic people who push for their respective agenda to be realized no matter the cost, including the reduction of the world population. For many it is a bitter awakening to come to realize the sober facts, yet there is no way around it if we wish to contribute to positive changes.

I understand that it has been surprising for many of you when I spoke of examples of misconceptions in the field of medicine, pointing to the situation that many of the common beliefs or dogmas in the health system lack any basis in true science, especially in respect to the cause and treatment of diseases. Yet it is there where we need to put our full attention if we want to make sure that the present crisis will not continue or repeat in the form of new plandemics, in whatever way they may appear. In order to be able to stop evil it needs to be fully exposed first and ultimately the correct alternatives based on true science need to be implemented in every area of life.

May we all be successful in renewing our worldview and sharpening our intellect to know for certain where the truth lies and where deception and unscientific methods prevail, so that the latter can be fully eliminated, once and for all.

## Facing reality as it is instead of pretending that it does not exist

Dear friends,

What is the truth which is for most people too difficult to comprehend in the present crisis? That they are being manipulated and controlled on many levels even to the extent of possibly losing their life prematurely due to the actual number one reason why people die, which is none other than medical errors, recognized officially as the third leading cause of death in America. If you look further at what is happening you will find out that it is actually the number one reason why people's life comes prematurely to an end.

I am aware that this may be a surprise for many of you. Medical doctors are held in high esteem around the world, and therefore it seems incomprehensible that their actions are the number one cause of people having to leave the earth untimely because in principle it should be possible for all human beings to live up to around 100 years without major health issues. For most people it is out of question that the very specialists who take care of them when they are sick are the ones who make so many mistakes that errors on their side are indeed worldwide the number one reason for patients' deaths.

You may ask yourself: Why do I not know about this? And the answer is simple: Because there are those who want to conceal this reality by all means. In this respect it is not primarily the medical doctors who have such an attitude but those who are behind them, many of the professors at universities and ultimately the pharmaceutical industry who produces the medicine for those who feel unwell or are in serious health difficulties.

Please try to reflect about this decisive topic without any personal feelings attached so that you can think objectively. I am not speaking about this important issue because I want to criticize those who work in the field of medicine. My own daughter is studying to become a nurse. But there is a fundamental problem: the medical field rests on too many errors and dogmas which are being upheld at any cost because if they were questioned it would cause many stones to start rolling and the whole system would collapse, not because of a lack of money but of expertise.

Having heard me say this you may protest: They are the experts. Who are you to say this? Please understand it is not about me at all. I have no personal interest in addressing this controversial topic other than testifying to what I know to be true first-hand, e.g. that one of those on whom the doctors had given up as "incurable" due to advanced cancer because nothing including chemotherapy helped, was healed completely by my parents who took this young man into their home and treated him with a natural fruit and vegetable juice therapy. He became completely healthy again. Why could my parents who did not study allopathic medicine but have been very interested in natural healing methods heal that person on whom those using allopathic medicine had given up? The answer is obvious: Because they had a better understanding of what is needed when someone is diagnosed with cancer. Of course, my parents are not the only ones, there are countless medical practitioners around the world who are doing an excellent job in helping patients to recover their full health by using merely natural products and none of the artificially produced drugs.

I have spoken before about the enormous potential of the human body to deal with all kinds of health issues without the need for products which are created in laboratories, whereby all of them have adverse side effects besides the positive ones for which people take them. The essential question is here whether we believe in ourselves and know that our



mind and psyche determine what is going on in our body, or we put our own task to make sure we are healthy into the hands of so-called experts, following blindly their advice instead of listening attentively to what our body wants to tell us through the symptoms we notice appearing in our organs, on our skin, etc. Once we know of the absolute supremacy of the spirit over the body we will never fall prey to the various deceptions which are supported by the medical industrial complex where sadly financial profit rather than the health and wellbeing of all people is the first priority.

More than one century ago the main method of healing people has been centred on natural products, whereas today on average people in America take up to 10 pills per day. Accordingly, it is no surprise that themes like the *“Alarming Culture of Pill People”* are addressed. Every person is different and their daily “pill cocktail” will vary, but the notion that virtually every problem has a “pill solution” is alive and well in today’s culture. In line with such a trend it is understandable why the majority is prepared to take the covid vaccine because in their understanding the solution to health issues comes from the doctor, although the number of cases with people suffering from adverse side effects is soaring.

From this perspective the present health crisis represents an opportunity for a fundamental change in people’s attitude towards medicine, but first of all this requires an open heart and mind to face the facts as they are and not pretend that they exist the way one may wish them to be. Denying reality will never lead to a good end, yet that is what is widely happening today, especially when it comes to dealing with people’s health situation, their fears and insecurity in respect to trusting the incredible potential of their bodies as they are used to run to a doctor if some symptoms are troubling them.

More than anything else I am concerned about long-term solutions and not what is the easiest next step, which has been in the present crisis for the majority of people in many countries to take the jab, hoping that then the issues are resolved. Such an attitude has had meanwhile deadly consequences for tens of thousands who have died after getting the shot. I have spoken about the fact that there are universal biological laws which explain the true cause of every sickness, a topic about which the Western medicine has actually little to offer other than theories. If you have listened attentively to the news in the mainstream media then you will have heard countless times expressions like *“experts think”*, that the specialists “expect” that this or that will happen, all kinds of theories what might be the cause for mutations, etc. without any scientifically confirmed facts being presented. This situation goes back to the reality that the concepts about what makes people sick are mainly theories and not actual facts which can be proven any time. Those who want to know the details can read for example the 800 pages of the book by Dawn Lester and David Parker: *“What Really Makes You Ill? Why Everything You Thought You Knew About Disease Is Wrong”* which was published just before the Corona crisis arose.

I understand very well that it may be totally unacceptable for some of you to even theoretically consider that what you think you know about sicknesses is not correct. Yet, I am not doing you a favour by not telling you the full truth in this respect. Everybody knows that the Western medicine is influenced by the pharmaceutical industry, but few are aware that the control is so strong that books have been written dealing with the medical mafia or the white mafia, addressing the reality of medical doctors along with the Big Pharma having a negative influence on people’s health. Other themes which are closely looked at in publications are *“The betrayed patient”* or *“Deadly medicine and organized crime”*. Some of these books exist only in German language, but they are there with all the relevant evidence printed in black and white for anyone interested to check and to know for certain.

In interviews like this <https://www.youtube.com/watch?v=UAEAWyfuEWY> with the author of the book *"The Illusion of Evidence Based Medicine"* you learn about medical ghost-written literature and fraudulent medical papers. Instead of being the most reliable, medical journals are actually the opposite because the peer-review system is so weak and the influence by Big Pharma so strong. Please consider that the pharmaceutical industries are checking their own products which enables them to hide the many adverse side effects of their drugs! Who is looking out for scientific integrity? Where are the checks and balances? Nobody is really doing this in the medical field which is completely dominated by the pharmaceutical industry. The end result of such an unfortunate reality can be witnessed today in what we see happening in connection with the corona crisis where vaccines are declared to be safe although their harmfulness has been proven in manifold ways.

In 1976 Ivan Illich published a book dealing with the medical nemesis where he speaks e.g. about useless medical treatment and the illusion of doctors' effectiveness. The opening statement says: *"The medical establishment has become a major threat to health."* Ivan Illich states that the damage done by medicine to individuals and populations is very significant, adding, *"These facts are obvious, well documented and well suppressed."*

Things are being claimed on one hand whereas other things are being put into practice. Moreover, we saw a constant change in the measures that are being applied, which varied greatly from country to county. Such a situation would be impossible if confirmed scientific facts were the basis for the so-called corona crisis. I hope that you take such realities to heart and reflect about the consequences, especially about what you can do in order to contribute to bringing an end to unreasonable ways of dealing with health issues.

I mentioned the book *"The Biology of Belief"* where you can learn about stunning new scientific discoveries about the biochemical effects of the brain's functioning which show that all the cells of your body are affected by your thoughts. Bruce H. Lipton, Ph.D., demonstrates in that valuable publication how the new science of epigenetics is revolutionizing our understanding of the link between mind and matter, and the profound effects it has on our personal lives and society as a whole. It is indeed essential that we know how the psyche influences the body because once we do, we will never believe unconfirmed concepts like people making each other sick as this is surely not possible.

To have a crystal-clear understanding is the key to leave wrong concepts and widespread errors behind which are firmly established, e.g., medical dogmas count more than actual science. I understand that for some of you it is still hard to believe that science-based medicine is an illusion and not reality, yet I cannot avoid telling you the truth and facts as they are rather than pretending that they are not relevant for all of us, especially our future for which we lay the foundations now in these days of unprecedented changes. Many people speak of apocalyptic times whereby it is helpful to be aware of the origin of the word apocalypse which refers to the uncovering of great knowledge. A civilization is based on a set of truths that are upheld by the people of that culture to be a valid understanding of the world. When the truth of a civilization changes then this leads to manifold changes in society. Collectively we determine which kind of truth and values we uphold. We have reached a point in history where it is decisive to show in every respect how things should be done properly. Criticizing what others are failing to do correctly is not enough. We equally need to show the right way by pointing out how things should be done.

I hope that each one of you will think about this challenge and offer your insights for others to learn from you.

## Responsibility – the ability to respond – is a fundamental principle

Dear friends of responsible behaviour,

If you check the definition for the word “*responsibility*” you receive from Google 40 million entries, starting with the explanation that this term refers to “*the state or fact of having a duty to deal with something.*” And this task is what is so very central in human life that it is an absolute principle. For example, that you are always responsible for your actions. This reality is expressed in the second part of the definition where it says: “*the state or fact of being accountable or to blame for something.*” It is important to have a close look at what an attitude of making sure that responsible behaviour is upheld on every level of society includes. To do this is actually a task which every person who supports the cause of freedom needs to make their own as the challenge is nothing less than securing the realization of a nation where the value of taking responsibility and being held accountable for your actions is implemented without any exception. Each and every citizen must take full responsibility for what they say and do in public. This fundamental principle must never be neglected.

As you all know, an underaged person (minor) is not fully responsible for his or her actions because one cannot expect this of children who are too young to understand what this means. Every boy or girl learns over the years to take more and more responsibility until reaching the age of adulthood when they should have matured to always act in a responsible way no matter the situation they may find themselves in. Unfortunately, this is merely the ideal and not reality, especially on a more internal level where people all too easily try to escape into excuses, blaming others for their own failures. Blaming the other for one’s own mistakes has a long history which goes back to our first human ancestors according to the most read book, the Bible, namely to Adam and Eve who made a mistake and then refused to take responsibility for it. The same applies to their first son Cain who tried to escape from being held accountable by saying: “*Am I my brother’s keeper (guardian)?*” This attitude of pretending that I am not responsible runs also through the present crisis.

Here another fundamental principle comes in: You are not only responsible for what you yourself have done but also for others, particularly as part of a community, in this case the citizens of a nation. Collective responsibility exists because human beings are not meant to live separately from one another but in communities which obviously can only function well if people care for one another’s situation.

What are the fact-checkers doing? They claim to own the truth and judge others accordingly, censoring whoever expresses an understanding to which they do not agree. We must make sure that we are acting differently from those who close down YouTube channels or delete Facebook accounts because an opinion is expressed which they do not like.

In order to find long-term solutions, which are now needed more than ever before, we must have a close look at what is happening and check thoroughly what the best possible solutions are. To do that is indeed our collective challenge for the sake of a bright future for this nation and ultimately the world. Please reflect on this ever so central task of taking full responsibility to resolve problems based on long-term solutions instead of short-sighted measures, what has been worldwide the unfortunate reality especially in respect to dealing with the so-called corona crisis which is 100% man-made. May we all do our part by behaving as a truly mature individual who knows what it means to act in a responsible manner on the national level to make up for the failure of those at the top to do so.

Are you prepared for an honest evaluation of your own internal situation?

Dear friends of freedom,

I am addressing you because I am convinced that it is my responsibility to invest when I see issues that need to be resolved. We live together on this planet and depend on each other in various ways. Accordingly there are laws on the national and international level which must be followed lest you receive some kind of punishment.

In numerous countries we have a situation where politicians along with the media do not fulfil their role properly towards the citizens. For this reason people have been meeting to speak out against the unreasonable governmental measures because we want them to change and receive our full fundamental rights back which include the freedom to choose what kind of medical treatment we want to use when we are not healthy. The inviolacy of the human body is disrespected when authorities push forced vaccination in direct or indirect ways, as it is presently the case in many countries.

It is relatively easy to come together and to speak out against what others are doing wrong but when it comes to facing what I myself am doing not right a huge problem arises for most people. I am well aware that it is a very sensitive topic when it comes to personal behaviour because the majority of people are not welcoming it when they are criticized. In this respect I would like to ask you: Do you wish to improve yourself as you go through life? If you agree, then please let me know: Why then are you not happy when someone points out which area needs improvement and how this can be done?

This is truly a decisive question. If we are serious about wanting others to change for the better, e.g. that the politicians stop with their unreasonable measures, then we ourselves must also be ready to do the same, to improve our own behaviour if it is lacking. When we do not respond to fundamental questions personally addressed to us we show that we are not really interested to know the answers. What are your answers concerning what needs to be done for the given worldwide crisis to be thoroughly resolved?

This is my understanding of what it means to show that you feel responsible for what is happening: Because you care and want to make sure that the proper measures are taken for the present tragedy which is unfolding on a worldwide level to be stopped. Because this is my conviction, I have been speaking out strongly whereby I was surely aware that it will be difficult for some participants to welcome my words because it is hard to be truly honest with yourself. This is a delicate personal matter which each and every individual must resolve for him/herself, to honestly look into the mirror with the question: What kind of person am I and what are my values which I am embodying in life?

Of course, it may hurt when you realize that you could or should do better in one or the other point. The decisive question is in such a situation: How do I react? Do I throw stones at the messenger who speaks about something you do not want to hear? This is what the mainstream media has been doing in many countries by attacking those who criticize the unjustifiable governmental measures. Instead of dealing with fact the person who points them out is attacked. Already in ancient scriptures you can read the statement by Plato: *"Nobody is hated more than he who tells the truth."* That is certainly also true today, and this is what we experience even daily when we actively reach out to others to let them know about what is actually going on.

How do you feel about the topic of this reflection? *“Are you prepared for an honest evaluation of your own internal situation?”* How can we claim that we have the solution if we ourselves are still corruptible in the sense of not being reliable to do what we promise or proclaim to stand for? It does not show integrity to claim that I am working for a responsible future while at the same time I am not ready to be held accountable for my own actions. Such a contradiction is totally unacceptable and will only lead to failure earlier or later.

We are concerned because we want things to change for the better. If we are true people of integrity then we need to apply the same standard to ourselves and be prepared to make the needed changes in us. To claim that there is nothing wrong with me is certainly a very arrogant attitude which is practiced by those at the top. If we do the same, we are no better than they. If we do have some issues to resolve, then why are we hesitating to address them in public when it concerns our public behaviour in a national level effort to take responsibility for the future of this country?

I have been searching in many parts of our globe for those who are serious about feeling responsible on the worldwide level and prepared to do what needs to be done for the overall cause of a better future for all. Unfortunately, there are few who have the heart to love not only those who are already close to them. Even less people are prepared to practice what Jesus has been teaching, namely to love your enemy, to do good for those who persecute you, etc. How many such people exist who have that kind of heart which every Christian should embody if he or she is serious about practicing one's faith?

Each one of us decides with what kind of attitude we go through life. Nobody can interfere in your personal task to mature and to grow to become an ever more loving individual, which is the one and only way to live in happiness, what we all ultimately want. In my life I have learned that nothing is more important than caring for your internal development and helping people to love themselves and others on deeper levels because that is the one and only way to secure lasting fulfilment so that life is truly worth living in every respect.

It all comes down to what kind of heart we are cultivating – with what kind of attitude we go through life. The majority feels that other people's issue is their problem and does not concern them much. In the given situation we see that it does matter when there are spiritually or emotionally sick people in positions of power, influencing others negatively and even harming them, e.g. by pushing them to take part in an experimental gene therapy which has cost in Europe already the lives of more than 30.000 people this year and more than two and a half million people have been seriously harmed through the covid shot. I suppose you know these facts, but how closely do we take them to heart and act accordingly in a mature way, working closely together to fight against evil, whereby this battle must start in our own minds, purifying it from any wrong attitudes which are hindering the cause of standing up in unity against the evils in the world. To help people to realize what is wrong is not easy, but even more difficult it is to help them to recognize their own mistakes, which has unfortunately also become visible in our midst through the banning of the one who addresses the issues. Should we not rather be united in resolving them?

I hope that after reading these lines you will reflect about how they may apply to yourself and come to the point of wholeheartedly doing what needs to be done in the given situation for the sake of the future of humanity. Let us not allow personal preferences stand in the way of our achieving our common goal.

## True freedom and good health arise from our heart and soul

Dear friends of living in complete freedom,

I am writing these lines after watching the sunset at the shore with the sun slowly descending onto the seemingly endless ocean in front of me, while I was sitting on a large rock which was nicely warmed up during the day. It was such a pure and uplifting feeling to see the sun brightly reflected on the surface of the water with the blue sky turning slowly into the soft pink and a pale tint of orange colour at the end of the day. The ocean is often associated with freedom, connecting continents and people who like to travel beyond the land and sea. While enjoying the peaceful atmosphere I have been meditating on what to share in this letter introducing a few aspects of the *True Freedom Initiative* which is ultimately about gaining the inner liberty of heart and mind which in turn will enable a person to fully enjoy life based on having learned to love sincerely.

Yes, the key to experiencing true freedom lies in the soul, in our being able to freely relate to others without any barriers, which always originates in your spirit and mind, in your attitude, in the way you see the world, etc. We do not automatically gain this precious skill of knowing how to treat ourselves and others lovingly. It requires our wholehearted effort to learn to build relationships where bonds of heart are established which allow love to flow freely. As far as my life experience is concerned, I am absolutely convinced that nothing is more precious than becoming one with the strongest force in the universe, True Love, because doing so opens up the way to deepest fulfilment and a never-ending happiness which we all are destined to feel as spiritual beings, what each one of us definitely is.

Once we treat ourselves and others in line with the True Love Principle, we are naturally bound for ever growing fulfilment because our life will grow in depth, most of all in the quality with which we approach all existence including our Ultimate Origin. The vast majority of the people around the world have some kind of faith or religion to which they adhere, a belief in the transcendental because we are indeed eternal beings. People who are greatly suffering may be hoping that death will be their liberation, what is certainly the case on an external level when the physical pain ends with the body stopping to function, but the soul of a person can never die. The supremacy of the spirit over all matter is e.g. confirmed in people voluntarily deciding to risk or even give up their life in a struggle for freedom and in pursuit of their ideals, whatever they may be.

What I wish to support through the *True Freedom Initiative* is the awareness that we are indeed meant to live in happiness here on earth while enjoying good health our whole life long. In order to be able to enjoy such an ideal situation we need to first of all cultivate our heart and expand our ability to love all kinds of people. To achieve this precious goal is only possible if we help each other to progress in this fundamental task of learning to care for one another in such a way that in the end everybody is happy.

The solution to gaining true liberation lies in putting the practice of truly loving people into the centre of our attention, focusing on sharing selfless love with others day by day. When we make such a life-style our own then we are guaranteed to find ultimate fulfilment which we will definitely achieve if we act only in accordance with the True Love Principle by always putting the purpose of the whole, the wellbeing of all people, into the centre.

May we all advance victoriously in this ever so fundamental task and support each other well to arrive at our common destination of enjoying a life worth living, filled with love.

## Various methods to recognize what your body tells you

Dear friends,

In my reflections I have emphasized the importance of interpreting the symptoms appearing in your body correctly as foundation to know what needs to be changed for the inner balance to be restored. Here I would like to say a few words about the amazing ability of the body to provide you with the correct answer to questions. We all have to make many minor and maybe one or the other major decisions as we go through daily life which we are taking consciously, but there are also numerous actions which are guided by our unconsciousness. We can make good use of this realm to receive the answers we need to see what the is best to do in the manifold situations we may encounter. Dr Bradley Nelson developed the Emotion Code as an energy-based therapy that is used to quickly and easily identify and release trapped emotional energy. He teaches people the skill to discover and release such emotions, allowing the body to heal faster and more efficiently.

Unfelt, unacknowledged, and unreleased emotions are at the core of most of the body's imbalances. Trapped emotions are the driving force behind such common maladies as headaches, physical pain, depression and anxiety. Stunningly, 90% of physical pain can be traced back to trapped emotions. It is not only important to be aware of this fact but also to know that everyone possesses the ability to release them. It is rather easy to become familiar with this powerful, proven approach to energy healing and to learn how to quickly release trapped emotions to resolve underlying physical, emotional, and spiritual imbalances for a healthier, happier life.

In many ways it is confirmed that invisible emotional energy can create malfunction and discomfort in your body. Therefore it is decisive to locate and release stuck emotional energies from the body quickly, easily, and effectively. Please do your own research to find out how to make good use of this potential through muscle-testing techniques and other tools to delve further into the subconscious mind to uncover the answers to your questions about physical, mental, and emotional wellbeing so that you can get rid of anything that is hindering you to be completely free internally as foundation to experience the fulfilment you are longing for in your innermost soul.

Being familiar with the Emotion Code opens not only the way to alleviate physical discomfort but also to ease emotional wounds, restore love in relationships, and break through potential self-sabotage to live the lives we're meant to live. There are many wonderful teachers like Dr Joe Dispenza who is helping people to do the uncommon that is very helpful to move out of any kind of inner stuckness. He wrote books like *"Breaking the Habit of Being Yourself: How To Lose Your Mind And Create A New One"* and *"You Are the Placebo: Making Your Mind Matter"*. At this link <https://www.facebook.com/watch?v=1064140610746456> you find for example valuable explanations about the pineal glands from where electrical signals are sent to the body, greatly affecting our wellbeing.

Another helpful tools are the *Sway Test* or the use of a pendulum to get the answers provided in the subconscious, whereby anybody can learn to use it well. In so many ways the doors are open wide for every human being to see what needs to be changed and to implement what needs to be done to become fully liberated in heart and mind. It is truly worth the efforts to search thoroughly because all the relevant answers are already there to be picked up and to be made our own.

## True Freedom, Health and Happiness, originate in a Heart of True Love

Dear friends, concerned about freedom and health,

*“True Freedom, Health and Happiness, originate in and arise from a heart of True Love.”* Based on this fundamental insight the way is open wide for all issues in society to be resolved, because they all ultimately originate in people’s heart and mind. Only if we have a close look at what is going on in a person’s spirit and psyche will we be able to find the correct solutions to the manifold problems which we see in societies around the world.

In order to achieve this task successfully we need to explore essential questions of life and its meaning according to the original blueprint which is engraved in every person’s soul centred on the desire to love and to be loved. Each and every human being on this earth wants this more than anything else. If this timeless desire is fulfilled well, then people are very likely to live a long healthy life as decades-long research has confirmed. The focus of our attention must therefore be nothing else than the heart of men and women, the desire deep inside the soul which is longing to be fulfilled in countless unique and personal ways according to the preferences of the individual, whereby it is obvious that we all are unique in our qualities, in our strengths and weaknesses. Once we acknowledge this fact and treat each other respectfully with the attitude of wanting to help each other to make the best out of every situation and circumstances we may find ourselves in, we are on the right path towards ever-growing happiness, which we all are destined to experience from birth to old age.

We definitely need to focus on solutions rather than endless discussions. What society needs more than anything is the correct knowledge of what is wrong and how things can be improved step by step to arrive where we are supposed to be, a world where people care for one another wholeheartedly, investing all of their heart and mind and strength to love themselves and others sincerely. The point is not to believe in this or that religion, but to embody the spiritual teachings provided by them and those who have been reflecting deeply about what is necessary to be able to enjoy a life worth living. Sadly, this fundamental task has been greatly neglected in recent years and decades on an ever-increasing level so that today’s overall reality full of contradictions has become possible. What is needed first of all is true quality in our way of life which includes both the internal and external aspects. If we do not pay enough attention to the inner situation of people we are bound to fail, no matter how hard we may try to change things for the better.

We really must go to the core of the matter, which is none other than the human heart, where all problems begin and where also the solutions are to be found. Only if we explore what we have in common beyond religious and national barriers will we be on the right track to building a society where everybody’s wellbeing is secured. There is no alternative to stop and think, to meditate on your own personal situation and to search for what is truly valuable. This is the case because only when life is centred on what really counts, the heart as the source of love, can people’s innermost desires be fulfilled. As soon as we are determined to walk on this path, we will see the kind of world we wish to live in unfold in front of our own eyes here on this wonderful earth. Please take the time to reflect on the here outlined essential points, and let us learn from one another - also from you as the reader of these lines. By offering your personal insights, sharing them with the community of those who are not satisfied with superficial answers, you can make valuable contributions.

What we all need to do is to address the root and core of the matter with the desire to resolve problems there where they originate, in the human heart, once and for all.



To be fine includes maintaining a clear mind, a lively spirit, and a healthy body

Dear friends,

You are probably familiar with the expression "*mens sana in corpore sano*" but not aware that it stems from the Roman poet Juvenal who coined the famous phrase when he wrote '*Orandum est ut sit mens sana in corpore sano*' – "*You should pray for a healthy mind in a healthy body.*" Unfortunately, the first part of this quotation is widely unknown to most people although it represents a core task, namely, to invest on the inner level of the mind as well as making sure to keep the body in good shape.

Prayer refers to an earnest request or wish whereby it is essential to actively invest your heart and mind to long for something good. e.g. to enjoy good health your whole life long, and to take full responsibility that this desire becomes your reality. This website is designed to provide an ever-growing amount of resource materials, primarily in quality, offering a wide variety of answers concerning how to deal with inner and physical ailments.

To keep a positive and uplifting spirit is actually the precondition to secure the proper bodily functions. Our essence as human beings consists like that of all other substances in the universe of energy. The key to lifelong health and happiness lies therefore in upholding a harmonious mental and emotional situation as the foundation and primary cause for all the countless functions in the body to be performed well without any disturbances caused by inner conflicts which may easily arise if we have not reached a certain level of maturity in the spiritual development.

Because every human being is unique, there is not one standard way of healing for everybody, but individual solutions need to be found according to a person's overall situation once problems arise. This home in the cyberspace is dedicated to provide answers, also your insights, what you have found out to be essential in resolving health issues, especially your inspirations in respect to what is necessary to be able to live happily no matter how huge and challenging external obstacles may seem to be.

The overall goal is to provide profound and long-lasting solutions instead of quick and superficial ones which are offered by the pharmaceutical industry in the form of artificially created drugs. For this reason, this website project is meant to represent a collective effort by those who are seriously concerned about finding the best possible solutions to internal and external health issues beyond conventional medicine by looking deeper and searching for the root cause of illnesses both on the bodily as well as the mental level, whereas the latter is always of primary importance if we are to remain healthy our whole life long.

For many this may seem to be a too high goal, yet once you look deeper you will see that this is where we all are supposed to be. There exists no need whatsoever for us to be sick with this or that disease once we are dedicated to making sure to maintain a high spirit and gain the ability to properly deal with situations where we may reach the borders of our capacity to love and care.

It is in the inner heart where the fundamental decisions are made which affect our whole being. You and I decide the state we are in both mentally as well as physically. We are not victims of circumstances. To the contrary, you and I decide how we react to whatever comes our way on the path of life which we are destined to walk not only with a "*mens sana in corpore sano*" but most of all with a bright and shining spirit rooted in a loving heart as basis for experiencing never ending happiness.

## The importance of becoming familiar with the characteristics of True Love

Dear friends who like to dwell in the warmth of love,

What do people around the world long for more than anything else? The answer is obvious: to be **happy based on loving relationships**. If this profound desire is not fulfilled, all kinds of problems arise, which we see manifested in history and in society today.

Among the many concepts concerning what is needed for the sake of achieving lasting happiness we need to find out which ones are in line with our true human nature. Accordingly, we are challenged to have a close look at the essential questions of life so that we may see clearly what truly matters in the long run. It is our task to become **aware of the timeless principles of life in order to be able to live freely in a realm of unending joy**. For the sake of achieving this purpose we need to **find the correct answers by studying the creation in depth**, especially the timeless **principles** underlying the manifold forms of existence.

If we want to find the correct answers to the basic questions of life, we certainly have to **look deeper and consider that the law of cause and effect is definitely also valid on internal levels**. There are clear spiritual laws and principles underlying our physical existence, particularly the maintenance of good health. When we become familiar with them will we be able to see the **fulfilment of humankind's deepest dreams and ideals**.

It is obvious that we need to act in harmony with the existing natural laws in order to enjoy a long life on our Mother Earth. On the internal level it is equally important that we live in line with the given timeless laws and principles of creation which will enable us to see our innermost dreams realized. For this reason we definitely have to **take a close look at the fundamental principles underlying the creation of the universe** and to come up with a clear understanding of how we can apply them to our own life in order to see the fulfilment of our deepest desires during the time we are blessed to spend on this planet.

In the light of our basic situation which I outlined in these paragraphs the task at hand is to **deepen our understanding of what True Love is all about as the strongest force in the universe**. Collectively we need to create a textbook dealing with all aspects of how we can best become the embodiment of the highest standard of love. The various chapters of such a publication must be dedicated to having a close look at the manifold aspects which need to be considered in order to be able to live in good health and to experience ever-growing happiness based on acting in line with the Principles of creation.

What each one of us called to do is nothing less than becoming **deeply familiar with the qualities of True Love and to learn how to express them in daily life** so that we can enjoy the fruits of our investment while searching for true happiness in every respect, including the physical wellbeing as external foundation for our overall satisfaction. My invitation to you is therefore to get familiar with the content expressed in this publication and to offer your insights in return in support of the overall wellbeing of humankind as a whole, especially our future generations.

May those come forward who are prepared to invest into the task of helping humankind to find lasting joy and fulfilment based on applying the insights gained by **thoroughly studying the precious content which makes us familiar with the characteristics of the strongest force in the universe, True Love**.

I am emphasizing this point because I am aware that good health always starts in our mind, most of all in a happy heart due to experiencing loving relationships as the center of our whole being.

What kind of dreams and ideals are you treasuring in your heart?

Dear friends of fulfilled dreams,

The question chosen as theme of this short reflection is an extremely important personal one which each and every human being needs to answer earlier or later in life if lasting fulfilment and joy is important for them. How about you as reader of these lines: What kind of dreams and ideals are you treasuring in your heart?

To be clear concerning this issue is truly essential, because the way how you answer this question determines where you put your priorities. For example, if you are satisfied with superficial relationships and short-lived happiness you will not invest much into building bonds of heart, which are the basis for profound sharing which in turn enables love to grow without limitations. On the other hand, if it is important for you to gain long-lasting happiness you will think twice about the question of what makes you really happy and not allow yourself to be stuck in external satisfaction which does not lead to peace deep of mind.

Actually, the true starting point for ultimate fulfilment lies in achieving a state of oneness in your soul because it opens the way for you to resonate fully with your surroundings. In such a state all your senses are sensitive to register the beauty, truth and goodness underlying God's creation which can be found in manifold ways expressed in nature. To sharpen our sensitivity towards this timeless beauty is a necessary step in coming closer to experience what we really want, the fulfilment of our deepest longing in accordance to our characteristics as spiritual beings who are supposed to live in harmony with the universe.

If you make a list of the priorities you would like to see realized on a personal level, what will be at the very top? Those who are orientated on material possessions may readily answer that for them money is the key to get what they want, but those who think deeper know very well that there are things which money can't buy yet are priceless in the sense that they open the way to the ultimate fulfilment in life. It is commonly known that health, once it is lost, cannot be simply regained through money. That is all the more true for our emotional and mental health: Investment on the very levels is needed where we have gone off-track by not paying enough attention to make sure that we are spiritually in a very good state as foundation to enjoy excellent health of the body.

Once it has become clear for a person that any external pleasure is limited it is also high time to focus on what the human soul is really thirsting for, namely the experience of being unconditionally loved as well as being in position of having an object into which one would like to invest of all one's heart and mind and strength. Ideally, it is by the time of reaching adulthood that every human being should be clear about what makes life worth living, which is indeed the experience of dwelling in love, being able to love in a very personal way. Here is where we are supposed to invest our unique characteristics in a mature way of having learned how to love yourself and others wholeheartedly.

Yes, life and love are intrinsically connected with each other. The later gives meaning to our existence and enables us to go beyond the external limitation of our time on this earth for up to around 100 years into the realm of eternal life, of dwelling beyond the limitation of time and space which is naturally opened up once we enter the sphere of True Love where unconditional care is freely given for the sake of making others happy rather than seeking your own personal satisfaction. May we all succeed in this ever so essential task.

## Our internal situation determines our physical wellbeing

Dear friends of freedom, health and happiness,

How are you today? Whatever your answer, you will surely feel a bit different after I tell you a very good or a very bad news which is important for you. For example, that the government decided to apologize for all the unreasonable measures against Covid-19 after proclaiming that the people in question who made the wrong decisions pleaded guilty and everybody who contributed to the miserable situation caused by the artificially created pandemic is determined to pay indemnity for the unnecessary suffering they have initiated.

After hearing that kind of good news you may be jumping out of joy, shouting “*Hurrah!*” and even embracing the next person beside you to express your happiness. On the other hand, when I report on one more of the unspeakably sad realities in connection with the draconic lockdown measures in Australia where in 2021 already more than 700 people have committed suicide in Victoria and South Wales because they had no more hope for their future whereas not a single person died during the past 8 months due to Covid in these two regions, then you will probably feel sad and maybe even upset and determined to do your best the present ongoing tragedy on the worldwide level to end.

We are generally greatly influenced by what we see and hear from morning to evening and therefore it is important to reflect seriously about how we can make sure to preserve a good internal situation as foundation to secure our mental and physical wellbeing. In order to succeed in this task, it is inevitable that we take the time to sit down and to reflect about what is going on inside and around us. Techniques like yoga or simply listening to music, prayer and meditation, can be very helpful, and we should use these methods well to get the best possible results of calming and stabilizing our spiritual condition as basis for the soul to shine and equally our body to be in good shape.

It is not only true that a glad heart makes the face cheerful, but also what is expressed in the Bible, in the book of Proverbs, chapter 17 verse 22: “*A joyful heart is good medicine, but a broken spirit dries up the bones.*” God has created us in such a way that joy and humour are meant to be vital parts of our lives. For this reason we must cultivate our ability to live a joy-filled life, which is only possible if we build loving relationships and are dedicated to caring wholeheartedly for others because a self-centred lifestyle will never bring lasting fulfilment to our soul.

What I am expressing here in these lines is a timeless truth. The Book of Proverbs was written already more than two and a half thousand years ago, yet most of what is compiled in it is still relevant today. Countless people in the course of many centuries have been inspired by the wisdom expressed in that part of the Old Testament. It is indeed important that we take the time to read content which help us to be clear about what makes life truly worth living because we are meant to lead a purpose-filled life which brings joy to our heart on a daily basis. To do so is the one and only way to naturally secure our physical wellbeing in the long run as our body can easily serve us for around 100 years if we take care of it well by making sure that we have always enough of the best medicine ever available, namely love in our heart.

May we all succeed well in this timeless task to make others happy by investing our unique abilities for this purpose day by day. In the end it will come back to us what we do for others, enriching our soul.

## What everybody needs to know absolutely for certain

Dear friends of true health,

In life it is crucially important to draw the right conclusions from your insights lest you are suffering unnecessarily, what is unfortunately the case for most people on earth in respect to their physical condition. The majority is using allopathic medicine, a term referring to modern or mainstream medicine that uses a system that aims to combat disease by using remedies such as drugs or surgery. That in most cases this system is not needed and even harmful is clear once you take it to heart that this method is not really science-based although it claims to be so. You can only find out that this is not the case if you study the details as they are outlined in publications like the ones to which I referred to in my reflections, dealing with the respective subjects in-depth.

That the majority of medical doctors agree that something is good or bad for the body does not mean at all that they are right because they received the same university education and naturally have afterwards basically a similar opinion. The most evident proof for the overall failure of modern medicine lies obviously in the fact that today people are generally more sick than in the past, needing more medical attention than ever before with the number of pills people are taking along with the surgery and radiation they undergo increasing year by year. Iatrogenic sicknesses, induced inadvertently by a physician or surgeon, have risen in some countries to be the number one cause for people dying prematurely.

To face such a reality as outlined here may not be easy for various reasons, yet there is no way around them if you are serious about taking full responsibility for maintaining good health your whole life long. Once you have a truly sober objective look at the facts, you will know for certain that the human body has the ability to deal with any kind of health issues in a natural way without the need of any artificially created drugs. Not a single vaccine was ever shown to be really helpful, nor was chemotherapy and radiation, while on the other hand their harmfulness is confirmed in countless examples. It may seem incomprehensible for you that so much corruption and the use of unscientific methods are widely spread in today's medicine, yet it is a confirmed objective reality rooted in Big Pharma controlling the medical field as the basis for their enormous profits.

Please stop for a moment to reflect on this simple but very decisive truth: *"You cannot be free if you do not know how your body works and how to maintain health. If someone else holds the keys to your health you are their slave."* If you let this fact sink into your soul you will hopefully realize that there is no alternative to take 100% full responsibility for your bodily wellbeing and not to allow others to interfere. It is an iron rule and fact that only you can make yourself sick – contagion is merely an unproven theory – and also only you yourself are in the position to heal your body completely by recovering first from any spiritual or emotional crisis which stands behind every illness.

What I am pointing out here is not something to believe or not but a situation which you yourself will know as objective reality once you are prepared to look for the scientific evidence of the claims which are being made. It does not exist in many cases. Even without doing all that study and research you can know absolutely for certain that modern medicine is not the solution to health issues once you reflect seriously on simple facts like people having lived until old age in good shape for thousands of years without the need of any of the drugs which people are offered in modern societies. Why would you want to cling to what other people tell you about yourself rather than what your own body is showing you?

## The mistaken concept of immunity and antibodies

Dear friends who like to maintain good health,

If you speak German you can listen to an hour of teaching about the immune system at this link <https://www.youtube.com/watch?v=H6jeuk4uJGA>, produced by a famous radio station with an interview with Dr Paul Brandenburg who emphasizes that a very large part of the immune system is still unknown to us. The same is true for the so-called memory cells and the antibodies which we know very, very little about.

Imagine, you hear again and again about the immune system whereas in reality the experts themselves are widely ignorant concerning how it works. They only have concepts and ideas but hardly anything that is confirmed. Yet, people's external freedom is taken away from them or given back depending on how many antibodies they have, whether they are considered immune against Covid-19 or not. The closer you look, the more it is obvious that the specialists talk about theories and not about confirmed knowledge.

Once you know that none of the countless viruses which are claimed to exist has actually been isolated, that there is no scientific basis for such claims, you will also understand that the theories built on them are equally flawed and ultimately fairy tales made up in the minds of virologists who observe some reactions which they interpret according to their view of the world. The unconfirmed theories and interpretations which are the foundation for today's virology being presented as truth means nothing else than the path true science having been left in favour of pretending to know without having performed the absolutely needed control experiments to make sure one does not err.

You may be impressed by the details scientists tell you, thinking that they know so much, whereas in reality they do not understand the whole picture, what is especially true in respect to what is called immune system. Virology has been around for more than a century and everybody has heard about getting infected and being immune to some disease, yet so little confirmed scientific knowledge is available. How is this possible? Only because we are talking here about concepts which are mistaken to begin with. Yes indeed, that is the fact which is proven in manifold ways.

You only need to take the time to have a sober look at the fundamentals, e.g. how antibodies are explained: *"The definition of an antibody is a protein molecule that can be found in the blood and is intended to attack bacteria and viruses. Antibodies are secreted into the blood and mucosa, where they bind to and inactivate foreign substances such as pathogens and toxins (neutralization). Antibodies activate the complement system to destroy bacterial cells by lysis (punching holes in the cell wall)."* I am sorry to say, but such a concept is not impressive at all for me because it merely represents the mindset of a war going on in the body, whereas in reality all actions are harmoniously interconnected and problems only arise if the mental, emotional or psychological state is strongly disturbed.

In healing people, the method of getting rid of antibodies is being used: *"Another way to get rid of the antibody is to remove it with an intravenous treatment called pheresis [for-esis]. This involves washing the blood through a machine that has an 'antibody magnet' to attract and destroy the antibodies, then return the normal cells back to the body."* That sounds to me more like a miraculous cleaning of the blood by removing something which is helpful, needed to neutralize pathogens which harm the body. What a contradiction!

But it does not stop there. Another totally flawed concept is that of autoimmune disease which happens *“when the body's natural defence system can't tell the difference between your own cells and foreign cells, causing the body to mistakenly attack normal cells.”* If you listen to the afore-introduced Dr Paul Brandenburg you can hear him speak about the ever so amazing immune system and then you learn that this function is attacking itself, unable to distinguish between good and bad, healthy and not normal cells?! Such voices who speak of autoimmune diseases actually reveal their own ignorance, their inability to recognize what is actually going on, rather than the wonderful body being so stupid as to attack itself.

In the given situation the decisive question is whether you allow your life to be dominated by people who speak of things about which they have little factual knowledge, merely pretending to do so – knowingly or unknowingly, whereby it is clear that e.g. all virologists in responsible positions in the German speaking countries, have been directly contacted by Dr Stefan Lanka from the very beginning concerning the errors in connection with SARS-CoV-2. It is not that those in question do not know the facts, but the issue is, as always, whether they do what needs to be done.

Here we arrive at the ever so basic point of whether people do what they know is right. I suppose none of us can say that we put everything into practice what we know we should do. That discrepancy between knowledge and practice, between words and deeds, is a common human problem, but that does not mean that we should simply accept it. From this viewpoint it is on one hand understandable why so few people stand up for what they know, but on the other hand it is also clear that unless we do, we continue to be victims of what others do with us, because in this way we do not have full control over our lives.

People may expect that doctors or politicians will solve their problems instead of themselves taking responsibility to get well-informed, as foundation for any important decision, but unless the homework is done properly to know what's what, we will never arrive there where we all wish to be, a world where people live together in peace and prosperity.

Let us therefore look at the facts and deal with them rather than allowing ourselves to be ruled by incompetent leaders and ignorant specialists who lack fundamental scientific knowledge while refusing to admit it. We really must come to the point of realizing that we must take issues of health and illnesses into our own hands and not rely on others to resolve them for us. No matter how powerful the Pharma lobby may be and how much doctors may insist that they know it better what we should do if we do not feel fine, we must stand on our own feet when it comes to questions of how to remain healthy your whole life long.

If you reflect deeply you already know the correct answer: To listen to your heart and what your body tells you is the number one key to securing your overall wellbeing.

God did not give us a body in which antibodies are active. He did not create evil elements against which we need to fight. So not a single antibiotic is necessary to get fine again if we are in trouble. What is needed is nothing else than restoring our inner balance and harmony as foundation for the body to do its job well to serve us from morning to evening in a good condition so that we can use it in whatever way we may see proper and serving the overall task of contributing to the wellbeing of all humankind. Yes, we really need to leave any wrong good versus evil concepts behind in regards to the wonderful temple we have received for our spirit to dwell during the time we are blessed to spend on this wonderful planet.

## The ABC of remaining in good health until old age

Dear friends,

We all want to live a fulfilled life while remaining not only physically fit as long as possible but even more importantly enjoying happiness until the end of our days on earth and beyond. For this purpose we need to cultivate a good internal standard enabling us to take care well of our bodily as well as emotional and spiritual needs.

How much happiness we can experience depends to a certain degree on other people, whereas our own wellbeing depends fully on ourselves, on the way we treat the temple which we received as the dwelling place for our spirit, and how we react to the influence from the surroundings. I would like to present a suggestion of important content in connection with the letters of the ABC, offering insights which everybody needs to consider for the sake of preserving their physical wellbeing until old age.

**A**ll existence is based on energy. For this reason, any health issue needs to be resolved on the energetical level by making sure to maintain a harmonious flow of energy.

**B**io-ontology as a holistic approach to health needs to be considered based on the “bio” meaning life and “ontology” referring to the study of the nature of being. If we want to secure good health, we first have to understand our body and its functions well.

**C**hallenges to our health must be addressed from the standpoint that the human body is capable of dealing with them in a natural way without the need of any artificial drugs.

**D**esires arising from a harmonious inner state are meant to be fulfilled within the overall frame of the wellbeing of all humankind.

**E**arnest efforts are required along with the necessary knowledge about biological processes in order to leave the realm of feeling sick to regain full strength.

**F**orgiving yourself and others is one of the keys to lifelong health because in this way you are liberating yourself to be free from resentments.

**G**oodness and enjoying good health are intrinsically connected with each other because we are meant to be kind to ourselves and each other, supporting the prosperity of all people by cultivating caring relationships.

**H**olistic energy medicine, aimed at the treatment of the whole person by taking into account mental and social factors rather than just the symptoms of a disease, is essential for successful healing efforts.

**I**ncreasing your wellbeing always starts with improving your internal situation. Therefore a high standard in your spiritual life must be upheld to protect your physical health.

**J**oy through experiencing loving relationships is the best medicine for the body.

**K**nowledge of the biological laws is a prerequisite for being able to correctly interpret the symptoms appearing in the various organs and to deal with them correctly.

**L**istening to the voice of your heart and soul is the path to find the right answers that are intrinsically engraved in our innermost being.



**M**editation has a measurable impact on our overall wellbeing and needs to be practiced on a daily basis to ensure the best possible results.

**N**ature is the foremost teacher when it comes to answering questions concerning how to preserve our body in excellent health.

**O**ptimism and positive thoughts are the wellspring of good ideas and the desire to accomplish things which in turn supports our overall wellbeing.

**P**atience is always required in the process of restoring the original state of complete physical integrity in line with the universal biological laws.

**Q**uestioning your concepts and mindset is important whenever you are faced with health issues because they arise based on wrong attitudes and unresolved problems.

**R**esponsibility for your bodily integrity and fitness lies absolutely in the hands of every individual and health issues must be resolved centred on the personal situation.

**S**elfishness has to be turned into being centred on the purpose of the whole of all humankind living in prosperity in mutual respect for one another.

**T**rusting yourself and others is one of the building blocks for a healthy society as trust requires integrity which needs to be upheld on every level.

**U**niversal laws must be considered in every respect, particularly in the field of the amazing biology manifested in the human body where nothing happens by chance. Accordingly, there is no miraculous healing; recovery from sickness is always based on resolving internal issues first before the bodily functions are restored.

**V**itality arises more than anything from a spirit that is fully alive with enthusiasm for dreams to be fulfilled.

**W**onderful experiences are always possible if we invest all of our heart and mind along with exerting our physical abilities well.

The **X**-axis is the horizontal plane of a graph representing time, whereas the vertical axis represents value. In life we have the time we spend on earth and the quality with which we are spending our days. The ideal lies in spending quality time day by day as foundation for enjoying many years of uplifting fulfilment on this planet.

**Y**outhful is not only meant to be felt as a teenager but all throughout your life up until old age based on feeling young in heart, eager to learn and to make new experiences.

**Z**ooming in on health includes to have a close look at how the human body functions according to the laws of nature. Once we understand them well, we will not need doctors anymore because we will be able to take good care of our bodily needs and not allow disease to dominate our life in one way or another.

May these reference points be helpful for you to preserve your health and wellbeing until old age, ideally until your last breath after having spent a century on this wonderful earth while using your body to bring joy to others, what in turn will uplift your heart and soul in beautiful ways.

## Resolving inner conflict is the key to lasting health and prosperity

Dear friends of living in harmony,

If you have read my previous reflections then you are familiar with many answers to relevant questions. Remains only to put them into practice to check through your personal experience whether they are really true. That is certainly what I have done in the course of my own life and therefore I am speaking about these themes with deep conviction.

I hope that by now you are fully aware that our existence is based on energy where every human being radiates a certain electromagnetic field. The task at hand is to make sure that this field is balanced as foundation for establishing harmonious interaction with others, to whomever you may be relating. Because generally speaking most people have difficulties in maintaining inner balance, we see all kinds of confrontations which all have the same root cause, namely a person's inability to create harmony between the mind and body.

To reach the state of inner peace does not happen automatically. It is a task which each individual needs to accomplish in his or her unique way based on having become well familiar with the structure and purpose of both the human spirit as well as the body, which naturally responds to what is happening in the energetic field created by the heart where all relevant decisions are made. Once a person is aware of this essential human responsibility the door is open wide to get there where we all desire to be as inhabitants of this earth who wish to live in peace and prosperity from the individual to the worldwide level.

Life has its ultimate origin in love, what is ever so obvious when we reflect about our purpose as human beings. Only when life is connected with love can true meaning be established and come to full bloom in the form of loving relationships for which we all long deep inside. They are the precondition for feeling the joy-filled extasy which is only possible when oneness is achieved. What we need to focus on is therefore nothing else than the building of bonds of heart which enables True Love to flow freely.

When we have reached the level where we know absolutely for certain that nothing is more valuable than cultivating our ability to love we will definitely be at the point of no return towards finding ultimate fulfilment in life, which can only be gained if relationships are built correctly with the happiness of the object of your love as first priority rather than the fulfilment of any self-centred desire. This kind of internal victory is the basis for our wellbeing on the physical level because our body expresses directly what is going on inside of us.

To know this undeniable fact enables you to liberate yourself from any unnecessary fear that may be hindering you to live in harmony with yourselves and your surroundings. Any obstacles which represent a certain hindrance for you to feel completely free can be fully removed with not the slightest trace remaining once you have gained the necessary insights and ability to reach the point where only True Love and never-ending happiness will remain. People have been longing for it all throughout history. The reason why it has not become a reality yet lies in not knowing the correct answers.

It is up to you and me to leave any form of ignorance behind once and for all by finding and embodying the precious answers which are freely available for those who search with the readiness to put logical realizations into practice, which in turn will result in our bodily wellbeing our whole life long.

Do you care that you are lied to about vaccines with deadly consequences?

Dear friends,

How will you feel when you find out that your son or daughter was damaged or even died due to the poison injected into the body through a vaccine? Hundreds of thousands of parents have been enduring these devastating emotions of seeing their most beloved innocent child suffer, being damaged for the rest of their precious life...

Do you have the heart to feel compassion for such parents and their children who are victims of what is going on since many decades? Big Pharma earns billions of dollars at the cost of people's lives, whereby no insurance company on earth covers damages through vaccines because they know very well that they could never pay the enormous sums...

Today we see in reality what true medical experts like Dr. William P. Trebing wrote about already two decades ago in his book *"Good-Bye Germ Theory: ending a century of medical fraud"*. In the description you can read: *"Good-bye Germ Theory is a must read for all those who love children. It is especially written for parent's education. You will learn pertinent facts about an ever growing and oppressive medical system that has been rooting themselves into the lives of each American for over 75 years. Unlike other books of its kind, Good-bye Germ Theory attacks the actual core of medical belief which is portrayed as science, but turns out to be more like dogmatic religion. Also unique to this book is its legal research section. Parents often feel so overwhelmed with the complexities of the legal system, that they succumb to unwanted medical treatment for their children. This book will show you how to know your particular State's vaccination laws inside-out, so that any person may effectively challenge an oppressive vaccination law using the many legal forms provided."*

At this link <https://odysee.com/@audioboy:7/Good-Bye-Germ-Theory:4> you can freely listen to the content of that publication which is crucial for everybody to know. It is indeed a duty of every responsible individual to be fully aware of all the important facts presented in that book in order to see clearly what is actually going on in respect to vaccines.

Please take the time to listen to this precious information until the end so that you can make truly informed decisions in respect to vaccines. It is a life-or-death matter to be clear in this decisive point whereby ignorance concerning the dangers of vaccines has cost already the lives of millions of people in the past, exemplified e.g. in the so-called Spanish flu, a fact that is well confirmed. Especially in the face of the present push for vaccines it is a must to know for certain the true back-ground and agenda behind what is being presented as a fake and indeed deadly solution, with already thousands of victims around the world who have died soon after the Covid jab... Blessed is who finds out facts before it is too late in order to avoid bitter remorse which will reach absolutely for certain everybody who does not take this very grave and urgent issue seriously. I trust that you belong to those who take full responsibility for your actions based on knowing what is actually going on in this world.

Now is the time to get rid of all wrong concepts and to know God's standpoint concerning the human body to the fullest extent, because we live in the era when everything is being revealed. We have the opportunity to check so many things by ourselves and do not simply depend on others. Let us therefore make informed decisions especially concerning the vaccines that are being offered to us.

Let us liberate ourselves and others of ignorance concerning vaccines

Dear friends,

In the reflection *“Do you care that you are lied to about vaccines with deadly consequences?”* I shared with you a few thoughts including an introduction to the precious publication by Dr William P. Trebing *“Good-Bye Germ Theory: ending a century of medical fraud and how to protect your family”* and encouraged you to listen to its content which is freely available at this link: <https://odysee.com/@audioboy:7/Good-Bye-Germ-Theory:4>. If you have done so you will have surely benefitted from it because the author explains the for many people shocking reality in clear terms. I certainly have learned a lot and want to therefore share more of this valuable content with you and comment on it as it expresses so well in many points what I feel in my heart.

That book is dedicated to the suffering children all over the world. Yes, children are the number one victims of the so very wrong germ theory and in no position whatsoever to defend themselves, especially because already soon after birth babies are already receiving their first vaccines, followed by an ever-increasing number of vaccinations which are harmful and none of them beneficial for the body. This may seem to be a daring statement, yet it is fully proven scientifically. The only problem is that this fact is firmly hidden by the pharmaceutical industry which is benefitting more and more from this age-old misconception of viruses harming the body.

In the introduction you learn about the fact that compiled studies show that autism has increased as much as 3.000 times from where it was 75 years ago. Autism, a subclinical form of encephalitis (brain damage due to swelling) was hardly noticeable in America until the advent of mandatory vaccination programs. To see the change in concrete numbers, look at the following data: In the 1970's one in 10.000 births were autistic. In the 1980's it was already one in 500, in the 1990's one in 100, and in 2003 one in 86. Meanwhile the ratio is at one in 50 births, which means that during the past 50 years the ratio still increased 200 times. Please let these numbers sink into your mind: From 1 in 10.000 to 1 in 50 children with the situation getting worse and worse.

What is the reason for this ever so drastic change? If you really do not know it yet, I have to state it here again: It is the poisonous elements in vaccines. In the here mentioned publication the answer is clear: *“The only thing that could create such a drastic change in our population, to make a form of mental retardation almost commonplace in less than 50 years time is the systematic neurological poisoning of the population. By a process of elimination, the common denominator acting as the toxic agent in the varying communities around the globe in which we find autism, is most obviously the array of toxic poisons found in every medical vaccine. Our global autism pandemic was most certainly caused by the high levels of mercury and other lethal toxins injected directly into the bloodstream of practically 95% of our population through forced vaccines.”*

It may be hard for some of the readers to digest, but it remains a fact that the bulk of medically oriented care for our children is not really helpful, especially when we consider the practice of preventing diseases through vaccines. It has never worked. To the contrary, medical “care” is the primary reason our society is as sick as it is today. Dr William P. Trebing deals in depth with the following 12 fundamental points: *“(1) There is absolutely NO PROOF ANYWHERE that vaccinated children are healthier than un-vaccinated children. In fact, the exact opposite is true.*

(2) *Despite what your paediatrician may tell you, there is absolutely NO PROOF ANYWHERE that the party line statement “vaccine benefits outweigh the risks” is true. In fact, there is a ton of evidence pointing in the opposite direction.*

(3) *There is NO PROOF ANYWHERE that vaccinations are safe.*

(4) *Vaccinations cause illness, death and disease.*

(5) *There are no long-term safety studies completed on vaccines.*

(6) *Vaccines cause crib death, autism, brain damage and childhood cancer.*

(7) *Deaths from old childhood diseases were due to poor sanitation and improper public hygiene, and were mostly gone long before the onset of vaccination programs.*

(8) *Vaccines contain lethal toxins and poisons.*

(9) *Childhood diseases actually strengthen the immune system naturally.*

(10) *Vaccines are responsible for the astronomical rise in spinal meningitis and encephalitis over the past five decades.*

(11) *Vaccines are strongly linked to learning difficulties, hyperactivity and many forms of mental retardation.*

(12) *You can legally avoid vaccination in any state regardless of the law.”*

Dr Trebing says that these points are a simple compilation and review of facts which have been available for a long time. And now they have reached you as reader of these lines. What will you do with this knowledge? Please take the time to reflect on the here outlined reality and what needs to be done in response.

In the prologue Dr Julia A. Trebing, director of creative therapies, writes: *“After you read this book you will never be the same. Through scientific research translated with passion into laypersons language you will have enough information to not only question authority, but do something about it. Wait until you read these facts! You will be astonished at where we are letting our leaders to take us and our children. This book will teach you about your rights, be afraid no more, you can stand up for yourself and your family.”*

Meanwhile two decades have gone by and today we are in a situation where it is more important than ever not to be afraid and to know the full truth in order to expose the artificially created corona crisis and not only to escape ourselves from any kind of oppression but also to help others to do so in line with what Toni Morrison said: *“The function of freedom is to free someone else.”*

Let us do our best to be completely free from fear in respect to our personal health and to help others to do the same based on knowledge and not on belief in this or that medical dogma.

## The tragedy of welcoming vaccination as salvation for their body by religious people

Dear friends,

It makes me feel immensely sad when I consider the reality of those who firmly believe in their respective religion being dedicated to receive vaccination. I have spoken about this incredible contradiction in previous reflections: People of faith believe in God as a Loving Creator and at the same time in deadly viruses that threaten their life. When using your reason, it is obvious that these two concepts cannot co-exist because an almighty Being who cares for His creation would never put His children into such a hostile surrounding where they may die any time as victims of invisible viruses from which they cannot even protect themselves!

Alas, it is a reality that Christian leaders have been propagating the vaccine. It is such a historic miserable failure of religious people to defend a God-centred worldview against the agenda of the medical cartel wanting to vaccinate all humankind many times over to provide endless income for Big Pharma who have been lobbying for vaccines all over the world while ignoring the real health issues. Because I know about the immense damage caused for future generations through such an irresponsible attitude by religious leaders my heart is truly bleeding over their ignorance and godlessness, to what it all comes down.

I have mentioned the Dr Gerd Reuther who explains in this video (in German) <https://www.youtube.com/watch?v=pVxGyEMmj38> the following facts and for many very surprising reality, yet there is no way around facing them:

- “(1) Not a single disease was reduced or disappeared through a vaccination!
- (2) For none of the artificial vaccinations exists a fact-based evaluation of risks and benefits!
- (3) All existing vaccines bear health risks that cannot be predicted for the individual.
- (4) Natural resistance against sicknesses is the best protection.”

In the light of these clear facts it is obvious that no scientific basis whatsoever exists to promote and support vaccination, yet even people of faith are doing it, confirming in this way how gravely they deviate not only from being religious but also from adhering to true science. They have joined those who cling to a materialistic worldview where they believe more the so-called experts who know it better than God because supposedly they provide the salvation against the omnipresent danger of invisible deadly viruses. Such is the for me ever so painful reality in respect to the failure of those who were called to represent a God-centred worldview in this world.

What is the solution? That those come forward who listen to their conscience telling them that there must be those standing at the forefront of fighting against the evil agenda of Big Pharma, the activities by people who put their personal benefits above other people even to the extent that it may mean harming them through vaccines or other drugs which are not really helpful but bring in a lot of financial results. I trust that you belong to those who do what needs to be done in the present situation by standing up and speaking out against what is wrong in society so that in the end a correct understanding of the human body and the task of medicine will prevail.

## Parallels between traditional religious practices and the new corona religion

Dear friends,

In my reflections on the present situation I have spoken about the “*corona religion*” which has turned out to be the fastest growing pseudo religious community of our time. And there are indeed many parallels between traditional religions, especially Christianity, and what we see manifested in widely secular societies. Because human beings are spiritual beings they are naturally clinging to some kind of religion when challenged in their existence.

Looking at the recent developments we saw during the past months since the start of implementing the corona plandemic we can see many elements with which we are familiar from various religious practices. Religion is destined to help people to find meaning in what they experience and to provide answers which are liberating especially for those who are stuck in one way or another in ignorance about the purpose of their life.

Since the outset of the so-called corona crisis many people have been challenged to their limitations, starting from being stuck within the four walls of their home without the possibility to go out into nature whenever needed. Such circumstances were created on purpose by politicians who then came forward with the solution, visible for example on official governmental posters telling the population: “*We are vaccinating Germany back into freedom.*” Another slogan: “*Hashtag life instead of lockdown – Get your vaccine.*” First a problem was created on purpose in order to be able to sell the solution: the covid jab.

In this new cult the medical doctors, chemists, and pharmacists are the new priest class. Traditionally, upon entering a catholic church building people have put their fingers into the holy water to purify/sanctify themselves, whereas in the present corona religion it is the ever-present hand sanitizer ready for people to get purified from the supposedly dangerous so-called viruses sticking on their hands, washing their hands in innocence so that they are not guilty of “infecting” others, along with the slogan: “*Clean hands, save lives.*” Confession and penance are basic elements in the life of the faithful. Nowadays these are expressed in the practice of testing to find those who are guilty of carrying the “virus” and as punishment quarantine is waiting for every one of them who is tested positive.

Parallel to Christmas being the central holiday in Christianity, *Stern*, the first place in the ranking of the popular magazines in Germany, had on the front cover during the 2020 Christmas Season a picture of the scene of the Holy 3 Kings offering a huge dose of vaccine to Jesus Christ, advocating the motto to get vaccinated as an act of love for your neighbour. You can see the respective picture in the presentation in German language about vaccine as a holy sacrament at [https://www.youtube.com/watch?v=Adn8\\_ehq11](https://www.youtube.com/watch?v=Adn8_ehq11).

Just as in religious communities the spirit of blindly believing what you are told may prevail, such an attitude was demanded by many politicians. In the New York Times you could read a headline saying: “*Critical thinking, as we are taught to do it, isn't helping in the fight against misinformation.*” In reality the ones who are promoting their plandemic are those who spread the misinformation against which they are warning!

To question what is going on and to do your own inquiry and factfinding is strictly forbidden, expressed in headlines like, “*You must not do your own research when it comes to science.*” Why? Because there is an agenda which must be pushed at any price. And when it comes to how to treat the vaccinated and the unvaccinated, for the latter different rules and regulations are called for, even to the extent to make their lives more or less unbearable, a

situation which is comparable to converting the heathens or unbelievers through indoctrination to the corona religion and the one and only true salvation manifested in the vaccine.

Similarly, to narrowmindedness in religions where the believers are warned of heretics one could read in publications by supporters of vaccines content like, *“Zero tolerance towards those who are against vaccines,”* while forced vaccination was advocated: *“In the end mandatory vaccination will be necessary.”* Not wanting to get vaccinated is seen as a misbelief or delusion whereas willingly receiving the jab is an expression of maintaining the correct belief. The Russian Orthodox Church went even so far as to proclaim that not getting vaccinated is a sin!

The new sinners are those who carry the virus, the sick people, and even those who are perfectly healthy but refuse to take the vaccine, because they supposedly endanger the vaccinated who are already protected from the deadly genetic material defined as the evil-doer. Such is the totally contradictory narrative, but the fervent believers take it all in and readily trust without the slightest doubt because there is an explanation for every phenomenon, no matter how irrational the reasoning may be, whereby it is even claimed that the unvaccinated are terrorizing the vaccinated through their irresponsible behaviour of refusing the jab and in this way endangering public health!

Comparable with the teaching of original sin due to the Fall of our human ancestors with which all people are afflicted from birth, we have in the new corona religion the situation where everybody is surrounded by daemonic viruses as an invisible danger throughout one's whole life. For Christians it is Jesus who saves them from sin whereas for those believing in the new cult it is the miraculous vaccines which tells the cells what to do in order to be safe and protected from any viral diseases. From the moment of birth people are to be considered as impure, possibly a carrier of some virus, not really healthy, and for this reason an ever-growing number of vaccines must be injected into children to supposedly keep them healthy their whole life long whereas in reality parallel with the increase of vaccination the health issues in young people are soaring. People have to proof now that they are healthy by testing themselves again and again although they have no symptoms whatsoever of some sickness!

Vaccination is like the ticket to be accepted into the new cult. In Christianity it is the holy sacrament of baptism that is liberating the new-born from the burden of sin, whereas in modern society it is the sacred cow of the almighty vaccine which is given soon after children are born. At the beginning of the present campaign, baptism (the vaccine) was only for adults who consciously decided to change their life and to submit to the cult of vaccination, whereas it is meanwhile every child which is targeted to be fully vaccinated, one, two, three,... times. Those who resist are met with cruel psychological force and even physical restrictions up to the ultimate method of separating the unvaccinated into gulags (quarantine prisons), just as it was done in the past with those who did not agree with the ideology of those in power. It all comes down to forced religious conversion.

Through baptism the newborn becomes a member of the congregation with a new spiritual status, whereas today we have the covid shot as the holy means and method to get a new identity as a recognized citizen of the community because he is obedient to the orders from above. Getting the shot is like an initiation ritual to be part of those who behave as everybody should in full compliance with whatever is decided by those at the top. The organization *“Identity 2020 System”* promotes a new digital identity, whereby the first step



into the wonderful new world is the green passport documenting the vaccination. It was initiated by GAVI, Microsoft, The Bill and Melinda Gates Foundation, The Rockefeller Foundation, etc. with the unwritten goal of people being the object and ultimately in the possession of those who hold the reign of power!

The task of the religious missionaries is fulfilled by mainstream media along those who are paid to do the fact-checking. In America 50 social media stars are employed to increase the readiness of people to get vaccinated. Similar “armies of influencers” have been mobilized in other countries, given money for repeating the narrative, the lie of the safe vaccine as the messiah-like salvation in order to be supposedly well protected from the evil virus. Accordingly, posters appeared with messages like: *“Real life starts with getting vaccinated.”*

The church buildings of the new cult are the doctors’ practices and the holy places are those where medical scientists create their drugs. What has become a reality in various countries is that prominent churches were used as centres for covid vaccination. Pope Franziskus encourages all Catholics to get the covid shot. Even the religious leader Dali Lama advocates everybody to be vaccinated against SARS-CoV-2.

What is happening is the transformation of society from being religious to adhering to the cult of science, from the belief in God to putting the unconditional trust into science while closing the eyes tightly in front of how strongly corruption has already entered this important field through the influence of those who provide the money for scientific research. In the past it was God and His principles which represented the standard for good and evil whereas today it is the medical experts who decide what is right and wrong. Their dogmas must be unconditionally believed lest one has to face very negative consequences.

In Germany posters have been spread with the following text: *“Enough is enough. Unvaccinated are not welcome. Find them, catch them, detain and vaccinate them!”* To what extremes the media went to promote the jab is for example expressed in the headlines with the appropriate photo: *“Hermit who has been living in isolation for 20 years comes out of his cave to get the vaccine after hearing about corona.”* Please take a moment to let this “advertisement” in the largest German daily newspaper (Bildzeitung) sink into your mind to realize the absurdity of what is happening.

How very “evil” it is not to get vaccinated is e.g. expressed in the following headline: *“The unvaxxed are committing a second holocaust. Science deniers are guilty of genocide.”* Those who have done their own thorough research know absolutely for certain that the opposite is the case: Vaccination has no basis whatsoever in true science and is only harmful with the cost of meanwhile hundreds of thousands of victims who believed in the false preachers who promised them salvation and actually gave them all kinds of injury up to the extent of causing lifelong suffering and even death.

Such is the unspeakably sad reality when it comes to the new corona religion which is ultimately a cult of death, leading to ever more people losing their lives prematurely. I hope that by now you as reader of these lines have fully awakened to the realization of what is actually going on and are dedicated to do your utmost to stop this greatest tragedy in human history which is presently unfolding.

## The wrong concept of vaccination is based on poison versus antivenom

Dear friends,

Basically, you have always two options: To blindly believe what another person tells you or to make sure that you are not lied to, that the information you are receiving is really true. What is your decision in respect to vaccines? Do you simply believe everything you are told by the so-called experts, or are you researching yourself to find out what the new experimental gene therapy is all about?

I trust that you have done the latter and are aware of how very harmful it is. In case you speak German, you can learn the details at this link <https://eingeschenkt.tv/stefan-lanka/> through the explanations by Dr Stefan Lanka who has been researching this and many other issues in depth as a virologist who has not only been teaching students but also checked whether what he is telling others is really true. In this way he could find out that no scientific basis exists for the claims made by virologists. He began his own further research and is now working on very precious projects which will help people to evaluate their health condition with the help of modern technology in an easy-to-handle personal way without the need of any medical doctor.

What I would like to focus on in these lines is the concept of vaccination which is totally wrong to begin with, because it rests on completely false assumptions, namely that health is determined by the balance between poison and antivenom in the body. This juice theory goes back thousands of years and was finally understood to be wrong more than one hundred years ago, yet it continues to be present in the minds of many people including those who cling to the concept that diseases are rooted in some poison = virus which causes people to get sick. Based on the disproven idea that diseases are caused by viruses, the vaccine industry has been booming and they certainly do not want their business to stop. Therefore they are pushing for vaccination with all their might of propaganda and censorship not only via the mainstream media but also on social platforms.

This widely spread problem can only be solved if people are prepared to ask very fundamental questions about health and sicknesses. In this respect the book by Dawn Lester and David Park "*What Really Makes You Ill? Why Everything You Thought You Knew About Disease Is Wrong*" is truly an eye opener to realize how much of what is commonly thought to be true is not backed by science but merely an assumption.

Those who are creating vaccines are searching basically for an antivenom against the poison of their imagined virus. They are misinterpreting what they see when observing dying cells in the laboratory as death caused by a virus whereas in reality they are looking at the result of what happens when cells are disintegrating. From their experiments in the laboratory they are drawing conclusions for the living organism which are definitely not valid, never proven to be scientifically valid. Accordingly, they are still speaking about the germ theory and the theory of contagion even after so many decades of intensive research. Obviously, what is incorrect cannot be proven. The situation is that simple, yet who is prepared to face such essential facts when it comes to dealing with a supposedly dangerous virus of which "everybody" is afraid.

I hope that by now you have come to the point of realizing that fear-mongering is not only behind the present crisis but also behind the so-called swine and bird flu, and so many other claimed deadly viruses like Ebola, etc., whereby none of them was ever isolated, scientifically confirmed to exist. Once you have reached this point you will ask twice and find

the correct answers based on understanding the ideas of virologists and recognizing that they are definitely wrong. What is considered to be an immune reaction, the creation of antibodies, are actually proteins that exist to create new vessels being created and bringing about the healing of wounds, etc. Normal proteins which can be found in every human being are wrongly defined as antibodies based on the idea of spike proteins attaching to cells, whereas this can be shown only to a very limited extent in laboratory experiments and not in the living organism.

In other words, we are talking here about a grey theory which has no basis in real life. What is being done is nothing else than injecting poison into the body to create some reaction, and then proclaiming that the vaccine is working because “antibodies” are created, whereas merely normal biological processes are taking place! In such a situation where we are dealing only with theories, we hear all kinds of contradictory messages like the immune system does not protect you from the virus, and on the other hand that the vaccines do create such and such result to a certain extent, whereby even definitions of terms like herd immunity have been changed. In the past it was forbidden to vaccinate sick people, and today the old and fragile people were the first to be given the shot! Manipulation is going on from beginning to end with the majority of people falling for it because they are not asking twice. Herein lies the core problem. One would only need to challenge the virologists to present the proof for their theories and it will become clear that there is no scientific evidence whatsoever, a fact which was confirmed by the highest court in Germany in respect to the measles virus a few years ago.

Once you stop and think about what is actually going on you will recognize that for the first time in human history people can convey a sickness which they do not have (no symptoms) to those who are vaccinated against it! I hope that you will sharpen your mind to see the countless contradictions in the present man-made crisis, the plandemic which was created on purpose with one of the goals being the huge human experiment with a new type of vaccine which brings in the end hundreds of billions of dollars of profit through the repeated need of refreshing “vaccinations” that do not help at all but are only harmful.

Traditional vaccines contain nothing less than rotting material in which the supposedly through formaldehyde weakened virus is injected into people! Yes, there is no benefit whatsoever, zero, but only damage for a person’s health caused by the vaccines people have been receiving. That fact is fully confirmed through the statistics concerning when which sickness started and ended in societies. You only need to sit down to do your own research, and you will know the facts which Big Pharma wants to hide under any circumstances because it would mean their end, once and for all.

Adjuvants, which are harmful for the body, are added to every vaccine in order to create some reaction. They are the real problem, especially now that they are using nanoparticles which can cause so much damage to a person’s health through continued inflammation as it is very hard for the body to get rid of them. Those receiving the shot may even die when these dangerous particles are affecting certain parts of the body like the heart, the brain and reproductive organs.

What is happening is nothing less than greatly harming more and more adults and now even innocent children with an ever-growing number of fatalities. Who is speaking out against it? I trust that you are standing up to end this crime against humanity and the worldwide genocide which is happening in front of our eyes.

All the different kinds of vaccines are 100% harmful and 0% helpful

Dear friends,

Are you shocked to read the theme of this reflection? If not, then you either know already that the statement is very true or you have not yet faced reality as it is. What I am emphasizing is scientifically proven, whereas the propaganda of vaccines being safe and good for the body is nothing else than a great and terrible lie.

What is the bottom line? You only need to compare vaccinated and unvaccinated children. The latter are far more healthy than the former. This simple fact is well established and can be confirmed any time. This is how reality looks like according to the facts which are scientific. You can repeat the checking of their health any time at any place in the world by comparing vaccinated and unvaccinated children. You will always get the same result: Children that did not get numerous vaccines put into their bloodstream are indeed much healthier than those who received all kinds of shots.

This evidence-based way of dealing with reality should be the end of the story. But it is not. Why? Because there is the pharmaceutical industry earning hundreds of billions of dollars through vaccination throughout the decades and they are not going to give this best ever business model up. As I outlined in previous reflections, the medical cartel and its representatives can come up any time with yet another artificially created “pandemic” and the remedy, a new vaccine, which allows more billions of dollars to flow into their pockets.

The present plandemic has shown to which extent they have perfected the masterplan and its execution so that nearly the whole world acted in lockstep, doing the same measures they were supposed to do in the interest of Big Pharma. Bill Gates said it bluntly, he likes to invest into vaccines, because it means investing one dollar and getting 20 back. Therefore he wants to vaccinate the whole world population, not only once but again and again.

What is your attitude in front of such a situation? The health and wellbeing of millions of people, especially the children is sacrificed in favour of a few people getting ever more rich. How do you feel about this reality which is totally unacceptable in front of goodness? It could come so far because good people have allowed evil to prosper, especially in the field of medicine where enormous corruption is firmly established.

Of course, there are those who have been fighting against this evil, but many of them have simply been killed – officially dying unexpectedly for unknown reasons. You only need to look and you will find all the evidence of how brutally the side of evil is fighting for the self-centred interests of Big Pharma representatives. This reality could once again be seen clearly during the present plandemic where many of those in influential positions suddenly died “mysteriously” after having spoken out strongly against what is going on in their country.

Where do you stand in this situation? On the frontline or hiding somewhere, pretending that you do not know what is going on? It is your decision, but you certainly cannot say that you did not know what is at stake, actually billions of lives. You only need to listen to the recording of the book “*Good-bye germ theory*” to know the facts in detail: <https://odysee.com/@audioboy:7/Good-Bye-Germ-Theory:4>

Chapter 2 of that book has the title “*The poisoned needle*.” Yes, that is what it all comes down to: poisonous substances are injected into the precious bodies of children and adults which are harmful for them. This is how the overall situation looks like, confirmed by science. On the other hand stand the lies which have been repeated day by day, year by year, decade by decade,... so that in the end nearly everybody is very sure that it is true:

*“Vaccines are safe, a blessing for humanity, etc.”* Yet the opposite is the case. You will know this for certain as soon as you are ready to look at the facts instead of blindly trusting and believing the propaganda which has been ongoing for two centuries already.

About the situation in the USA Robert Mendelsohn, MD, made it clear: *“There has never been a single vaccine in this country that has ever been submitted to a controlled scientific study. They never took a group of 100 people who were candidates for a vaccine, gave 50 of them a vaccine, and left the other 50 alone to measure the outcome.”* That is the basic scientific method, to have a control group or to do a control experiment. This was never done in respect to vaccines! For this reason it is obvious that we are talking here merely about a belief and not confirmed science in respect to the effectiveness of vaccines. In line with this reality those in power push now for everybody without exception to receive the Covid-19 shots.

If you ask yourself if this point was never addressed by those in responsible positions you have the example of the chief vaccine controller for the American FDA, Dr J. Anthony Morris who stated: *“There is a great deal of evidence that the vaccination of children does more harm than good.”* He was fired the day after he made this statement in the early 1970’s.

Another reality which confirms the serious harmfulness of vaccines lies in the fact that no private insurance company in the world will insure them. You can get life insurance, car insurance, etc. but you cannot get vaccine insurance anywhere on the planet.

The whole vaccine industry is based on a huge lie which is repeated endlessly so that everybody believes it: *“Vaccines create immunity in the people who receive them, by placing foreign viruses or bacteria through injection into their blood streams. This gives the person a weakened form of the disease which stimulates antibody production to protect the person if and when the real disease ever comes along.”*

The promotion of vaccines is based on 4 terrible lies, whereby the opposite of what is claimed is actually true: (1) Vaccines are not safe!

(2) Vaccines are not effective in what they are supposed to do!

(3) It is definitely wrong that vaccines are responsible for the decline of infectious diseases.

(4) Vaccines are not the only way to prevent epidemic outbreaks.

On top of these 4 points, it is clear that there are no infectious diseases and consequently also no epidemics or pandemics! Such concepts are a mere myth while people get sick for other reasons than becoming ill due to some “harmful viruses.”

If you have a sober look at what is claimed it is nothing less than the so-called medical experts insisting that they are more capable than our Creator who provided us with such an insufficient human body that their expertise is required to improve it. Does any scientific evidence exist that this is actually true? No, it does not! The opposite is the case. As soon as you do your own research you will know for certain that unvaccinated children are far more healthy than the vaccinated.

Such are the crystal-clear facts which anybody can understand. The only remaining question is: What are you doing with this knowledge? Will you stand up in defence of the children and their future in a situation where their health is more and more damaged through poisonous vaccines?

Do you feel compassion with innocent children killed by vaccines?

Dear friends,

How would you feel when your own child dies soon after receiving a vaccine? Is your heart big enough to feel compassion with innocent children being killed by vaccines and do what needs to be done to stop this incredible crime? Vaccination is a very bad idea that has progressively, and aggressively gotten worse over time. The essence of the overall situation is that injecting poisons directly into the bloodstream of children starting from newborns represents nothing less than an expression of an antiquated medical religion which exists solely for its own gain as it preys upon innocent children. In this respect Dr William Trebing asks the question: *“When are we going to stand up for ourselves and say, THAT’S IT! NO MORE! What is it going to take? Are we going to wait until half our population is autistic, mentally challenged or chronically ill? What is it going to take before we all band together to see the truth of what is really happening here?”* This is certainly a relevant and actual question for each one of us.

Do you really need proof that this is happening? You merely have to look at the data and you will know the truth. For example, crib death was so infrequent in pre-vaccination eras that it was not even mentioned in statistics. It only started to increase in the 1950’s with mass vaccination programs, re-named as SIDS, sudden infant death syndrome. Among the around 10.000 babies dying of crib death annually 85% of these cases occur within the second to fourth month of life, and this just happens to coincide with the initial DPT and polio inoculations! If you believe in coincidence, what then is the reason for these unexplained deaths? The obvious is being denied in order to keep up the totally unfounded narrative of beneficial vaccines!

The previously mentioned author of the book *“Good-by germ theory”* appeals to the reader: *“Proportionally a single vaccine given to a 6 pounds newborn child in one day is the equivalent of giving a 180 pounds person 30 vaccines on the same day. Would you like to experience what happens if someone were to give you 30 vaccines in one day? Include in this idea, the toxic effects of high levels of aluminium, mercury and formaldehyde contained in most vaccines, and the synergist toxicity could be increased to unknown astronomical levels. Further, it is very well known to science that infant do not produce significant levels of bile. Nor do they have adult renal capacity for several months after birth. Renal (kidney) transport of bile is the major biochemical rout by which mercury is removed from the body, and infants can’t do this at all well. They also do not possess the renal capacity to remove aluminium. Additionally, mercury is a well know inhibitor of kidney function and a potent neurotoxin. Considering all this, one can conclude through common sense that these ‘vaccines’ are better suited for a tool of mass genocide. When are we going to wake up?”*

Tedd Koren, a vaccine researcher and author, put it into the following words: *“Vaccinations will one day go the way of bloodletting, and doctors of tomorrow will be shocked that without any good research showing any benefit, and much research showing harm, we continued using this bizarre 18<sup>th</sup> century medical practice of injecting viri, bacteria, toxins and other chemicals into our children well into the 21<sup>st</sup> century.”*

May I ask you, where do you stand in this respect? Do you belong to those who are shocked at what is actually happening, or are you still blind to what is going on in respect to innocent children being killed through poisonous vaccines? Please reflect about such questions although they may be challenging on a personal level.

## The correct understanding of the task of the human heart

Dear friends,

We all have learned that the heart is a pump for the blood and naturally assume that this is true. Yet upon having a closer look it is obvious that this concept represents a grave error. Dr Thomas Cowan explains in this video <https://www.youtube.com/watch?v=ha0-aJVMuYk> why this is the case. Do you have the patience to listen for half an hour and then to know that what you believed for decades is actually not true?

It is up to you whether you are satisfied with merely believing in this or that idea no matter how very wrong it may be. I am certainly not this kind of person but dedicated to looking twice and checking the facts, which in this case show undeniably that the heart is not a pump that pushes the blood through the veins for various reasons which you learn by listening to Dr Thomas Cowan or reading his publications like the book *“Human Heart, Cosmic Heart”* (<https://portlandlibrary.bibliocommons.com/v2/record/S77C1644990>, audible: <https://www.audible.com/pd/Human-Heart-Cosmic-Heart-Audiobook/B01M9FQYJB>).

I do not want people to believe this or that but to know for certain what we need to be aware of, and to live with a profound conviction based on being well familiar with objective facts, which are for example in the case of the human heart that the blood enters it with the same velocity as it leaves this precious organ. Merely that simple fact makes it obvious that it is not a pump causing liquid to flow. The blood flow ends in the fine capillaries where elements are exchanged. What makes blood move from there back to the heart? For something stagnant to start moving an extra input is necessary. What is it?

There is definitely no propelling of pressure happening in the heart. This fact is confirmed by the aortic arch formed by the outgoing blood vessel from the heart creating a more acute angle when the blood rushes through it. If the heart were a pump, that part would naturally move in the opposite manner due to additional pressure. Considering such simple facts, it is obvious that no pressure propulsion is happening through the heart.

The answer concerning how the blood flow is created in the capillaries lies in the special quality of water existing not only as frozen, liquid, and gasiform, but there is also a so-called 4<sup>th</sup> phase of water that is found e.g. in human cells, consisting of a negatively charged (jelly consistence) part on the inner lining of capillaries surrounding the central positively charged liquid phase – enabling the blood to flow swiftly through the vessels as a perpetual motion.

With these few words I am outlining a scientific reality which still needs to be studied in further details, what experts like Dr Gerald Pollack are dedicated to doing. I introduced his work in the reflection with the title *“Amazing snow crystals and water as the carrier of information”* where I included the following link: <https://www.youtube.com/watch?v=i-T7tCMUDXU>.

Add to this the core content of my reflection on the reality of human cells as light-driven batteries creating energy where you could learn about Dr Gerald Pollack’s lecture on *“Water, Cells, and Life”* (<https://www.youtube.com/watch?v=p9UC0chfXcg>). Then it will become clear for you that the real purpose of the heart lies in being the core centre of the perpetuation of energy in the body.

One can say that it is the sunlight which activates the tube (capillary) and creates the energy, the electromagnetic field of the earth, and the infrared radiation of another human being. These are core components which together activate the charge and stimulate the activity of the heart. We merely need the amazing qualities of water and love as basis to allow our heart and blood flow to function well. The heart is orchestrating the movement of fluids in the human body as an organ representing the center of love where the decisions are made whether to love and to be excited or to refuse to care and to be depressed - to put it into simple terms.

What happens then in the physical heart? You can listen to Dr Thomas Cowan's explanations after 23 minutes of the video introduced at the beginning of this reflection. The dynamic that is happening is to change from the laminar or flat flow into a vortex, a spiral. Herein lies the reason why the heart is shaped as it is. It is all about creating a vortex, an energetic field that is creative, expressed in an electrical energy that acts as a conductor of the entire quantum coherence system manifested in every human being.

The essence of our existence is indeed energy with the heart in the most central position, creating a vortex. From the explanations by Dr Cowan you learn e.g. also that it is the heart which regulates the 37 degree Celsius temperature of the body while being itself in a 37 degree angle in the human chest. The vortex of the heart creates the electrical field which can be measured today even outside of the body, representing the strongest energetical field in a person, symbolically in the position of the conductor of a symphony, directing the rhythms of the various organs. In this way the heart is in the position of the center of the spiritual development which we can see in us and other people.

I hope by now the importance of the heart is very clear for you, manifested in its task both on the spiritual as well as physical level as the central point of our actual situation which changes moment by moment according to which decisions are made by our heart and soul. It is there where we decide to become more loving which in turn lets at time raise our pulse as we are excited to move forward to bring joy to others. The light shining from our eyes has its origin in our heart, ideally radiating with the vibration of the Love of God, our wonderful Creator who arranged all the functions in the body of His children in such an amazing way.

By considering the here-outlined facts it will become clear for you that all relevant decisions are made in the heart which in turn are directly expressed in the various human organs along with the physical manifestation in the deeds of a person. If we make wrong decisions, we are directly harming ourselves with the body becoming sick when the internal harmony is disturbed.

How very poor the human heart is understood is confirmed by the fact that the number one cause of death worldwide is cardiovascular disease. One third of the population on our planet die due to problems with the heart and blood circulation. Merely this fact alone should make us think twice and seriously check whether we have the correct understanding of the internal and external purpose of the heart. The same is true in respect to what is falsely defined as cancer, as I have pointed out in detail in previous reflections.

Let us strive to cultivate a truly loving heart as foundation for enjoying ever expanding happiness, which is certainly possible once we act in the right way in line with the principles of creation, particularly by acting according to the True Love Principle which stands at the foundation of all creation. We are destined to live in the realm of love and to express it day by day because the heart is indeed the center of our being.



## From “*Cogito ergo sum*“ to “*I exist in order to love*”

Dear friends,

I suppose many of you will be familiar with the Latin expression „*Cogito ergo sum*“, coined by the philosopher Rene Descartes who came to the conclusion: “*I think, therefore I am.*” To be able to think refers to something invisible. We cannot see other people’s thoughts, yet they are very much alive in the mind, preceding the conscious deeds. When we have a closer look at our actions as human beings, we see that our behaviour is not primarily determined by the way we think but by a combination of our thoughts, emotions, and desires, which need to be in balance if we are to experience inner peace and harmony in our relationships.

We have external desires centred on the body as well as an internal longing whereby it is essential that both are fulfilled in the right way. If our mind is merely occupied with getting our bodily desires satisfied, we will surely end up in misery, because in this way we are denying or neglecting our internal desires which go far beyond the present moment into the future, enabling us to sacrifice today’s satisfaction in favour of future greater fulfilment.

As adults we should ideally have learned to control our desires in the right way so that we do not harm others but to the contrary live in such a manner that our existence is truly beneficial for the surroundings. Here is where the purpose of life is to be found, in making others happy. Obviously, contributing to the wellbeing of friends and relatives, parents and children, especially beloved ones, brings profound satisfaction to kind people around the world. Doing so manifests what we all are meant to do during our time here on earth.

Based on this understanding it is clear for me that **I exist in order to love**. Yes, herein lies the essence of life, to be able to love myself and others in such a way that in the end only ever-growing happiness remains. I am here **to bring joy into other people’s life**, whereby doing so definitely results in my own long-term fulfilment. Nothing is more precious than being able to initiate and to maintain relationships where True Love flows freely, what we all are destined to experience on earth and in the afterlife without end.

In the reflection “*The correct understanding of the task of the human heart*” I have addressed the for most people surprising fact that the heart is not a pump to transport the blood to every corner of our body, but more than anything the most central vortex creating and maintaining the flow of energy in us as eternal beings who consist of energy being manifested in visible form, in a physical body which is destined to live for around 100 years along with a spiritual body whose existence has definitely no end because energy cannot simply disappear.

What I would like to emphasize here is that we are created out of Love in the image of God as a Loving Creator who longs for the fulfilment in True Love, just as we wish to experience it as His children. Herein lies the core Truth of the universe which was created for the purpose of the ideal of True Love being manifested on every level.

Please reflect on this central content outlined in these few paragraphs, because they refer to what is most important to know and to understand in life. Once you are certain of this precious truth that we are destined to live in a world overflowing with love and make it your own by acting accordingly, your lasting fulfilment in true happiness is surely guaranteed.

## The ABC of leading a happy life day by day

Dear friends,

To be happy is what all people want. The question is how to gain it and what needs to be considered to maintain the state of feeling filled with joy beyond time and space. With the hope to give you some inspiration to expand your own understanding of what is necessary for an uplifting life beyond the challenges you may be faced with on a daily basis I would like to offer you my insights into this fundamental task for which I have been investing for decades. For easier reference I associate core points with the letters of the alphabet:

**A**lpha and Omega, the first and last letters of the Greek alphabet, have been used in Christianity to designate the comprehensiveness of God, implying that God includes all that can be. In respect to our existence, the Alpha and Omega of life lies in our having been created for the sake of experiencing and practicing True Love, enabling us to find the greatest happiness.

**B**eauty in its noblest expression lies in the heart and mind of mature people who know what counts the most in our existence, namely, to contribute to other people's prosperity as the natural means to enrich your own being.

**C**hildren are not only in the position to be treasured but also to learn from them because it is in the purity of their hearts and the sincerity of their minds where timeless treasures can be found that move our soul profoundly.

**D**ivinity should be expressed in us who are made in God's image, as the ones created to excel more than anything in the realm of becoming the embodiment of God's divine qualities centred on manifesting an all-embracing parental heart.

**E**ternity is where we all are headed, starting from the point of conception where new life was created, destined to continue forever after the first period in the womb and the second here on earth have come to an end.

**F**amily relationships have the potential to bring the greatest joy of utmost fulfilment once they are cultivated and manifested in the bond of heart between parents and children, brothers and sisters, husband and wife, among friends and relatives, etc.

**G**od and man are destined to become one so that we as God's children resonate with the Heart of our Creator in the most beautiful ways.

**H**eaven on earth is what we need to build during our years on this planet in order to be well prepared to live in a heavenly realm in the life thereafter.

**I**deals are the inspiration and thriving force behind pursuing excellent performance and accomplishments in accordance with the purpose of creation.

**J**oy is what we feel in the brightest ways when we succeed in establishing bonds of heart that bind us harmoniously together beyond time and space.

**K**indness opens hearts, allowing True Love to flow freely. Let us practice it daily.

**L**ove and life are intrinsically connected because only experiencing love makes life truly worth living. Therefore we need to focus on cultivating a loving heart as foundation to make the best out of the time we are blessed to spend on this wonderful planet.

**M**otherhood and Fatherhood in their maturity exemplify sacrificial love which all people are destined to embody while acting as brothers and sisters of one worldwide family.

**N**aturally loving yourself and others is the state every human being needs to attain for the sake of securing our common future in a bright and peaceful world.

**O**pen-heartedness enables heartfelt sharing, which in turn inspires us to develop our precious potential so that we can bring more joy to others.

**P**ease of mind is the starting point of being able to digest the manifold influences from our surroundings and to use them well for gaining deeper insights and a brighter spirit.

**Q**uieting and calming your soul opens the door for clearer perception and profound experiences which are only possible when we are able to focus wholeheartedly what is going on inside and around us.

**R**ichness of the heart is what we need to strive for more than any other prosperity because it is in the spiritual realm where the greatest treasures are to be found.

**S**trong bonds of heart are the building blocks for loving families which in turn represent the basis of a caring world where we all wish to live. Let us establish it together by focusing on developing the internal foundation of profound relationships among us.

**T**ears of joy need to flow along with occasional tears of sadness to keep our emotions balanced and our heart young, filled with dreams to be realized.

**U**nconditional love is liberating for the soul because we all are created to feel and to convey it, fulfilling in this way the purpose of creation, manifested in a world overflowing with selfless loving care.

**V**ictories of Love gained on a daily basis expand our ability to love yet another human being with the heart of a caring child of God. Our Creator longs to see all of His children living in the realm of joy-filled satisfaction, what is definitely possible once we determine to act only in line with the True Love Principle.

**W**arm-heartedness is one of the manifestations of our love for others where we are destined to develop on ever deeper levels here on earth to be continued in the life thereafter, the eternal realm of dwelling in the embrace of God's unending love.

**X**enial refers to acting with kindness, being nice or friendly to foreign visitors. Such an attitude of real hospitality opens the way for all people to live peacefully together, enjoying prosperity as one human family.

**Y**es to life means first of all yes to love. Putting love into the centre of our life guarantees our ultimate fulfilment which can only be experienced when we have learned to love in such a way that is beneficial for all.

**Z**enith represents the point in the sky or celestial sphere directly above an observer. The zenith of life in the form of utmost joy returns again and again once we walk the path of True Love.

## The Truth About Contagion: It is merely a myth

Dear friends,

How do you feel when you read the title of this reflection? If you have read the book *“Contagion Myth - Why Viruses (including 'Coronavirus') Are Not the Cause of Disease”* by Thomas S. Cowan and Sally F. Morell (<https://www.goodreads.com/book/show/54786062-the-contagion-myth>) you will know that it is very true that people cannot make each other sick. I have introduced this book in the letter with the subject question *“Are you interested in facts or are you satisfied with fake science?”*

On June 22, 2021 the here mentioned bestselling authors published their insights under the theme *“The Truth About Contagion: Exploring Theories of How Disease Spreads.”* They ask the question: are there really such things as “viruses”? Or are electro smog, toxic living conditions, and 5G actually to blame for COVID-19? The official explanation for today’s COVID-19 pandemic is a “dangerous, infectious virus.” This is the rationale for isolating a large portion of the world’s population in their homes so as to curb its spread. From face masks to social distancing, from antivirals to vaccines, these measures are predicated on the assumption that tiny viruses can cause serious illness and that such illness is transmissible person-to-person. It was Louis Pasteur who convinced a sceptical medical community that contagious germs cause disease; his “germ theory” now serves as the official explanation for most illness. However, in his private diaries he states unequivocally that in his entire career he was not once able to transfer disease with a pure culture of bacteria (he obviously wasn’t able to purify viruses at that time). He admitted that the whole effort to prove contagion was a failure, leading to his famous death bed confession that *“the germ is nothing, the terrain is everything.”*

In the description of this book you learn: *“While the incidence and death statistics for COVID-19 may not be reliable, there is no question that many people have taken sick with a strange new disease—with odd symptoms like gasping for air and “fizzing” feelings—and hundreds of thousands have died. Many suspect that the cause is not viral but a kind of pollution unique to the modern age—electromagnetic pollution. Today we are surrounded by a jangle of overlapping and jarring frequencies—from power lines to the fridge to the cell phone. It started with the telegraph and progressed to worldwide electricity, then radar, then satellites that disrupt the ionosphere, then ubiquitous Wi-Fi. The most recent addition to this disturbing racket is fifth generation wireless—5G. Since the dawn of the human race, medicine men and physicians have wondered about the cause of disease, especially what we call “contagions,” numerous people ill with similar symptoms, all at the same time. Does humankind suffer these outbreaks at the hands of an angry god or evil spirit? A disturbance in the atmosphere, a miasma? Do we catch the illness from others or from some outside influence? As the restriction of our freedoms continues, more and more people are wondering whether this is true. Could a packet of RNA fragments, which cannot even be defined as a living organism, cause such havoc? Perhaps something else is involved—something that has upset the balance of nature and made us more susceptible to disease?”*

It remains a fact that contagion is a modern medical myth - that microorganisms cause disease and that these diseases can be spread from one person to another through coughs, sneezes, kisses, and hugs. The earlier we become fully aware of this reality and draw the consequences the sooner the present crisis will be ended to never return again.

Here <https://whatreallymakesyouill.com/contagion-infection-deceptive-appearances/> you find a very good explanation about *“Contagion & Infection – Deceptive Appearances”* by Dawn Lester. It is really worthwhile to become familiar with these valuable insights.

## The battle for the truth to come to daylight

Dear friends,

The course of human history is one from ignorance to understanding the principles of creation and the purpose of life on ever deeper levels, whereby we see pioneers who contributed to gaining new insights in various areas. In the spiritual realm it was Jesus Christ who has left the most prominent insights influencing humankind to such an extent that time is counted with his birth at the center so that we count now the 21<sup>st</sup> year after two millennia have passed since Mary gave birth to her son in Bethlehem.

In the field of science numerous experts have come forward in the course of the centuries, offering new discoveries which were in most cases not readily welcomed by the establishment but to the contrary met with all kinds of opposition until the higher level of truth became commonly known by all people. In my reflections I have spoken e.g. about Dr Stefan Lanka as one of those standing up against prevalent views which are actually not rooted in confirmed science but merely in assumptions which have led to the germ theory and the concept of infectious diseases whereby both were never shown to be correct.

I would like to invite you to watch the first episode of the series "*On the Back of a Tiger*" ([https://www.youtube.com/watch?v=fVlbcg3La\\_E](https://www.youtube.com/watch?v=fVlbcg3La_E)) presenting a glimpse into the life of Dr Gilbert N. Ling. The documentaries are designed to profiling the life and work of unsung heroes of science and their battles with the establishment, providing some impression of maverick scientists who unravel the fatal flaws in our scientific and medical establishments, and how they have led to failures in treating the most devastating diseases. Through interviews, experiments, and animations, this documentary series reveals a radical new understanding of life, and in turn a better grasp of disease, aging, and nutrition.

Dr Gilbert Ling singlehandedly devised an alternate theory of the living cell, answering the glaring questions of the standard model on the foundation of having done his PHD work on the electrical potential of living cells. We can also thank him for intracellular electrodes and inspiring the inventor of the MRI. He has been dedicated to an uncompromising questioning of the status quo until he passed away in November of 2019 just short of his 100th birthday. Ling was determined to use what he has learned and to turn it into something useful for all humankind.

In his life he experienced first-hand the consequences of challenging dogmas in conventional science which are being upheld as a "sacred cow." Dr Ling rightly asks: "*What makes a part of science a sacred cow? How can I give up the integrity of science for the sake of not offending a sacred cow?*" Rather than being taken seriously, his radically new theory of the cell marked the dismantling of his career when he had a whole laboratory full of bright young students from all over the world who were either doing their PHD or a postgraduate work. The establishment simply made it impossible for him to get money. He recalls: "*I had put my faith in science, I hoped that I would get the support, and suddenly I had nothing, I was left out on the street.*" Despite losing his position and his salary in 1988 Dr Ling continued to study how life works at the deepest level with his pioneering work, inspiring a new generation of scientists.

His publications include the following three books: "*Life at the Cell and Below-Cell Level: The Hidden History of a Fundamental Revolution in Biology*", "*In Search of the Physical Basis of Life*", "*A Revolution in the Physiology of the Living Cell.*"

It is good to remember the following simple consideration: Although there are thousands of voices against a few, the truth is not decided by the majority but by the objective scientific facts. The ideas taught at universities around the world have generally always originated in one person making a new discovery which was then spread to others who made it their own. In the case of Dr Gilbert N. Ling we have one true scientist who checked more thoroughly than others and looked deeper and has therefore more confirmed answers than the other side which has all the money and resources to spread their view but fewer insights. The reason behind this situation is clear: Those financing science pursue certain goals and support therefore only those experts who agree with their objectives and present research results which are fitting to their agenda. This fact can be seen ever so clearly when having a closer look at the controversial views about climate change.

Please take a few minutes to look at the teasers presented at this link <https://onthebackofatiger.com/Teasers> where you can get a first impression of true pioneers in the field of uncovering a new level of depth in science including Dr Harold Hillman who says, *"I am not the least frightened of my intellectual enemies, but they are very frightened of me... I am a founding member of Amnesty International and I have university degrees in medicine, physiology and in biochemistry..."* From a human standpoint it may seem normal that scientists prefer to close their eyes on an understanding which would mean the end of their career if they pursued it, yet advancement in science was always preceded by challenging predominant views.

The same applies of course also in the field of religion, that those who questioned prevailing teachings have always met with opposition from the side of the religious leaders. The advancement of a society depends especially on those who ask the relevant questions no matter how unpopular they may be.

I would like to mention here the comparison with religion where it is not easy to stand up in a congregation and question the beliefs which the faithful are holding dearly to their hearts, strengthening each other because everybody thinks in a certain way. Unfortunately, the same spirit is also widely spread in the field of science where the majority is not ready to question what is considered to be a scientific dogma or "holy cow" which must never be doubted. As a matter of fact, you can only advance to deeper levels of insights if you are prepared to question what you already know, thinking that this is the ultimate truth about reality because nearly everybody is reasoning in a similar way.

As reader of these lines you may feel about yourself that you are not a scientist and not a specialist in one way or another, yet I would like to challenge you to have a second look at the such an attitude because I am convinced that we all have unique precious insights in respect to what counts most in life, namely, loving relationships. Despite the obstacles we may face in this world where social distancing is emphasized it is decisive that each one of us comes forward with our personal understanding concerning what make life truly worth living, contributing in this way to the victory of knowing the Truth over any kind of ignorance.

Once you have learned to correctly understand the cause of the symptoms which may be appearing in your body you already have the key to regaining your full health and wellbeing whenever it is challenged for one or the other reason. The most fundamental realization in this respect which every human being needs to gain lies in knowing that I make myself sick through my inner conflicts and for this reason it is only I who can heal myself and nobody else. May we all take this essential truth to heart and always act in line with it.

## Re-examining the fine structure of the living cell

Dear friends,

In the reflection "*The battle for the truth to come to daylight*" I introduced you to the link <https://onthebackofatiger.com/Teasers> presenting a teaser to get familiar with five outstanding scientists including Dr Harold Hillman who states, "*If you study the endoplasmic reticulum (the largest membrane-bound organelle in eukaryotic cells) which is an artifact, you are simply wasting your time.*" The term artifact refers here to something observed in a scientific investigation or experiment that is not naturally present but occurs as a result of the preparative or investigative procedure. Because life is short it is important to use our time well and not to waste it with doing things which have no value in the long run because they are not rooted in confirmed facts but merely in theories which may very well be wrong, as it is the case with the generally accepted view of the human cells. The reason behind it is expressed in Dr Hillman saying: "**Histology** (the branch of biology dealing with the study of tissues. the structure, especially the microscopic structure, of organic tissues) **and electron microscopy cannot give information about the living cell.**" You will understand why he knows this when you watch <https://www.youtube.com/watch?v=h1DKp2c7KAq>.

In this presentation [https://www.youtube.com/watch?v=fiKbO\\_QrRfs](https://www.youtube.com/watch?v=fiKbO_QrRfs) Harold Hillman re-examines the cellular structure of the mammalian brain. It merely takes you an hour to get familiar with the here introduced presentations and you will know for certain how very unreliable and even worthless for real life the content is which you hear from those promoting conventional views because scientists observe artifacts in their electron microscopes which are very different from the reality of living cells. The external size is largely reduced due to the way the material is changed through chemicals which are added to allow it to be observed. You may think that such content is not really relevant for you, yet the opposite is the case. Had the scientific establishment been prepared to welcome the precious work by Harold Hillman who has been active in various famous universities then we could have never ended up where we are today with lockdowns which cause more harm than help and other unreasonable measures which are all based on wrong concepts of life and the human cells.

More than anything else, our wellbeing depends on cells manifesting their electrical potential in the best possible way because we are ultimately at our essence vibratory light energy, destined to shine with the True Love of God in this world and the eternal realm thereafter. Once you are prepared to have a sober look you will come to know that a large percentage of what you consider to be an unquestioned scientific truth is merely one of many possible views. In the given example of the structure of cells it is clear for me that the insights presented by Dr Harold Hillman offer much more profound answers than the commonly agreed mainstream concepts which exclude the spiritual realm to begin with, limiting in this way greatly their own possibility to gain profound knowledge of how things are functioning in nature. The activities of the cells are directed by the invisible human mind not only via the nerves but also other energy pathways like meridians.

Only if we correctly combine the age-old confirmed practical experience with the findings gained with the help of modern technology will we come closer to finally knowing the full truth about how cells actually function. It is high time to leave any kind of narrow-minded approach behind and to be faithful to the principles of true science by sincerely questioning what I think I know already and to openly welcome alternative views rather than rejecting them, as it is unfortunately still widely the case even in today's scientific communities.



## The love in your heart shapes the water crystals in your body

Dear friends,

It is decisive to have the correct understanding of the fundamentals of life in order to be able to know for certain how to fulfil its purpose. Most of you will be already deeply aware that we were created out of True Love with the goal of experiencing the beauty of this strongest force in the universe in unique ways by cultivating our heart, the ability to receive unconditional love and to convey it to others.

How is the content of our soul, the desire we harbour in our invisible spirit conveyed to the physical body? The answer can be found in the structure of water which exists in a fourth phase or plasma form in our cells and tissues, capable of perceiving the energies created in our mind. You can learn about this basic principle at this link <https://www.bitchute.com/video/WSh9KOiRWGPo/>. What a wonderful receiver water represents is by now already well documented through scientific research and experiments which show how the water crystals are formed according to the wavelength it is exposed to.

Here [https://www.resonancescience.org/blog/Scientists-Show-That%20Water-Has-Memory?fbclid=IwAR33ErRPghxaXpWx4uGT72dykVXF7Jd\\_SPDodD3CRPbAaF5KJA2hJnF-rs](https://www.resonancescience.org/blog/Scientists-Show-That%20Water-Has-Memory?fbclid=IwAR33ErRPghxaXpWx4uGT72dykVXF7Jd_SPDodD3CRPbAaF5KJA2hJnF-rs) you can read a short article about scientists showing through experiments that Water Has Memory by William Brown, a Resonance Science Foundation biophysicist, starting with the words: *“A new ground-breaking discovery has been made within the most basic of resources. Scientists have just discovered what they have called ‘The Discovery of The Millennium’, and a huge revelation in human consciousness.”*

Yes, it is indeed a huge step forward in science to gain a deeper understanding of how our thoughts and emotions are conveyed to our surroundings while manifesting in our whole being, whereby every emotion is directly related to a certain organ or function, causing us to get sick with particular symptoms according to the unresolved issues which are burdening our spirit. Considering this fact, we can understand well how energy healing functions because the task at hand is none other than harmonizing the energies flowing in manifold ways through the human body.

By examining individual drops of water at an incredibly high magnification, scientists were able to physically see that each droplet of water has its own individual microscopic pattern, each distinguishable from the next and uniquely beautiful. As you can see in the video, a scientific experiment was carried out whereby students were encouraged to obtain one drop of water from the same body of water, all at the same time. Through close examination of the individual droplets, it was seen that each produced a different image. Another experiment which was then carried out with a flower being placed into a body of water, has led to the droplets of this water looking similar according to the species of flower.

It is important for every human being to become aware of such fundamental facts to know absolutely for certain that the condition a person finds himself in is more than anything determined by the internal situation and secondarily by external factors because our reaction in front of the circumstances we find ourselves in determines how the body reacts.

To invest into cultivating a loving heart which in turn will be manifested in high quality magnetic fields within us, radiating out into our surround, is definitely the best method to secure our personal wellbeing as well as to contribute to a more caring human *family of man*.



## The crystal architecture of structured water answers many questions

Dear friends,

I suppose you all have seen the effects of water condensing on a window pane when it freezes and forms ice crystals. Especially as a child, I have been trying to recognize familiar formations on the glass of the windows of my parental home on cold winter days. I would like to invite you to take the time to stop and to reflect about this phenomenon and what the crystallographic structures of various types of water can tell us by watching the short videos by Veda Austin presented at this link <https://www.vedaaustin.com/videos>.

After three minutes and 40 seconds of the first video you can see two pictures to show the difference between the wonderful structure of crystalized spring water and the “dead” structure after this water has been put for one minute into a micro wave. The wonderful information contained in untreated water has totally disappeared. Next you can see the amazing crystallography of water that has had little or no human intervention compared with the compromised structure of the water from the tap after running through the municipal pipes. At 5 minutes in the short film, you can see the structural difference between tap water before and after people from around the world having sent their positive thoughts specifically for a certain sample. At one glance the huge difference is obvious and with it the proof of how loving energy definitely changes the structure of water. Anybody is free to confirm such a reality for himself by making your own tests and experiments so that you will know for certain that it is indeed true what was already discovered by Dr Masuro Emoto regarding the influence of frequencies on the structure of water crystals.

In further examples you can see the result after Reiki energy having been focused on a tap water sample and the beautiful expression being visible after prayer. In this way it can be objectively observed by those who know about the effects of spiritual energy just as well as critics what kind of substantial changes in the structure of water crystals appear depending on what kind of positive or negative influences it undergoes. I consider it to be truly decisive that we all become deeply aware of this phenomenon, the scientifically proven changes in water crystals according to the surroundings and circumstances wherein the respective samples have been put. Through such observations anybody can have a visible proof that thoughts and emotions can be manifested in the structure of water crystal.

The important point is to consider the consequences of such a reality. We definitely influence what is happening in our body through what is going on in our mind. It is decisive to be fully aware of this direct cause and effect relationship to know for certain that we are not getting ill through other people “making us sick” but only through what we ourselves do to our body. You and I decide whether we enjoy excellent health based on cultivating our thinking and feeling in such a way that always truth, beauty and goodness stands at the center.

Each individual determines in what kind of state his body is through the way you treat yourself. This and nothing else is the core determining factor as to what kind of life a person enjoys and which issues are bothering him according to the priorities that are being set in the spirit and soul, in the heart as the center of our being.

May we all learn many a lesson through water crystals, particularly through the work of Veda Austin including the book *“The Secret Intelligence of Water: Macroscopic Evidence of Water Responding to Human Consciousness.”* This is what I wish for every soul.

## The task of learning from mistakes to be able to resolve issues thoroughly

Dear friends,

Every mistake we make is at the same time an invitation to learn from it and to do better next time. Some of us are rather successful in using mistakes as foundation to become more wise whereas other repeat their mistakes again and again, stuck in the inability to draw the right conclusions. To which group do you belong?

Through the *Exposition of the Divine Principle* many lessons can be learned from failures of central figures in religious history. Similarly, we can learn from other publications about what was done incorrectly and how the right solutions look like. This task is especially relevant today in a situation where it is obvious that grave mistakes have been made in connection with the so-called corona crisis. It is up to you and me to make sure that we see clearly what went wrong and understand why. This knowledge which is freely available on the internet enables us to make sure that such tragedies as what has become a reality during the past two years will never be repeated again.

Fortunately, there are those who have been exposing what is wrong on the different levels of society, from the individual to the worldwide level. Today any interested person can find out the correct answers if he searches thoroughly with an open heart and mind to check every information, including all aspects without any prejudice against an understanding which may be new and challenging for one's own concepts. This readiness to look behind the scenes and to find out what is really going on is essential to be able to arrive at the root of existing problems and to resolve them there where they originate and not deal merely with external situations as it is unfortunately common in politics and many other areas of life.

History shows that people like to believe in authorities rather than doing their own research to know for themselves first-hand the difference between science based on honest research and concepts which are generally accepted but lack the foundation of practicing true science which absolutely require control experiments in order to avoid errors and self-deception. The latter is very sadly widely present today not only when it comes to religious beliefs which have not been internalized, but also especially in the task of preserving your bodily wellbeing. Most people find it hard to distinguish between confirmed facts and propaganda by those who pursue financial interests, particularly in the case of the medical industrial complex that is continuously telling people what they should think about diseases, supported by the media and politicians. As long as people are stuck in blindly believing what they are told by so-called medical authorities and other people in certain positions of power and influence, there is little hope that they will recognize what is going wrong and draw the right conclusions.

The correct answers are all there, waiting to be considered and to be taken seriously. Nobody can do this task for another person. To do so is the personal responsibility of every individual, to find out what is really true and in which particular points deception reigns. To be successful in this challenge takes many steps of moving out of ignorance into the realm of knowing thoroughly from beginning to end where the errors and deception lie and how the full truth looks like.

I hope that you do your homework well to know absolutely for certain the timeless truth every person needs to know in order to find the ultimate fulfilment we all are destined to experience based on knowing for certain rather than merely believing in this or that theory.

## Errors and self-deception are the basis of the corona and other crises

Dear friends,

As long as we do not know the full picture we can always err in one point or another. Not only that, we may end up deceiving ourselves to believe in something which does not exist in reality, for example, dangerous viruses that make people sick. In my reflections I have spoken about this and many other misconceptions like contagion which all need to be clarified and resolved if we want to live in a peaceful world where truth and beauty reign as the solid basis for our enjoying a long healthy and fulfilled life.

In order to find out what is wrong we always have to search for the root of existing problems, which lie in the case of the health crisis dominating people's life today in totally mistaken ideas concerning the basics of life on both the internal and external level. The same applies to the climate change hysteria rooted in wrong concepts which can easily be understood once a person is prepared to have a sober look at the overall facts. The decisive question is as always: Who is ready to do so?

Dr Stefan Lanka has been searching for the correct answers not only in the field of his speciality as a virologist, but also other fields of biology including the historical developments which must be known in order to recognize where the root cause of existing problems lie as precondition to thoroughly resolve them. In a video presentation in German language Stefan Lanka provides an overview of core points that are relevant in the present situation which he considers more than anything to be a precious opportunity for positive changes once we understand clearly where we have been going wrong historically and what needs to be done now ([https://odysee.com/@Projekt-Immanuel:3/k-B02\\_Corona\\_als\\_Chance:e](https://odysee.com/@Projekt-Immanuel:3/k-B02_Corona_als_Chance:e)).

The core of the problem in the case of virologists lies in their looking at the various components of dying cells, believing that these tiny parts include viruses although such a concept was never shown to be valid. The very same results are achieved in experiments without any "infected" material. Considering this simple fact, it is obvious that virology is not a true science but based on ideas whereby virologist themselves are providing the proof that their views are invalid. As an insider, a trained virologist and discoverer of a useful structure now called "giant viruses" and "viro-plankton", Dr Stefan Lanka is in the position to know first-hand the details of virology. He did not stop at believing what he learned as prevailing dogma but asked the relevant questions as a true researcher. This enabled him to find out that the whole discipline of virology does not stand on the foundation of confirmed science. It represents merely a field of interpreting what is observed in laboratories, a science that has even disproven its own claims.

We have a situation where the ignorance of the masses is used for selfish goals by ever so immature people who have understood so very little about what makes life truly worth living that they use and promote wrong scientific concepts for their personal agenda, even at the cost of the wellbeing of millions of innocent victims, as we witness once again in the present plandemic with the goal of forced vaccination.

Let us take full responsibility to know the urgently-needed correct answers rather than merely believing what others insist to be correct as the mainstream teaching and dogma to which everybody must cling lest they are faced with restrictions in society, what we witness today more than ever before.

Biological transformation (pleomorphism) is the correct answer

Dear friends,

In this interview <https://www.youtube.com/watch?v=j-Jty83YFfk> Dr Robert O. Young concludes: *“If you want to have healthy body cells you need to take care of your internal environment.”* How we live, what we eat and drink, and our beliefs are what causes us more than anything else to feel ill. It is not some phantom virus that has never been isolated, purified, and cultivated or some other supposed pathogens.

All things can be restored from the inner core, ultimately our heart, which we need to cultivate to make sure that we feel fine and are able to deal with any kind of challenges to our health in the proper way. For this purpose we must first of all understand correctly what causes us to feel dis-ease (not at ease) and know for certain how we can deal with sicknesses in such a way that our health will be fully restored without the need of any artificially produced drug, chemotherapy or radiation, etc.

The fundamental knowledge we have to make our own is the realization that every person is at any moment responsible for his own bodily condition and not victim of circumstances. Of course, there are negative influences through all kinds of radiation but it is in our hands to protect ourselves and to invest for harmful electromagnetic pollution to be stopped. The main point is that you and I decide in what kind of milieu our bodily functions are taking place. Everybody can choose between health and sickness according to how we decide to take care of our needs. In which milieu the processes in our various organs are happening is solely determined by the individual and consequently each one of us is directly responsible for the sicknesses which may develop in our body.

One decisive point we all need to know in this respect is that manifold changes are going on in us which may include concrete transformations, for example of bacteria that are considered to be harmful into red blood cells which are beneficial for human beings. In this short video <https://www.youtube.com/watch?v=gAiHSikIR4&t=16s> you can see such a biological transformation with your own eyes in the form of a rod bacteria turning into a coccus bacteria.

In this German language video <https://www.youtube.com/watch?v=JTAuxiMqm8U> you learn that blood cells turn into bacteria and fungi and back to healthy tissue, what was already observed more than a century ago under the microscope by scientists like Antoine Béchamp. This biological transformation referred to as pleomorphism, has very important consequences: The microorganism in our body is capable of completely transforming from a healthy to an unhealthy state and vice versa. Accordingly, any kind of sickness arises within us and can be naturally resolved or reversed without the need of any special external input.

What is important to know in the historical context is that Antoine Béchamp and Louis Pasteur have been contemporaries with the former advocating the terrain theory and the latter the concept that germs are the decisive factor determining whether a person gets sick or not. It is said that at the end of his life Pasteur admitted that *“the terrain is everything and the germ is nothing”*, yet the germ theory was promoted whereas the finding by Antoine Béchamp are hidden in some archives. Why? Because the “official truth” is determined by the medical industrial cartel by what brings profit. Pasteur’s theory enabled them to produce and sell ever more drugs, what would have been impossible had the correct understanding of Antoine Béchamp and those who agree with him been allowed to stand in the center of

further research. Had Antoine Béchamp's precious discoveries become mainstream then today's Big Pharma could have never come into existence.

The facts are clear: It is not some dangerous virus or bacteria entering our body that makes us feel sick. We only get ill when our internal environment is unbalanced with the proper pH value not being upheld. Only if the milieu is too much alkaline are the external conditions set for unpleasant changes to take place in one or the other organ. In this respect it is decisive to know that bacteria appear when the pH value is too acidic in order to help us to cope with the unfavourable conditions.

To make a simple comparison, only if there is enough food for mice will they be able to live in your home. Similarly, only in a situation where much food is created in your body for bacteria to thrive will they appear and grow according to how much nourishment is available for them. This means that our wellbeing depends more than anything else on the inner surroundings we are providing for the manifold functions to take place in the temple where our spirit dwells during the years we are blessed to spend on this earth.

The essential issue in respect to sicknesses lies in the decisive question of their origin: Are they caused by a person's internal situation and accordingly the problems in the soul of a patient must be addressed to secure the physical wellbeing, or are diseases caused by some dangerous substances like viruses and bacteria? Tragically, the latter concept has been dominating mainstream medicine since centuries although that concept is very wrong.

The Covid19 "pandemic represents not only a crisis but at the same time a precious opportunity to leave wrong concepts behind and to thoroughly renew our understanding of medicine, for which the at the outset of this crisis published book *"What Really Makes You Ill? Why Everything You Thought You Knew About Disease Is Wrong"* by Dawn Lester and David Parker plays an important role, presenting the precious results of one decade of intensive research, besides other in-depth research available on the internet.

Now is the time for every one of us to make our own personal inquiry and reflection to gain deeper insight into this ever so crucial question as to what are the true reasons why we feel sometimes unwell and even terribly sick. Unless we manage to get hold of the correct answers and make them our own, we will continue to live in insecurity concerning our future because modern medicine does definitely not provide the foundation for a long life in good health but is focused on dealing with symptoms rather than removing the ultimate cause of sicknesses which always lies in the heart and mind of the patient.

The ever so wrong idea that other people cause me to get ill has now been extended to the planet to claim that it is critically in danger due to man-made climate change although no real scientific basis exists for such a claim. It is truly high time that we all wake up to realize what is actually going on with certain people of the elite pursuing their self-centred agenda with the help of fake science.

It is our collective responsibility to make sure that the full truth comes to daylight in every area of life so that we can stop wrong developments and contribute to the realization of a world where True Love reigns as the central force moving people's heart to excel in a precious lifestyle of caring for one another.

Only I can make myself sick – my health depends on me alone

Dear friends,

In the reflection “*Biological transformation (pleomorphism) is the correct answer*” I emphasized that sicknesses arise in us according to our internal state. The consequences of this fact are extremely important: I myself and not somebody else creates the symptoms that appear in my body. In other words, I create the disease from which I suffer.

In this respect it is important to remember that sicknesses are not something evil but the body responds in certain ways in order to help us to cope with challenges with the goal of fully restoring our health, what is always possible if we set the right conditions for this to happen. This does not require any artificial drug but only the resolution of emotional or mental issues, enabling us to feel fine again after the helpful processes in the body, described by Dr Ryke Geerd Hamer as the 5 biological laws, have supported our full recovery.

The transformation from the mindset that I get sick because somebody or something makes me feel unwell to the realization that only I and nobody else can create an illness in me is surely not easy, but it absolutely necessary if we want to leave the realm of self-deception behind where we think that others are the cause of my misery. Once we have learned to digest any unpleasant circumstances we may find ourselves in so that they are no problem for us, we can also be certain that the consequences of our inner harmony will manifest in our external wellbeing.

The fundamental realization which needs to be reached by every human being is that I am regulating my bodily condition through the way how I react in the various situations in which I am finding myself as I go through the day, through the seasons. Yes, it is how I cope with the ups and downs which life may bring that I am controlling my spiritual and physical health. If I do poorly in this task then the body will support me through special biological programs, described in detail by those who have understood the workings of the 5 fundamental universal laws with which we need to be well familiar in order to correctly interpret what is going on in us when we are not fine but suffering from one or the other health condition.

What is erroneously considered to be harmful viruses and bacteria are in reality symbionts, a term used to refer to an organism living in a symbiosis. Symbiosis is a close and prolonged interaction between organisms of different species. Such a beneficial relationship of mutual interdependence exists between bacteria and cells or tissues in the human body. Microorganism are cleaning the body from too much acid that is harmful. Microzyme are therefore naturally changing into bacteria whenever it is helpful for the overall health condition of a person. After their job is finished they will return to act as microzymes.

Sickness is therefore not something that needs to be treated with allopathic medicine. A dis-ease represents nothing else than the method of the body to get rid of impurities. It is the process to restore the right balance, and for this reason in any case supporting the regaining of complete health and not something to be afraid of. Yet modern medicine is using e.g. antibiotics to destroy the self-protecting microorganism in the body. What is beneficial is being killed in this way! In their ignorance doctors are actually destroying through their methods the natural support system in the amazing human body.

Once you gain the correct understanding you will know that the over-acidification of the body is a main underlying cause of all disease. In line with this fundamental insight it is clear that there is no such thing as a harmful cancer cell. A cancer cell was once a healthy cell that has been changed by acid. The tumour is not the problem but the SOLUTION to protect healthy cells and tissues from being spoiled through other rotting too acidic tissues. As soon as the pH value is alkaline no basis remains for the existence of a cancer. The tumour is therefore the momentary solution to protect the body from getting too acidic, and once the task is accomplished the tumour naturally disappears again.

Upon internalizing and logically understanding the here-outlined facts you will even welcome the diagnosis of having cancer as good news in the sense that the body is working hard to get rid of harmful acidic substances. Of course, it is at the same time a warning that you need to take better care of your health by making sure to improve your diet so that the alkaline pH value will be secured, stopping any future tumour growth from appearing. Dr Otto Warburg did valuable pioneering research in this respect for which he received the Nobel Prize. He stated already one century ago that no sickness, not even cancer can exist in an alkaline milieu.

The human skin acts to a certain extent like a solar cell, taking in sunlight as a nourishment, what should never be hindered by putting on artificially created sun creams or lotions. Wherever a tumour may appear in the body, it is due to our own behaviour. We are creating cancer and other diseases in us and they will naturally disappear once the condition for their existence is removed. If you feel sick then you have made some wrong decisions in the past and are now suffering the consequences.

The task at hand is therefore to always make sure to feed our body well physically while at the same time maintaining a positive outlook no matter the circumstances we may find ourselves in, because our internal situation has absolute priority in determining our bodily condition. Accordingly, every person decides how healthy or unwell he is. It is our individual responsibility to cultivate our bodily wellbeing based on our spiritual life.

You and I definitely decide our destiny including whether we enjoy a long life in good health or not, depending on the way we treat the temple we have received as dwelling place for our soul.

Sincerely yours,

Nikolaus

The concept of a stable genome was shown to be incorrect

Dear friends,

At this link [https://odysee.com/@TheTruthSeeker:f/Healing-Conference-2021\\_Stefan-Lanka:e](https://odysee.com/@TheTruthSeeker:f/Healing-Conference-2021_Stefan-Lanka:e) you can listen to Stefan Lanka's presentation at the healing conference 2021. He speaks about decisive historical facts which are the foundation for today's situation in the field of medicine, particularly in virology.

One decisive factor is the reality that the concept of a stable genome has turned out to be invalid, as it is reported in an article of the renowned German newspaper *Die Zeit* with the title "*Erbgut in Auflösung*" (June 12, 2008) where you can read: "*Geneticists must abolish their image of a stable genome in which changes are pathological exceptions. **The genome of each individual is in a state of constant transformation.***"

The new correct understanding is that the genome is continuously changing with the consequence that every organism, every human being is a genetic universe by itself with countless functions working together harmoniously to ensure our overall wellbeing. In such a situation it is obvious that constant changes are taking place in us not only in the various organs but down to the cellular level including what is considered to be the genome.

The model of a genome as a mathematical construct using millions of tiny parts (molecules of nucleic acid) to form a long sequence called chromosome is fully disproven. Understandably but still very wrong, there is little interest to make such sobering facts known to the public which expose the failure of biologists to present the correct view on the external basis of life. Especially from the standpoint of the medical industrial complex making hundreds of billions of money based on a wrong concepts it is obvious that they are doing everything in their power to prevent the truth to be widely known regarding the foundation for their work having turned out to be seriously flawed and proven to be incorrect.

Similar to the beginning of the 20<sup>th</sup> century when Albert Einstein and fellow scientists formed a new physical world view, we are living now in the first decades of the 21<sup>st</sup> century in a period where important changes are taking place in respect to how the fundamentals of life are being seen. With the help of modern technology which opens the door to more thorough research we can gain new insights, whereby the main obstacle are not external factors but the attitude of scientists, their readiness to leave old concepts behind which have turned out to be erroneous. Unfortunately, we see a widespread dishonesty of scientists who know the here outlined facts, yet pretend that they do not exist and make excuses while focusing on other factors while closing their eyes to the fact that essential errors are not being addressed.

Accordingly, the line of research in the field of gene-centred biology is continued with the focus on epigenetics without dealing with the challenge that the whole concept of a stable genome has turned out to be incorrect. It is already proven that the idea of genes as a set of instructions determining what the organism is like, its appearance, how it survives, and how it behaves in its environment is definitely wrong. Nevertheless, research is continued based on the invalid theory that every cell contains genes (DNA) that give instructions for a living being to make molecules called proteins. Why? Because the false concepts of cells and especially of genes stand at the root of the enormous profits of Big Pharma which would collapse once the objective scientific facts are dealt with. Everything is being done to keep the truth hidden from the public eye, because once it is out no more justification exists for vaccination and so



many other harmful practices which are not supporting people's health but to the contrary causing millions of people to suffer unnecessarily and to die prematurely.

When considering that the genome of each individual is in a state of constant transformation, we can easily understand that what is referred to as harmful mutation is in reality nothing to be worried about because nucleic acid is naturally changing continuously according to a person's internal and external state. In the light of this simple fact it is clear that fundamental ideas of virology are disproven. Virologists just as well as geneticists are challenged to leave their old concepts behind, what is surely very hard for them as it is for every human being to admit one's own grave errors and false concepts.

Eugen Rosenstock-Hussey wrote in 1929: *"The place where there is room for growth in the scientific age lies between a new pair of antagonists, namely between research and knowledge. The struggle between these two opponents remains largely unexplored."* It is a human trait to hesitate to welcome new ideas when it means leaving the old behind with which one of already well familiar. In the case of scientists such an attitude of clinging to the old although new insights are available can have fatal consequences, as we presently witness with the Covid vaccines which are based on a completely wrong concepts of life and the human cells.

In the at the beginning introduced *Zeit* article you can read: *"Medical research in particular is facing new challenges. The first outlines show that body and soul, their health, disease, development and aging are subject to a genetic interplay whose complexity exceeds all previous conceptions."* Now is the time to thoroughly renew our understanding of the foundations of life both on the material as well as internal level.

May we all be open to learn from new discoveries and revelations and put them into practice so that in the end everybody can benefit from the precious advancements which are now possible in this third decade of the third millennia.

Sincerely yours,

Nikolaus

## Understanding why the concept of virology is definitely wrong

Dear friends,

Bacteriophages are seen as the virus of bacteria. This is one of the false ideas in respect to what is happening in nature. A bacteriophage cannot cause harm to a naturally found bacteria. Only if you keep bacteria for a long time in the laboratory so that they lose their natural abilities due to not being treated properly then they will lose the ability to produce spores and instead produce mini-spores. There are mini-spores who have the task to help other organisms to grow because they do deliver nucleic acid, what is their primary function. They themselves have metabolism and are growing, becoming larger and larger, forming new organisms. It can be said that they represent in their huge numbers the fourth natural kingdom of its own besides the human, plant, and animal kingdom.

When bacteria cannot live anymore and have no time to create spores, they create instead mini-spores. This is not at all an act of destructions as most biologists and virologists think, but a retransformation in a highly organized process of metamorphosis into equally built nucleic acid with always the same size and the same sequence.

Looking back in history it is clear that the old school of virology existed until 1952 when further research had shown that their model of viruses as a self-replicating protein is not valid because control experiments revealed that the same results are gained whether "infected" or non-infected material was used. At that time it became clear that a protein can't reproduce on its own. It is only able to multiply if there is a catalytic molecule of nucleic acid acting as catalysator. From such observations scientists wrongly concluded that this must be the genetic material and built a new model of a virus containing genetic material. At that point it was John Franklin Enders who transferred the observation by bacteriologists of bacteria being destroyed in the test-tube, transforming themselves into phages, to the field of virology. He assumed that there we can probably do it in a similar way when we use tissues from animals and human beings, adding seemingly infected material (blood or saliva), and when the tissues dies the material is transforming itself into viral matter.

It is important to note here that virologists never ever have been able to isolate a complete structure of a virus which is supposedly causing a disease. They simply assume that the dying material is viral, took molecules out of it and constructed their model of a virus. Unfortunately, it does not come to their mind that the cells are dying due to the antibiotics they use to treat the samples and the deprivation of food up to 90% to supposedly make the cells hungry for the virus.

The assumptions of today's virology are based on the widely used paper which John Franklin Enders published on June 1, 1954 where he cautions: *"In so doing, however, it must be born in mind that cytopathic effects which superficially resemble those resulting from infection by the measles agents may possibly be induced by other viral agents present in the monkey tissue or by unknown factors... A second agent was obtained from an uninoculated culture of monkey kidney cells. The cytopathic changes it induced in the unstained preparations could not be distinguished with confidence from the viruses isolated from measles.... Obviously the possibility of encountering such agents in studies with measles should be constantly kept in mind... Accordingly, the results that are summarized here must be subjected to **most critical analysis.**"*

These quotes definitely show that J. F. Enders was not referring to his work as something absolute but very relative with various factors being uncertain, still in need of further experiments and evaluation. This fact is also expressed when he writes: *“Although we have thus already obtained considerable indirect evidence supporting the etiologic role of this group of agents in measles, 2 experiments essential in the establishment of this relationship remain to be carried out. These will consist in the production of measles in the monkey and in the man with tissue culture material.”*

As a matter of fact, these absolutely required experiments to exclude errors have never ever been performed! How is that possible? Because half a year later J. F. Enders received the Nobel Prize for a completely different thing, an idea he had in connection with the concept of old virology in 1948. Upon receiving this prestigious award, the content which he himself had presented in the here-quoted paper as speculation was suddenly considered to be a fact and it became the basis for the new virology.

In the course of the measles virus court case which Dr Stefan Lanka won at the High Court level, it was made clear that this paper by Enders does not contain a scientific proof for a virus and it was stated that it is completely unscientific because no control experiments have been performed. Consequently, what virologists are doing is anti-scientific because the very basic principle of science is in this way violated. Control experiments to exclude fooling yourself and others are an essential part of the scientific method.

Even now with the alleged novel corona virus it is clear that in none of the scientific papers on the isolation of SARS-CoV-2 proper control experiments are documented. This virus was like so many others artificially created with the help of a computer with no genome having been isolated and defined directly from human liquids.

The ultimate proof that so-called viruses cannot make you sick lies in looking at the human body from an energetical standpoint, as explained e.g. by cellular biologist Bruce Lipton in this lecture <https://www.youtube.com/watch?v=82ShSNuru6c&t=10s>. The average “membrane potential” for a cell is 70 millivolts or .07 volts (this the electrical charge difference between the inside of the cell, separated by the cell membrane, from the charge just outside the cell membrane). There are 50 trillion cells times .07volts = 3.5 trillion volts. Using nano-scale voltmeters, biologists have now found that within a cell, *“all of the 13 regions (of the cytoplasm) we measured had high electric field strength—as high as 15 million volts per meter”*. Especially neural cells in the brain can display profoundly high voltages.

Now draw the conclusion: It is absolutely impossible that a tiny material called virus with merely one thousandth of the size of a cell is able to control it. The ever so miniscule energy of a dead part of a genome definitely cannot direct the living cell to perform the production of viruses. Full stop. That is the end of virology, which turns out to be a fake science because its claims are not confirmed by control experiments and are indeed self-contradictory so that virologists have disproven themselves in several ways.

It is truly important that we all can see clearly the historical origin of today’s misconceptions and resolve them now once and for all based on considering the result of the necessary control experiments which Dr Stefan Lanka has initiated. They show unmistakably clearly that the fundamental claims of virologists are not valid. A new page in biology must be written based on confirmed facts rather than what is believed as prevailing scientific dogma.

## The task of changing all wrong concepts and terminology

Dear friends,

We live in the 21<sup>st</sup> century. When we look back in history and compare the past with the present, we see that today we have many concepts and use words which did not exist centuries ago. What we need to do is to distinguish which ideas are correct and which are definitely wrong. In my reflections during the past months I have been mainly focusing on how this looks like in the medical field, addressing many points which are definitely wrong in the way the manifold functions in the human body in connection with health and sicknesses are seen by the allopathic or modern medicine.

Those who have been reading my sharing know that fundamental changes are needed in the way how we approach diseases, starting with the realization that only I and nobody else can make me sick. Illnesses do not come from the outside into the body. What is considered a sickness is in reality a beneficial biological process in support of upholding our overall wellbeing. Such an understanding may be very surprising for those who hear about it for the first time, yet it is a reality which is scientifically proven.

To come to the point of knowing for certain that this is true requires of course an open heart and mind and the readiness to question mainstream dogmas. In the historical context it is clear that what was commonly believed has changed again and again over the years as people have become aware of errors which were made by those who came up with certain models of how the world and especially the human body functions. The first step lies in the readiness to question the status quo, existing concepts and practices, especially in the medical field. That things are widely not ok in this respect has hopefully become clear for most people during the past 2 years of the so-called corona crisis.

On Christmas Day 2019 the book *“What Really Makes You Ill? Why Everything You Thought You Knew About Disease Is Wrong”* was published. This marks a cornerstone for the building of a better future because we have unfortunately gone so very far astray in respect to correctly understanding sicknesses that we must question all of our fundamental concepts of what illnesses are all about. Only if we understand their origin correctly are we in the position to provide the correct solutions for health issues, a task which is today more urgent than ever before, because severe corruption in the medical industrial complex has brought us to today's miserable reality.

The most important change in the way of thinking which prevails concerning the human body lies in the realization that it can naturally deal with any kind of health issue and therefore no need of medical doctors exists except to deal with emergencies like accidents. In all other cases what is considered to be a disease will naturally disappear once the right conditions are laid for this to happen. Why? Because the respective symptoms arose out of disharmony in the body and once inner harmony is restored the external consequence is the physical wellbeing.

This is an essential principle which we have not been taught and therefore everybody believes in the need of doctors who treat us when we feel unwell. In reality it is I who has to take better care of myself to secure my bodily fitness and a long life on our wonderful planet. In the light of this simple fact it is obvious that a very fundamental change of paradigm has to take place in respect to the way we see sicknesses and how we deal with them.

A helpful starting point is the realization that we do not live in a cosmos that is determined by some good and evil principle. All developments arise from cooperation and not from confrontation. The human body is an amazing universe functioning according to the principle of harmony whereby the overall wellbeing is always at the centre. All functions are

therefore for a beneficial purpose including cancer, which represents a meaningful biological reaction to help the body to deal with extreme circumstances which arise through the experience of trauma and emotional shock which needs to be digested. By studying the 5 biological laws discovered by Ryke Geerd Hamer you can learn the details of the various steps how the body is active to restore its original healthy state.

Once you have internalized the fact that life is not built on a good and evil principle you will also see that the concept of an immune system is completely wrong because there is nothing to be immune against. There are no pathogens that come from the outside into the body, and therefore no need whatsoever exists to defend yourself against them. What is referred to as “diseases” exclusively can only arise from the inside, referring ultimately in a person not feeling at ease but struggling with some issue which is expressed in a particular part of the body according to what kind of conflict someone is dealing with.

A change of fundamental concepts does not take place easily and needs time because we are so used to a certain way of thinking which is repeated day by day in our surroundings because nearly everybody has the same basic mistaken ideas when it comes to how we get sick and what is needed in order to remain healthy your whole life long. So we have a huge task to accomplish by moving from today’s completely flawed understanding taught by modern medicine to the correct view of life and the amazing human body which will naturally serve us for around 100 years in a good condition if only we treat it in the right way.

Those who would like to understand the issues in question better I encourage to become familiar with the explanations in the book *“The task of finding the Solutions to Health Issues”* where I am addressing themes like *“Through listening attentively to virologists we see the obvious contradictions”* and *“Exposing the errors of specialists on viruses by studying their teaching.”*

I trust that you do your best to sit down and to reflect deeply about the essential points I am addressing in this short reflection because it is truly decisive that we are not stuck in wrong concepts which hinder us to feel what we all are meant to experience, namely overall health and happiness from birth to the time we decide to move on to the next world where we exist eternally.

Sincerely yours,

Nikolaus

Let us leave false ideas and models about health and sickness behind

Dear friends,

In the reflection on the theme "*The task of changing all wrong concepts and terminology*" I addressed a huge challenge in a few paragraphs, what is of course not enough. The actual task of getting rid of wrong concepts and substituting them with the correct understanding must obviously be done by each individual and requires a lot of personal investment by studying the materials that are helpful to get a crystal-clear knowledge of how "disease" takes place in the human body, namely as something beneficial which does not need to be treated in any way. What is important to understand correctly are the universal biological laws according to which the manifold processes are functioning to secure our bodily wellbeing.

Of course, you should lay down when you feel sick and tired, but more than anything else it is decisive in such a situation to come to the point of realizing that the body wants to show you something through activating additional biological programs. The first task at hand in such a situation is always to calm down inside and to reflect on what has happened that has led to your feeling miserable. It is decisive to find the main issue, the emotions and thoughts that are prevailing in you, and to recognize the connection to the part or function of the body where you feel pain or which are not ok. To do so must be our priority because it is always and in any case true that I make myself sick and only I can heal myself by making the required changes in my heart and soul where the real starting point of any illness lies.

The timeless task of educating yourself about the true cause of sicknesses should ideally be accomplished by the time a person has reached adulthood. We are very far from such a situation and must therefore do our best to catch up with getting to know what we should have been well familiar with all along. Unfortunately, we are not only in a situation where we are lacking in having the correct understanding, but there are many false teachings and practices around which have been influencing our way of thinking all along. To get rid of them thoroughly so that they will not disturb us on the path of gaining new insights is surely not easy, yet there is no substitute to being truly victorious in this challenge to leave the past behind with every wrong concept having been thoroughly eradicated from our mind.

For example, most people believe in viruses making people sick. This situation does not change the fact that so-called "viruses" have never been seen and photographed in the human body, nor have they been isolated and then biochemically characterized, nor have they been shown to cause a particular sickness. The latter is also true for bacteria, whereas this important fact is widely unknown. The required control experiments to ensure that the germ theory is not a mistaken concept have now been made and confirmed that this model is definitely wrong just as the theory of infectious diseases. It is only a question of time that more and more people become aware of this and many other scientifically confirmed facts which are not mainstream knowledge yet.

For the sake of gaining new insights one needs to be prepared to have a second look. In the case of the widespread belief in anti-bodies it is helpful to realize that this kind of concept is also considered to be valid because of the experience that there have always been those who amidst of sick people remained healthy. Accordingly it is assumed that they must have some kind of "anti-substances" in their body which protects them from a certain disease. This totally wrong idea has found its fatal application in vaccines that have meanwhile killed millions of people. It may be surprising for you to realize this fact, but today's widespread practice of vaccination goes back to the primitive never proven medieval dogma of good and evil fluids and particles in the body, of poison and anti-poison. The same applies to the very harmful chemotherapy and the contradictory concept of using anti-biotics in order to support biological processes. Merely the fact that globally not a single scientific

research on the effectiveness and risks of vaccines exists should make you wake up to the sober realization that this is the case because vaccines are definitely more harmful than potentially beneficial.

To get the correct understanding of illnesses it is important to know that the body and its organs consist of 4 types of tissues which either digest, protect, move or maintain contact. The first 2 kinds of tissues increase their function after an existential event, and if that is not enough, they will multiply exactly that kind of tissue - and not some malignant cancer as erroneously doctors think. The other two tissues connected with movement and contact do the opposite. They reduce their function and number of cells. After the existential issue is resolved or it has lost importance for the patient it takes a certain amount of time until the original function and number of cells is restored.

To be aware of such processes is necessary to gain the correct understanding of what is falsely interpreted by doctors as a period where a disease is latent in the body. In reality the length of the period with no symptoms depends on how much time it takes for the respective tissue (one of the four types) to change from a fermentation metabolism to one with enough oxygen. The difference in the time period of being "latent" depends on the part of the brain to which a tissue is connected, whereby the brainstem is related to digestion, the cerebellum to protection, the cerebrum to movement, and the cerebral cortex to contact. Obviously, the length and intensity of the conflict-active phase determine whether hardly any visible symptom accompanied with little pain appear or an intensive reaction if the reconstruction processes of the tissue are extensive. Knowing such basic facts it is also understandable why adverse reactions to vaccines appear after greatly varying time periods following the inoculation depending on bound poisons being released and becoming effective through a lack of energy, hurts, growth spurts, or energy-intensive healing phases.

With the discovery of the electron microscope it became clear that neither the claimed cancer causing virus could be found nor any other supposedly sickness causing virus. In that situation the idea of cancer viruses was changed to the concept of cancer genes and further the model of genes containing the building- and function plan for life. Yet also this hypothesis has meanwhile turned out to be invalid. Such are the for many quite difficult to digest facts. Yet there is no way around facing them.

The core point we all need to be certain of is that all healing comes from within, a fact which is well explained in this video <https://www.youtube.com/watch?v=DsU9ydJS-1c>.

What I am outlining in this and other reflections is fully confirmed through true science which we all need to use in order to expand our understanding of the human body and how we can preserve our health until old age. May we all succeed in doing so.

Sincerely yours,

Nikolaus

## The need to bond is the second strongest desire of a human being

Dear friends,

We all know that in order to be alive on this earth we need more than anything oxygen which we receive through the air. Without it we can only survive for a few minutes. Breathing is taking place automatically and generally we do not pay special attention to it. This is not a problem, but where a real issue exists can be seen when we look at the second most important desire of a human being, the need to bond.

Why is this longing so strong in us? The answer is obvious from the standpoint of love, that we are created to experience loving relationships from the moment of our birth to the time when we move on to the next, the eternal world where we are destined to breathe the air of love. The desire to live in a realm of love is definitely stronger than craving for food. Therefore we see e.g. people who are greatly troubled in their heart due to not properly working relationships refusing to eat until a certain issue is resolved. Eating disorders and many other behavioural problems have their ultimate origin in a person not experiencing the desired bonds of heart and warmth of love every human being is meant to feel, and accordingly manifesting a lack of self-control and empathy among other immaturities.

It is truly decisive that we know absolutely for certain that the need for establishing bonds of heart is essential not only for our emotional health but also for our physical wellbeing. From this viewpoint it is clear that our efforts to keep in good shape must be based on cultivating loving relationships because they are the number one determining factor for the condition we find ourselves in on a personal level, both internally and externally.

In the present situation of countless people struggling with all kinds of psychological challenges we need to realize that the solution lies in every person establishing inner balance and harmony as the foundation for stable health. We need to practice the opposite of social distancing and make sure to eradicate any source of unjustified fear from our mind, starting with being afraid to get sick through infection, because contagion is a myth and that will never change as it is impossible that diseases are conveyed from one person to another. Only I can make myself feel not well and sick by neglecting to take care properly of my spiritual, emotional and physical needs.

The core obstacle hindering us to dwell in the sphere of the warmth of love where we all are supposed to be is fear which must be fully overcome on all levels. It is hindering us to be internally free, to think clearly and rationally. Once people are liberated from fear their behaviour changes greatly in a positive way, enabling them to feel welcome and safe because they calm down when they are accepted from the heart, whereas those who are distrustful close many doors and set up barriers which block them from finding the profound fulfilment they are longing for deep inside.

The task of leaving fear behind requires our wholehearted investment to get rid of any kind of prejudice and wrong concepts which may be in the way of heartfelt bonding, which is ever so needed from beginning to end, starting as child with papa and mama, as brothers and sisters and later as husband and wife, in friendship and with relatives, etc.

May we all succeed in doing our part in establishing bonds of love from the individual to the worldwide level as foundation of finding ultimate fulfilment.



## Are you satisfied with a merely materialistic view of life?

Dear friends,

If I ask you whether it is enough for you to see the world from the standpoint of a materialist who does not believe in anything spiritual, I suppose you will answer that there must be more to life than what can be observed with our 5 physical senses. If you listen for a few minutes to this video <https://www.facebook.com/watch?v=893128104635369> with Bruce Lipton speaking about a mother's intuition, you will be reminded that there are countless reports of mothers sensing when something happens to their beloved child although it may be physically far away from her.

You may have heard of people speaking of having a certain sensation when their best friend died that something is happening with him or her although they had no idea of what is actually going on in that person's life, like being involved in a car accident, etc. What I would like to point out here is that we do have indeed a certain sixth sense which cannot be measured with physical instruments. When you reflect about this reality you may be reminded of personal situations where you experienced the protection by your guardian angel or having had other spiritual experiences.

Why am I talking about this? Because I want you to be deeply aware that we are not just material beings but there is an incredible potential in each one of us which we are called to develop during our life on earth and thereafter in the eternal realm. And now think of the belief that the body which is so very sensitive and serving us faithfully 24 hours a day by functioning well is supposedly unable to recognize what might be harmful and deal with it? If you seriously think about this then you cannot help but come to the conclusion that it is not possible that the body is so stupid as to cause an autoimmune reaction which means to destroy itself. Yet nearly everybody believes in it, because some experts said so!

Where do you stand in this respect? Are you absolutely clear that only you can make yourself sick and not the body becomes the victim of viruses, dangerous bacteria, etc. Doctors tell you such things because they do not know better, they heard it at university, learned it by heart, and now they say those things. You are probably believing them because others do also and like this everybody is living in ignorance and darkness when it comes to understanding the true nature of human beings and the amazing abilities of the dwelling place we have received for our spirit. Please consider, an autoimmune disease is "*a condition in which the body's immune system mistakes its own healthy tissues as foreign and attacks them.*" Do you really think that your body with all its ever so fine-tuned abilities is so crazy to attack its own healthy tissue? No, it would never do it. It is the those who have such concepts who are not very clever to recognize what is really going on. They are merely interpreting what they observe, unfortunately they are often very wrong in what they think because they do not focus on the internal aspect where the problems arise and where they must be healed. In other words, you can be a much better expert than your doctor or a virologist, if you use your heart and brain well to understand what they unfortunately do not realize: It is impossible for you to get ill through some so-called virus or the body being so ignorant as to work against itself. The body will never act in a contradictory way, but people do, due to their inner contradictions which they have not resolved.

I wish that we all will be victorious in this respect to gain complete inner harmony as foundation for lifelong health.

## Conclusion of many months of intensive research

Dear friends,

The various topics which I have been addressing during the past close to two years of the so-called corona crisis go far beyond that man-made tragedy. They are dealing with fundamental questions of life and how we can preserve our bodily wellbeing until old age without the need of a doctor. Yes, without the need for any kind of medical assistance except in the case of our being involved in an accident or getting poisoned, e.g. through a vaccine...

The bottom-line conclusion of my research which goes back many years is expressed in the following realization: The human body is capable of dealing with any kind of challenges without the need of an artificial drug, which includes of course cancer and tumours. They will naturally disappear once the root cause is removed that has led to their appearance in the first place.

I wish you are deeply aware of the following fact: The human body does not make errors but always knows very well what it is doing and why certain processes are necessary. Unfortunately, people who should know best, the trained medical staff, are unaware of what is actually happening for which purpose in the human body because they are ignorant of the universal biological laws which are automatically governing the manifold functions that are continuously going on inside of us.

It may seem to be a strong statement what I just said here, yet it is confirmed by reality. Unvaccinated people who take care of their needs properly are much more healthy than those who are treated by doctors who themselves have one of the lowest life expectancies! Merely this situation should awaken anybody to ask the relevant questions as to whether our health system is up to date to provide what the body needs and how it can be best supported to remain well-functioning for about one century.

The question is not whether you believe in allopathic medicine, but whether it really works. The data show that it does not. For example, the number of cancer patients has been growing steadily for decades although hundreds of billions of dollars have been invested into cancer treatment. Full stop. Such an objective evaluation should awaken the last person to realize that there is something fundamentally wrong here. We are not at all on the right path by following modern medicine which is rooted in a materialistic worldview. Only if we include the spirit as the primarily determining factor in respect to our health situation will we get there where we all wish to be, a situation where we remain healthy our whole life long.

For this reason, I have been emphasizing the internal situation, the emotional and psychological state of people as the main determining factor concerning whether they are fine or stuck with all kinds of often chronic problems. What every human being needs to know without the slightest doubt is the fact that nobody can cause me to get ill because I only become sick if I expose myself to too much poison, be it through chemicals in the food, harmful radiation and vaccines, artificial drugs which serious side effects up to the highest stage manifested in death, a destiny which has become a reality for meanwhile hundreds of thousands based on their choice to take the covid jab which represents nothing else than an experimental therapy for which they volunteered, tragically to their own peril.

You and I decide whether we die prematurely due to our ignorance or we use our God-given intellect to understand clearly the true cause of sicknesses and remove them

instead of treating symptoms, which is the commonly used method in today's Western medicine. The solution begins by saying good-bye to old unproven and indeed harmful concepts like that of believing in the germ theory and the theory of contagious diseases. Once you know they are definitely wrong you will also be aware that other people cannot make you ill and accordingly the use of vaccines is a totally invalid concept which only causes harm and provides no benefit whatsoever.

You find the details why I make such statements in the several hundred pages of the two books where I compiled the content which I have been conveying to those who are interested since the outset of the ongoing pandemic, which is actually merely a means for a completely different purpose, namely, to get full control over people by frightening them into being afraid of some invisible virus which was not even shown to actually exist. With the help of fear-mongering more and more restrictions are being implemented, whereby the ultimate goal lies in setting up a social score system (like in China) so that the state can decide what is good behaviour that is rewarded and which attitude is punished, limiting in this way people's freedom more and more.

The end goal is the establishment of a new world order with digital currency whereby a digital wallet is provided by those in power who have absolute control over who is allowed to use how much money for which purpose. Those who oppose such a system of total worldwide tyranny get their wallet closed down so that they are destined to die of hunger...

This kind of evil agenda is pursued by the elite of the digital financial complex and people like Klaus Schwab, Bill Gates, and so many others who are mentally sick, ignorant of the true human dignity. We can only stop them who have all the money with which they buy politicians, etc. if we learn to stand on our own feet and start to take full responsibility for our physical wellbeing without the need of any artificial drugs.

The solution to health issues lies in our making sure we understand the human body well enough as to not allow it to get harmed. This knowledge needs to be rooted in the profound conviction that all existence is based on energy and therefore any health problems must be resolved on the spiritual and energetical level first before it can manifest in our bodily wellbeing.

Wishing that each one of you as the reader of these lines does the homework of becoming well familiar with the actual facts and draws the right conclusions which allows you to lead a long happy life based on a harmonious relationship between the Heart and Brain, about which you can learn here <https://www.facebook.com/watch?v=1010563866187869>,

I remain sincerely yours,

Nikolaus

## It is impossible that God does not exist as Loving Creator

Dear friends,

What is the most important question we are challenged to answer in the course of our life? I suppose you know it from your own experience, starting from your teenage years when everybody is confronted with choosing a profession and determining what is important in life. Ultimately it is the question about its meaning which is the most influential one because if this fundamental issue is not resolved, people may even go as far as killing themselves. A meaningless life is simply not worth living it. Nobody wants to be useless...

Let me ask you: How have you been dealing with the purpose of your existence on this earth so far? About which points are you sure and which questions are still unanswered. Do you know why you are here, from where you came and where you will go when you leave your presence in this world to move on to the next stage of your eternal existence?

I really would like you to reflect on such essential questions and find the answers you need in order to know how to find the utmost fulfilment in life and to reach the point of ever greater excitement so that today you are happier and richer in heart than yesterday with ever more uplifting and fulfilling experiences waiting for you in the future. This is the way each one of us is destined to feel, and nothing should stop us from getting there where we all are supposed to be, in the realm of profound peace and joy in our heart and soul, full of hopeful expectations for the future.

Such an inner state is the best guarantee for being able to live with a truly happy Heart and inner Freedom in good Health without any illness or other kinds of struggles burdening us. The way is open wide to enter this precious realm of ultimate fulfilment for every human being first on the internal and then step by step also on the external level. You only need to know the correct answers and you will have the key to dwell in the sphere of unending inner joy - what each one of us is definitely meant to experience.

The starting point for arriving there where we are supposed to be lies in knowing the answer as to why we were created and for which purpose, so that we can establish our true identity as a human being of eternal dimension. In case you think that it is impossible to know the answers, then I would like to invite you to use all of your intellectual and emotional potential to think clearly and reasonably as well as to understand and control your emotions and desires for the goal of knowing both intellectually as well as intuitively, with all of your being, absolutely for certain the crystal-clear logical answers to any essential issue.

My sharing with you is not about believing this or that, but about your finding out by yourself with the help of all the knowledge and experiences of other people concerning what make life worth living and which requirements one needs to meet in order to make the best of it by reaching the state of profound peace here on earth to be continued without end in the eternal spiritual world where every soul exists after leaving the earthly realm behind.

Yes, I want you to have the insights you need based on your own quest and investment of all your intellectual and emotional potential while taking 100% responsibility for all your actions without making any excuse that you cannot be certain if something is really true. All you need to do is to check with your whole being to see whether what you consider to be a timeless Truth corresponds to what you are longing for in your innermost soul.

There are many Holy Scriptures teaching about God and the meaning of life. Through them you can gain a lot of knowledge. What still needs to be achieved is to combine these vast resources and to integrate them on a higher level, based on new discoveries provided by modern science as well as more profound inner revelations received by those who are pioneering the path of enlightenment so that in the end all core questions of life are fully answered. Once this is true for yourself, you are free to live the kind of life everybody is destined to experience one day – while still on earth or later in the afterlife – one of utmost fulfilment and joy with no desire remaining unfulfilled because we are definitely meant to feel what we are longing for in our innermost being in line with the True Love Principle.

The alpha and omega, the beginning and end, the purpose and goal of life is directly connected with the existence of God as our Loving Creator because our Ultimate Origin implanted the manifold desires into our soul which we wish to see fulfilled – each one of us in our unique way. Once you invest into restoring your true dignity as beloved son or daughter of God who is indeed the Parent of all humankind, you will find the brightest enlightenment you could ever get by realizing: I exist in order to love and be loved for all eternity while entering new uplifting realms of fulfilment and joy.

All you need to do is to be very attentive to the voice of your heart along with using your brain well to answer one question after another until every essential inquiry which may come up in your mind is satisfactorily answered. I put as theme of this reflection the statement that it is impossible that God does not exist as Loving Creator. Yes, this is the conclusion to which every human being will get once the relevant questions are asked and answered with the help of both the intellectual and emotional realm.

At this point I would like to invite you to reflect about one core reality: You are probably using some device like a computer or mobile phone to read these lines or you have them in printed form. Surely you are aware that this is only possible because some people have worked for many years to come up with the technical instruments we are blessed to use today. Similarly, it is decisive that such a work of improving what exists already is being done on the internal level of making ever new discoveries for the sake of coming closer and closer to embodying the eternal Truth of the universe.

Let me invite you to think of your consciousness and subconsciousness, of the superiority of the human inner heart and brain over any technological accomplishments of the past and future. You might claim that one day we will be able to build computers which are capable of acting like humans, but this is impossible because the difference is so very huge. The goals of the transhumanism cannot be achieved because they are leaving out the spiritual dimension of human existence. This social and philosophical movement devoted to promoting the research and development of robust human-enhancement technologies is not the solution because it is not true that, *“such technologies would augment or increase human sensory reception, emotive ability, or cognitive capacity as well as radically improve human health and extend human life spans.”* This is the wrong approach as such goals can only be achieved based on improving the human spirit, by people becoming more loving. Technology will always be in the position of serving people – it can never ever come to stand in a subject position of making people better because such changes can only arise from the inside.

Please reflect profoundly on the issues I am outlining in these paragraphs, because once you do you will inevitably come to the point where you know the core of the universal Truth: It is impossible that no Creator exists when the world we live in is so very refined that since the outset of human history we have nowhere come close to being able to artificially

create life. Even the best scientists are marvelling at the wonders of creation, learning from nature. If you also do so, thoroughly exploring your own being, then you cannot come to another conclusion than that God definitely exists as the most amazing Creator and that we are made in His image to also be wonderful creators of new dimensions of love.

True Love stands at the root and core of the universe. Once the same is true for you and me we will surely live in the world our hearts are longing for deep inside. Before we can get there, we need to sort out what is here at the moment, namely, a chaotic world where people are struggling with all kinds of issues. In my reflections I am addressing reality from many different viewpoints, primarily to show wrong theories concerning the physical existence, particularly in the field of medicine, because it is of utmost importance that we get rid of all erroneous concepts in this area before we can enter the time where all people can enjoy a long life in good health.

I suggest that you read books like *“101 Proofs for God: Eye-Opening New Information Showing There Has To Be God”* by Jim Stephens (<https://www.amazon.com/101-Proofs-God-Eye-Opening-Information-ebook/dp/B01N0SCUR0>). In the description it is pointed out: *“Knowing with certainty that God exists has tremendous implications for your life.”* This is certainly true and therefore you need to discover this fact on your own, by doing your own research so that you can come to the same conclusion based on your inner realization: God must exist as a Loving Creator because otherwise it would be impossible for the natural world to surround us in the way we observe it in ever greater depths and clarity.

In case you are not yet sure concerning God’s existence you only need to dig deeper and deeper into human nature. The more you do the greater your amazement will be how immensely complicated and yet harmoniously integrated all the seemingly countless functions are, serving us continuously to sustain our body besides the thousands of thoughts occupying our mind... Everywhere we see delicate cause and effect connections which we only need to recognize and to draw the correct conclusions: It is impossible for all of this wonderful nature having come about by chance. An ever so amazing Ultimate Being has indeed created the cosmos.

You only need to take the time to write down one point after another, recalling what you have ever been inspired about in your life so far, both in yourself as well as in the natural world, and it will fill a whole book which will get ever thicker the more you dive into reality. Medical students are required to study the human body for years, because there is so much to be learned. Do you really think that all those complicated structures and functions working harmoniously together came about by chance based on random mutation of lower forms of existence? You only need to seriously think about this core point and you will definitely know for certain that a Creator of the cosmos must exist.

The next task is to discover the characteristics and qualities of the Ultimate Origin of all existence and to embody them in ourselves because the one reasonable way to act is none other than to live fully in line with the purpose for which we were created. In this way we will arrive at the point of embodying the theme of this book, living not only healthy but also happily until old age to be continued in the eternal realm thereafter.

Please use the content you learn in this book as source of inspiration to do your own research so that in the end you know from you own deepest conviction that God exists and we are meant to lead a wonderful life of deepest fulfilment centred on True Love.

## What is your attitude towards your body as God's holy temple?

Dear friends,

Christians who read the Bible know that Paul wrote about the human body as the dwelling place for the spirit of God - and of course our own spirit. In the New Testament his words are recorded in this respect in his first letter to the Corinthians where he says in chapter 3 verse 16 and 17: *"Do you not know that you yourselves are God's temple, and that God's Spirit dwells in you? If anyone destroys God's temple, God will destroy him; for God's temple is holy, and you are that temple."*

Please stop for a moment to reflect on the meaning of these words: According to the mainstream, so-called dangerous viruses are supposedly attacking the human body, causing people in the worst case to die. Who created deadly viruses? There is only one Creator of the universe and accordingly it is him who made them. That is the unspeakably tragic belief of Christians, Moslems,... religious people who worship God as a wonderful Creator of life while claiming that he also created evil which is destroying people like viruses.

As I have expressed in previous reflections, it is truly painful for me to see that even those who should be most clear about this core point, that God did not create any deadly substances in the form of invisible viruses of which people can become a victim any time. Such a teaching is nothing less than "idolatry" believing in an evil "god" who is the cause of harm for His children. The consequence of such a totally wrong concept lies in welcoming vaccines in order to be liberated from the alleged danger of tiny genetic material.

There does not exist an in-between: Either you believe in God as an amazing Creator and you know that the theory of contagious diseases cannot be true as it would mean that you may become always become an innocent victim of other people causing you to get sick without any fault of your own. That means of course also that God is not only a cruel but also an unjust Creator who has put us into a miserable situation where we may lose our own life or one of our beloved at any point of their existence due to an invisible danger against which we even cannot defend ourselves.

What is so very shocking for me personally is the fact that nearly all people of faith have chosen to ignore what is expressed in the here quoted verse from the most read book in the history of humankind. *"If anyone destroys God's temple, God will destroy him; for God's temple is holy, and you are that temple."* Claiming that viruses destroy cells and ultimately human beings means that God is self-destructive: He created viruses which ruin the temple He has made for His Spirit to dwell in.

I would like to ask you again: Please reflect seriously on these ever so simple facts which I am sharing in these lines for the sake of realizing that if you stick to the germ theory of infectious diseases you cannot believe at the same time in a good God, except if you are schizophrenic in your thinking. Because faith in a God of Love and the existence of deadly virus are opposites which can never be reconciled.

The inner starting point of today's worldwide tragedy lies in religious people of all creeds having neglected to think seriously about their own dignity as God's creation, as sons and daughters of God as Jews, Christians and Moslems believe. Based on this negligence it has been easy for those promoting the virus theory to find followers who trust their concepts which lack any basis in true science, a fact which is confirmed in manifold ways. The weak

people of faith readily succumb to the temptation to believe in vaccines as the salvation to health issues rather than trusting the Word of God which clearly tells them that God is Love and as a Loving Creator He would never include an invisible fatal danger in the form of viruses attacking His beloved children.

The solution to the worldwide health crisis lies therefore more than anything in people restoring faith in themselves, their dignity as the crown of God's creation, particularly in having received an amazing body as dwelling place of God's and their own spirit which is easily capable of dealing with any challenges and remain well until old age if only we take good care of it, never allowing it to be harmed by wearing masks and much less by taking an artificial drugs, including vaccines which are always bad for the body. Yes, there does not exist any vaccine that is good for human beings. The efficiency of vaccines was never proven. It is merely a propaganda which has been spread by now for centuries and is therefore so deeply engraved in the minds of those who do not check the facts.

The first step in the present situation is therefore to get rid of any wrong concepts regarding illnesses and diseases. The second is to know for certain what is needed to remain healthy your whole life long. And the third task at hand is to bring an end to the medical tyranny that is unfolding on the worldwide level at this time by insisting on your rights, which are e.g. laid down in the European Convention on Human Rights where it says in article 3 that everyone has the right to respect for his or her physical and mental integrity. We must never allow others to push us to get vaccinated.

Article 8 affirms that everyone has the right to freedom of expression. This right shall include the freedom to hold opinions and to receive and impart information and ideas without interference by public authority. In a situation where governments are ignoring fundamental human rights, including respect for private and family life, home and correspondence, we really must stand up and oppose such evil developments as we witness them at this time in many western nations.

It is our collective responsibility to fight this battle on every level including our contribution to the victory of the truth in the ideological war that is dominated by the many lies that are spread by the mainstream media, which in turn are rooted in totally wrong concepts like the ones advocated by virologists and all those who support the narrative of a pandemic which exists only in theory. People are dying due to the cruel measures decided by politicians and the malpractice of doctors who in turn are heavily influenced by the medical industrial complex. I trust that you are finally clear about the question what your portion of responsibility as a human being includes in respect to preserving the integrity of your body as God's temple, never allowing it to be harmed by chemo, radiation, dangerous drugs, especially Covid vaccinees which have already cost the lives of tens of thousands of people.

Only the practice of True Love will enable us to leave the present miserable situation behind and open the way for a great future for all humankind where tears of suffering will come to an end and only peace and prosperity reign. It is up to you and me to build such a world overflowing with love rather than the one of social distancing, masks, lockdowns, quarantine for healthy people, vaccines, etc. which we are experiencing now. Let us really leave all wrong concepts about the human body behind, once and for all, and respect ourselves and each other as the dwelling place of God's spirit while doing our best to develop our own heart and whole being as a channel of God's love to flow through to reach ever more people.



Welcome to the new website dedicated to the pursuit of True Health, Happiness, and inner liberation, based on understanding core Truths

At this link <https://trulyhealthy.live> you can access a home on the internet where you are greeted with the following lines: Welcome, dear visitor of this website!

This home in the worldwide web is meant to be a place for finding inspiration to lead a truly healthy life based on taking good care of both your internal and external wellbeing.

To keep a positive and maintain an uplifting spirit is the precondition to secure the proper bodily functions because to be fine includes maintaining a clear mind, a lively spirit, and a healthy body. Our essence as human beings consists like that of all other elements in the universe of energy. For this reason we must always consider the invisible causal realm as the main factor determining our condition, whereby the key to lifelong health and happiness lies in upholding a harmonious mental and emotional situation as the foundation for the countless functions in the body to be performed without any disturbances rooted in inner conflicts which may arise if we have not reached maturity in our spiritual development.

Every human being is unique and accordingly there is not one standard way of healing for everybody, but individual solutions need to be found according to a person's overall situation once problems arise. This home in the cyberspace is dedicated to provide answers, including your insights, what you have found out to be essential in resolving health issues, especially your inspirations in respect to what is necessary to be able to live happily no matter how huge and challenging external obstacles may seem to be.

The overall goal is to provide profound and long-lasting solutions instead of quick and superficial ones which are offered by the pharmaceutical industry in the form of artificially created drugs. For this reason, this website project is meant to represent a collective effort by those who are seriously concerned about finding the best possible solutions to internal and external health issues beyond conventional medicine by looking deeper and searching for the root cause of illnesses both on the bodily as well as the mental level, whereas the latter is always of primary importance if we are to remain healthy our whole life long. For many this may seem to be a too high goal, yet once you look deeper you will see that this is where we all are supposed to be. No need exists for us to be sick with this or that illness once we are dedicated to making sure to maintain a high spirit and gain the ability to properly deal with situations where we may reach the borders of our capacity to love and care.

You are probably familiar with the expression "*mens sana in corpore sano*" (*a healthy mind in a healthy body*) but not aware that it stems from the Roman poet Juvenal who coined the famous phrase when he wrote "*Orandum est ut sit mens sana in corpore sano*" – "*You should pray for a healthy mind in a healthy body.*" Unfortunately, the first part of this quotation is widely unknown to most people although it represents a core task, namely, to invest on the inner level of the mind as well as making sure to keep the body in good shape. Prayer refers to an earnest request or wish whereby it is essential to actively invest your heart and mind to long for something good. e.g. to enjoy good health your whole life long, and to take full responsibility that this desire becomes your reality. It is in the inner heart where the fundamental decisions are made which affect our whole being. You and I decide the state we are in both mentally as well as physically. We are not victims of circumstances. To the contrary, you and I decide how we react to whatever comes our way on the path of life which we are destined to walk I with a bright and shining spirit rooted in a loving heart as basis for experiencing uplifting happiness and fulfilment.

The purpose of this website is to provide a forum for sharing science-based solutions based on a comprehensive view of human beings, including both the internal and external well-being, and to encourage in-depth research on how to lead a happy life in line with our intellect searching for the *Truth*, our emotions looking for *Beauty* to be expressed in manifold ways, and our fundamental desire of wanting to do well because only *Goodness* leads to lasting joy.

It is designed to provide an ever-growing amount of resource materials, primarily in quality, offering a wide variety of answers concerning how to deal with inner and physical ailments. It is especially meant to support those who are prepared to take responsibility for positive changes and wish to offer their contribution to the realization of a wonderful future. Please choose the areas you want to know more about and let us know your suggestions concerning what can be done in order to achieve the common goal of a loving humankind where people care wholeheartedly for one another to secure the happiness of every soul.

The focus of this place in the worldwide web lies in finding the correct answers to the fundamental questions of life, whereby you are invited to offer your insights to any theme that is relevant for the overall goal of enabling everybody to live in dignity based on taking personal responsibility to resolve health issues. Our body is surely capable of naturally dealing with any kind of health issues. We only need to know the biological laws guiding this process to support it well.

This home in the worldwide web is solution-orientated and your input in the form of concrete answers and constructive contributions is very welcome because there is so much to be learned from one another when it comes to how we can best keep ourselves in good shape internally and externally. Lasting solutions to the problems of society originate in our heart and soul. Therefore, it is essential to cultivate the ability to love and to care for one another to support the building of a world where love and beauty shine. To develop our potential to build loving relationships is the basis for true fulfilment. Accordingly, we need to look at reality from the standpoint of *Heart* and *True Love*. Every precious soul longs deep inside to see ideals and dreams realized. To define and to share them is the starting point of reaching our common goal of everybody enjoying a long life in prosperity.

Moreover, this site is meant to provide links to a vast variety of positive materials which are beneficial for the spiritual and physical development of the individual and of society as a whole in line with the universal principle of making each other happy. Any content published in this place is ideally offered with this overall task and goal in mind. Just as we need daily nourishment for the body it is decisive to feed our spirit in the right way so that we can grow internally and manifest timeless values that secure our overall well-being.

It is surely worthwhile to take the time for reflection on the core truth of life for which this place will hopefully be a valuable source of inspiration for you to reach your personal goals centred on the practice of True Love, which all human beings are destined to embody.

Please let us know what you have found out in your life about the most important field of what is needed to enjoy overall wellbeing and profound fulfilment for which all people are longing deep inside their heart and soul.

Sincerely yours,

Nikolaus