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- What is the SECOND main reason?
- XO is trapped within LIPOSOMES. Liposomes are membrane bound structures, capsule-like and very small. They surround and protect XO.
 - Protect from what?
 - From the action of digestive enzymes and acids. Thus protected by LIPOSOMES, XO is transported through the intestinal wall into the lymph channels. Eventually XO reaches specific target sites in the circulatory system.
 - Explain please the nature of heart and artery wall tissue.
 - Heart and artery wall cells are surrounded by phospholipid membranes. These membranes are, amongst others, responsible for the transport of nutrients and oxygen to the interior of the cells. And thirty PERCENT of this membrane in human heart muscle cells is composed of a substance called plasmalogen. You could compare the importance of plasmalogen for the outer cell membrane with MORTAR being an ingredient vital to the cohesiveness of a brick wall.
 - How does XO react toward PLASMOLOGEN?
 - It DESTROYS plasmalogen. Consequently patients, who had died from heart and circulatory disease had NO plasmalogen in artery wall lesions and plaques.
 - Why is the liver devoid of plasmalogen?
 - For the same reason. The LIVER normally contains

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- XO. And XO and PLASMOLOGEN cannot coexist in one location.
- Why did researchers use the term PLASMOLOGEN DISEASE?
 - Because the XO disease process starts with the DESTRUCTION of PLASMOLOGEN, but in TRUTH it is an XO arterial disease process, known also as ATHEROSCLEROSIS.
 - What is the result of XO and plasmalogen coming together?
 - SUPEROXIDE, which is toxic to the cell membranes in the inner artery wall. A small area of the artery's interior lining is eaten away, when XO accumulates at a site. The next step: hardening of the lesions by the deposition of minerals, THEN fatty streaks and cholesterol cover the plaque, blood circulation becomes impaired, forcing the heart to work harder. Poor blood circulation in turn disposes the person to a variety of diseases.
 - Can the chain reaction, leading to atherosclerosis, be stopped and even reversed?
 - If the damage is not too extensive, yes.
 - FOLIC ACID, and the elimination of active XO from the diet, are vital to the prevention of heart and circulatory disease.
 - Do men AND women get atherosclerosis?
 - Female less than Male, because of the female sex-hormone, which is inhibiting XO.
 - Are there other factors, enhancing or activating

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- XO activity?
- Yes. Male sex hormones, histamines*, cholesterol and the vitamins D₂ and D₃.
 - Does cholesterol in the diet normally raise blood cholesterol?
 - No. It is the cholesterol deposited over arterial lesions, which enhances XO activity.
 - Why is the human system not aware of it?
 - Its only goal is healing, so it deposits cholesterol over arterial lesions, as a normal healing mechanism.
 - Why are males more likely to suffer heart disease at an early age?
 - Because of the male sex hormone.
 - Does vitamin D added to milk, help?
 - It makes it even worse, since it enhances XO activity.
 - If the XO theory is true, then the heart disease rate should be highest in those nations in which the largest volume of homogenized milk are consumed?
 - That is indeed the case. Statistics around the world prove that fact. The heart disease death rate in a country is proportional to the consumption of homogenized milk, as you can see in the Table 1 on the next page.

*C₃H₇N₂CH₂CH₂NH₂, released by tissues in allergic reactions, stimulates gastric secretions, lowers the blood pressure.

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ATHEROSCLEROSIS DEATH RATE AND MILK CONSUMPTION IN SELECTED COUNTRIES IN 1967.

TABLE ONE

| COUNTRY | Death rate per 100,000 | Milk intake (pounds per person per year) | Approximate saturated fat in milk | Pre-boiled |
|----------------|------------------------|--|-----------------------------------|------------|
| FINLAND | 244.7 | 593 | 33% | NO |
| UNITED STATES | 211.8 | 273 | 9.5% | NO |
| AUSTRALIA | 204.6 | 304 | 1.5% | NO |
| CANADA | 187.4 | 288 | 1.3% | NO |
| UNITED KINGDOM | 140.9 | 350 | 1.5% | NO |
| NETHERLANDS | 106.9 | 331 | 5% | NO |
| WESTGERMANY | 102.3 | 213 | 1.5% | - |
| AUSTRIA | 88.6 | 321 | 3% | - |
| ITALY | 78.9 | 131 | 1.25% | YES |
| SWITZERLAND | 75.9 | 310 | 3% | YES |
| SWEDEN | 74.7 | 314 | 2.9% | YES |
| FRANCE | 41.7 | 230 | 2% | YES |
| JAPAN | 39.1 | 48 | 5% | - |

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- yes. For instance studies at Delaware University were based on the principle, that once XO from cow's milk enters the bloodstream, the human system recognizes it as being foreign, which causes the body to manufacture ANTIBODIES.
- Why is the antibody so important for this theory?
- Because the antibody, or its PRESENCE to XO, represents the conclusive proof that XO from COW'S MILK must have been [or is] present in the blood.
- Were antibodies to XO found in patients with atherosclerosis?
- yes. Patients with severe atherosclerosis had high quantities of antibodies in them.
- But what about those patients or individuals, who consumed greater amounts of not only homogenized milk, but homogenized dairy products in general?
- The same result. Antibodies.
- 100% of the persons?
- No. 73 out of the 84 people tested [of all ages] had antibodies to XO. For identifying individuals with a predisposition for serious heart disease this type of testing could become a valuable tool.
- Does the Folic Acid therapy really help to reverse atherosclerosis?
- yes. It even works with and helps elderly diabetics

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- The table is interesting but does not represent the strongest argument in support of the fact [or theory], that there is a strong correlation between the fluid milk intake in each nation and the atherosclerosis death rate?
- That is, because the data is subject to some experimental error.
- What error?
- For one, the definition of what a heart disease death is, varies from doctor to doctor. And for two, this statistic does not take into consideration variables in lifestyles, such as alcohol consumption, which, for instance, raises levels of high density lipoprotein [HDL] in the blood and thus affect the heart disease death rate.
- The United States ranked NINTH in milk consumption out of the countries included in Table I. Why then do they have the SECOND highest atherosclerosis fatality rate in the world?
- Because almost all milk in the United States is homogenized. And it is also obvious, that in those countries in which the practice of preboiling milk is common, the heart disease death rate is low.
- Why?
- Because the boiling temperature of XO inactivates most XO.
- Are there other researchers, corroborating XO in homogenized milk, and its danger?

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- in whom atherosclerosis is often so extensive, that the circulation to the extremities is inadequate.
- What are the symptoms?
- Discoloration of toes and fingers also known as ischemic discoloration, often causing surface ulcers.
- Over which period of time was Folic Acid given?
- For three weeks 80 mg of Folic Acid daily.
- Isn't Folic Acid toxic?
- Even up to 450 mg of Folic Acid per day showed no observable toxicity.
- What about all other treatments?
- They had proven unsuccessful. But with the help of folic acid the ischemic discoloration and the surface ulcers showed significant improvement.
- Can Folic Acid also help to improve the eyesight?
- yes. 5-7.5 mg of Folic Acid daily were given to elderly patients, who had poor eyesight because of atherosclerosis in the capillaries of the eyes. In more than 80% of them the eyesight improved.
- Why?
- Because the blood flow through the capillaries, nourishing the eye, improved.
- What triggers mainly atherosclerosis?
- XO in homogenized milk.
- For how long did Dr. Oster use Folic Acid and on how many patients?

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- On over 180 patients with daily doses ranging between 40 mg and 80 mg.
- What is the relationship between factors in your lifestyle and XO?
- Some factors speed up or slow down the disease process initiated by XO. But in the end XO always wins.
- Can EXERCISE help?
- Ask Paavo Nurmi. He was a former Olympic gold medalist who set 13 world records. And guess from what he died?
- From XO?
- Yes. While his health was gradually deteriorating he commented that his chest felt as if something was gnawing or eating away at it from the inside. He just described what XO literally does, namely eating away at artery tissue.
- Was he drinking homogenized milk?
- A liter each day. He was a Fin, and Finland leads the world in consuming homogenized milk [and in heart attacks].
- So exercise does not help at all?
- It slows down the disease process by promoting high levels of HDL, or High Density Lipoprotein.
- What are High Density Lipoproteins?
- They are particles found in the liquid part of the blood called the plasma. Their job is to run a shuttle service for lipids and transport them between various parts of the body by way of the

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some of alcohol is detrimental to the liver and to many other bodily functions. Alcohol also depletes vitamin and mineral reserves in the body. A healthier way of increasing levels of beneficial HDL is, for instance, a fish diet.

- When does LDL or Low Density Lipoprotein appear?
- Smoking and obesity have been associated with higher LDL levels. That is why smoking and obesity promote the deposition of cholesterol over scar tissue in arteries and hasten the disease process.
- Then LDL starts the heart disease process?
- That would not be the exact definition. LDL, or, and abundance of LDL, or low density lipoprotein in the bloodstream, creates conditions, which are more favorable for cholesterol to be deposited over artery tissue scarred by XO.
- What then exactly is XO?
- It is an ENZYME from cow's milk, but, as we saw, not a constructive enzyme.
- What is an ENZYME?
- Without an ENZYME you would need a week to digest an apple. Enzymes speed up digestion. Life itself could not exist without the help of ENZYMES. They speed up reactions, which otherwise would require weeks, months or even YEARS to take place.
- What does the enzyme itself require in order to function?
- A vitamin and a mineral. Deprive the enzyme of the vitamin and the mineral and you will in-

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activate the enzyme. THEN the organ, or tissue, can not function with full power.

- Which vitamins and minerals are essential for a healthy and efficient circulatory system?
- Most of the B complex vitamins, FOLIC ACID, RIBOFLAVIN [or B₂], NIACIN and PARA-AMINOBENZOIC ACID [PABA], PANTOTHIC ACID and others.
- How about LECITHIN?
- LECITHIN is a NATURAL DEGREASER for the circulatory system.
- Is it a B vitamin?
- No, but it helps dissolve fats and cholesterol in the bloodstream. Thus it is a main therapeutic ingredient [Dr. Rinse formula] for relieving symptoms of atherosclerosis, such as angina.
- Does it block XO?
- No, but lecithin supplements help alleviate chest pain, and thus provide a, though temporary, relief.
- Can the liver produce Lecithin?
- Yes, but it needs two supplies, CHOLINE and INOSITOL, which are both B vitamins.
- Are eggs hazardous to the diet of patients with atherosclerosis?
- No, unless these patients have a lipid metabolism problem. Eggs are a rich source of choline.
- Name some physicians stating that eggs are not dangerous for the body.

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- Dr. Roger Williams, Adele Davis, Dr. Donsbach, Dr. Oster and several of his colleagues. They all corroborate that the EGG is nature's perfect food, containing all of the vitamins present in a MULTI-VITAMIN PILL!
- How important is magnesium to the HEART MUSCLE?
- Autopsies have shown that patients who died from heart attacks had reduced concentration of MAGNESIUM in heart muscle tissue.
- What is the reason for this lack of magnesium?
- The average American diet is deficient in magnesium.
- Which other vitamin is important for the health of the circulatory system?
- Vitamin E. By minimizing points of attachment for CHOLESTEROL, it clears up the scar-tissue lining artery walls. Like the B complex vitamins, the vitamin E helps dilate blood vessels and thin the blood, thus providing better circulation to distal areas such as the capillaries under the skin. VITAMIN E also improves the performance of athletes. A valuable book about VITAMIN E would be - VITAMIN E, THE REjuvenation Vitamin.
- Why do capillary walls burst easy?
- For the same reason why nose and gums bleed, VITAMIN C deficiency. VITAMIN C can be found in

Although THE BOOK OF LIGHT teaches us, that NO animal product should be consumed, because ANIMALS are our YOUNGER BROTHERS.

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raw foods, including FRUITS, BERRIES and VEGETABLES.

- Can the liver manufacture VITAMINE C?
- No. Smoking and stress, for instance, will DEplete you of VITAMINE C. If you eat too much of it kidney stones could appear. Chelated magnesium and PYROXIDINE [Vb₆] supplements can minimize that risk.
- What helps regulating the HEARTBEAT?
- CALCIUM. The human system is HIGHLY DEPENDENT on it.
- Why do so many children and teenagers consume large volumes of homogenized milk?
- Because they are told, that milk [and milk products] are the most dependable calcium sources. This is not only a lie but also a DEATH-PENALTY for ANY BODY, who drinks homogenized milk. Thus XO starts its damage at an early age...
- What about the body's demand for CALCIUM?
- That can be met with other foods: VEGETABLES, MEATS, FISH etc.
- How can we avoid HEART DISEASE and CALCIUM DEFICIENCY?
- Eliminate homogenized milk and milk products from the diet.
- What about RAW milk.
- Is not dangerous if not consumed in excess.
- Why?
- It creates MUCUS, or better, it IS MUCUS IN THE

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- Body.
- Which other substitutes would you recommend?
 - CALCIUM GLUCONATE, CALCIUM LACTATE, chelated Calcium supplements. They are even better for the body than raw milk.
 - Why?
 - Because Calcium from these supplements is absorbed more readily from the body.
 - Should we add VITAMIN D?
 - NO. Not for atherosclerosis patients, since the added VITAMIN D can stimulate the XO, residing in arterial lesions.
 - Which are the risk factors that speed up the XO process?
 - stress, caffeine, smoking, salt and obesity.
 - Why caffeine?
 - Because caffeine [from coffee, tea and cola] constrict blood vessels and speed up the pulse rate. In overweight people the heart must work OVERTIME just to stay even with bodily demands for oxygen and nutrients. All this SPEEDS up the disease, started by XO.
 - At what age do signs of Heart and Circulatory diseases appear?
 - Already before the age of fifteen, when the greatest volumes of homogenized milk are consumed. For instance: By the time American children reach the age of ten, one half of them have lesions in their coronary arteries, as a re-

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- sult of XO. Over 75 percent of all soldiers killed in combat [AMERICAN soldiers] had evidence of atherosclerosis.
- Why only AMERICAN soldiers?
 - KOREAN soldiers had little or no signs of heart disease, and no XO Antibodies.
 - Why should pregnant women avoid homogenized milk, if XO is inhibited by FEMALE HORMONES?
 - Because of the risk of exposing it to a male fetus. The circulation of the mother mixes with the circulation of the FETUS. Mothers should NEVER feed infants and children with homogenized cow's milk.
 - Does Mother's milk contain XO?
 - No, and it should be the ONLY natural food for a baby.
 - Are All Heart and Circulatory Diseases caused by XO?
 - Over one half of all Heart and Circulatory diseases result DIRECTLY from XO in homogenized milk. Which means that over 500,000 annual circulatory disease fatalities are caused by XO.
 - How about genetic heart ailments?
 - They account only for a small percentage of all heart disease related deaths.
 - What is the Advantage of raw milk?
 - Absence of XO containing LIPOPROTEINS. Thus XO can [hopefully] be digested BEFORE it enters the intestines.
 - What is the difference between HOMOGENIZED But: Milk PER SE creates MUCUS.

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- and PASTEURIZED milk?
- Pasteurization is a HEATING process, destroying all harmful bacteria, which may be present in milk, but thus also the nutritive value of the milk is diminished. HOMOGENIZATION is rather a MECHANICAL process, where milk is passed under great pressure through a FINE FILTER.
 - Where can I get RAW unhomogenized and unpasteurized milk?
 - From several farms, including GATES HOME-STEAD FARMS in Chittenango, New York, MATHIS DAIRY in Georgia, LAURELWOOD ACRES in Northern California, etc.
 - Can XO also be found in the milk of sheep, goats, and cows?
 - No. It has been isolated from their MILK FAT and it is practically absent in the milk fat of humans, sows, or mares.
 - So cow's milk and all cow's milk products contain XO? yes, but only those dairy products which are made out of homogenized milk may contain biologically ACTIVE XO, which can pass intact through the intestinal wall into the circulation.
 - Is homogenized skim milk [1% fat instead of 3-4% fat] better with regards to XO, than homogenized whole milk?
 - NO.
 - Does butter contain active XO?

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- No. Because of processing, this dairy product contains no biologically active XO.
 - If butter has no potential for triggering circulatory disease, why then should Heart and circulatory disease patients avoid butter?
 - Because of the VITAMIN D in butter. And VITAMIN D enhances XO activity. But a HEALTHY person [with normal fat metabolism] can eat butter and other saturated fats, if in MODERATION. But beware of the fact, that pesticides [organic chemicals] pass up the food chain with saturated fats. And: All fats possess high caloric values.
 - Is it better to eat margarine?
 - It is better to eat NONE of the two, but if anything BUTTER is better.
 - Could you sum up the different steps leading to heart and circulatory disease, when triggered by homogenized milk?
- Step 1
Homogenization of milk causes an ENZYME called XANTHINE OXIDASE [XO] to become TRAPPED with very small fat-like, membranous globules.
- Step 2
When homogenized milk is consumed only SOME XO are inactivated by stomach acid and gastric enzymes, because XO is protected by LIPIDES. and digested.

But when NONHOMOGENIZED milk is consumed all XO is broken down during digestion, causing the "only" MDCUC.

Step 3

Thus protected by LIPOSOMES XO is transported THROUGH the intestinal wall into the circulatory system, and further transported with WHITE BLOOD CELLS.

Step 4

XO ATTACKS. A vital component of the cell membranes of cells in heart and artery wall tissue, called PLASMALOGEN is eaten by XO. The result: SUPEROXIDE [O₂⁻].

Step 5

The chemical chain reaction, initiated by Super oxide, produces LESIONS in artery walls and/or damage to the heart muscle itself.

Step 6

Due to the disposition of minerals these arterial lesions eventually harden into calcified plaques.

Step 7

The BLOODFLOW is obstructed by CHOLESTEROL and FATTY STREAKS.

Step 8

REMOTE AREAS of the body, such as PROSTATE GLAND, EYES, BRAIN and THE SKIN are FIRST affected.

Step 9

Due to a large number of calcified plaques Artery walls lose their ELASTICITY.

Step 10

This loss of ELASTICITY is ONE cause of HIGH BLOOD PRESSURE. The diminished blood flow through branches of the coronary artery causes CHEST PAIN [Angina]. Other factors, such as ADRENALIN, released during stress, caffeine, and nicotine constrict a diseased coronary artery, depriving the heart of oxygen and thus triggering a HEART ATTACK.

- I am interested in the biochemical mechanisms, involved in the disease process. Where can I get further information?

- Please contact Dr. Oster at PARK CITY HOSPITAL in BRIDGEPORT, CONNECTICUT.

- Could you please SUMMARIZE the CIRCUMSTANTIAL EVIDENCE for the fact, that XO in homogenized milk kills and has already killed MILLIONS OF PEOPLE in the UNITED STATES AND ALL OVER THE WORLD?

Fact 1

After the HOMOGENIZATION OF MILK became commonplace, the heart disease rate SKYROCKETED.

Fact 2

In the arteries for heart disease victims we find evidence for the fact, that XO, or XANTHINE

Fact 9

Countries in which whole, or RAW, milk is consumed have a LOW Circulatory disease rate. The HEART DISEASE rate of a country is almost proportional to the volume of homogenized milk consumed in each country.

Fact 10

XO or XANTHINE OXIDASE is INACTIVATED by HEAT. The HEART DISEASE RATE is LOW in countries, where milk is COMMONLY PREBOILED.

- How can we combat XO and HEART DISEASE?
- 1. Don't consume HOMOGENIZED MILK and HOMOGENIZED MILK PRODUCTS.

2. Follow Dr. OSTER'S FOLIC ACID THERAPY [80 mg per day], if possible under supervision of a practicing physician, or take daily supplements of one to three MGS of FOLIC ACID, a 50 mg or 100 mg B complex formula, and brewer's yeast.

3. Take, preferably at BED TIME, 400 IU of vitamin E daily.
- why at bed time?

- In order to minimize interference of Iron absorption in the gut.

4. Eat raw fruits, berries and vegetables. Obtain [at least] 1 gm/day [1,000 mg] of vitamin C in the diet.

5. Quit smoking, and exercise every day [Me-

itation, slight jogging, CHAKRA YOGA in the afternoon.

6. Eat vegetables, meats, fish, and certified RAW dairy foods.

7. If you already HAVE Atherosclerosis minimize intake of VITAMIN D, since EXCESS of VITAMIN D stimulates XO in arterial lesions. Sunlight and vegetarian foods contain ENOUGH vitamin D, plus: The Liver STORES vitamin D and has sizeable reserves of it.

- Why is the fact, that XO in homogenized milk causes heart disease, so little known?

- Mostly this knowledge is oppressed because of COMMERCIAL REASONS. Reason number two: The official viewpoint of the AMERICAN HEART ASSOCIATION is in opposition to the facts presented in THE BOOK OF LIGHT. May KARMA have mercy with those who CONSCIOUSLY produced homogenized milk, knowing that it would cause heart disease and Atherosclerosis. They are to blame with the deaths of MILLIONS of people all over the world. When, oh LORD, when will they EVER learn?

OM MANI PADME HUM.

Although the TRUE Student of ESOTERIC SCIENCE can of course live WITHOUT meat and Fish.

DISEASES AND THEIR CURE.

Disease is a natural phenomenon at the present level of human development, and a symptom for general IMPERFECTION. The question we have to ask ourselves, is: "What dis-eases the cell-structure and thus damages the function of the organism?"

In order to answer this question we have to get back to the basic origin-part of our body, the ATOM. The ATOM is no solid particle, but an ETHEREAL, electric charged ENERGY-UNIT. In each of these ATOMS floats the "creating", sustaining and transforming energy of THE LOGOS, or BRAHMAN. This 3 folded power [BRAHMAN, VISHNU, SIVA] is necessary in order to keep the worlds and its inhabitants ALIVE. Once that floating MONADIC POWER touches the ETHER PLANE, it creates in that FINEST substance a VORTEX, and the CORE of that VORTEX becomes THE ATOM, lost unit of the physical world.

THE ORGAN-FUNCTION depends on the BALANCE of the POSITIVE and NEGATIVE energy poles in THE ATOM, in VIREES and BACTERIA, and in the CELLS and CELLSUBSTANCE. The FIRST organisms into which THE ATOMS group [Not the fiery lives] are THE VIRUSES. They appear in THREE main-

* although the ATOM on itself is completely META-PHYSICAL. But even from the physical point of view the name

ATOM is incorrect, because it is dark and means INVISIBLE... so I suggest the name TOMOS which is - LEVISCIBLE.

groups, thus building an expression of BRAHMAN, VISHNU, SIVA. Out of the VIREES emanate, or are built [through monadic accumulation] the BACTERIAS.

The disease caused by KARMA influences FIRST the powerflow in the ATOM, disturbing its proportional polarity and also the polarity of the two other organism species [VIRUS and BACTERIA]. Again ATOM - VIRUS - BACTERIA are representatives of EVOLVER-SUSTAINER-DESTROYER or BRAHMA - VISHNU - SIVA. The KARMA OF DISEASE turns for instance, DESTROYERS into CREATORS [evolvers], thus laying the physical foundation for ALL diseases. All these beings belong to ELEMENTARY ESSENCE and ELEMENTARY ESSENCE is connected with THE LOWER MANAS or MIND in us, and can thus be influenced by it. Is the MIND positive, the ELEMENTARY ESSENCE is positive, and EVOLVER or CREATOR, SUSTAINER and DESTROYER are in BALANCE, and the being is HEALTHY. Unfortunately we have inherited from former incarnations a lot of MENTAL ABUSE, or abuse of mental POWER, thus influencing practically from BIRTH the CELL ORGANISM. A joyful thought, based on KNOWLEDGE, influences our cellorganisms positive and generates HEALING power.

All disease relates to a wrong RESONANCE, a disturbance in the RHYTHM, mostly many incarnations ago. When the material, or "matter", of the vehicle of CONSCIOUSNESS on the MANAS or MINDLEVEL is not in harmony with the HIGHER SELF, we experience PAIN. Not immediately. UNCONSCIOUS disobedience against THE LAW does not cause pain, it is the CONSCIOUS abuse, or MIS-use, of MIND, or MANAS, causing pain and suffering, sometimes for many incarnations to come. That is, why THE BOOK OF LIGHT is so important. It presents COSMIS LAW [and not human opinion] so that we can live according to it. BEFORE the disease is experienced in the physical body, it has to be caused in the MENTAL or also in the ASTRAL BODY. THEN, through astral and mental REPERCUSSION, it hits back on the PHYSICAL, appearing as SYMPTOM but not as cause. Once the disturbance "hits" the SUBCONSCIOUS, the minutest organism can destroy the body. WHAT could, for instance, destroy the SOUL-RHYTHM? Only the detailed knowledge about KARMA and REINCARNATION can answer THAT question. Because a negative KARMA, contained of WRONG THINKING, wrong FEELING and ACTING in FORMER lives, disturbs the SOUL-RHYTHM in THIS life and thus also the BALANCE between VIREES and BACTERIA, and consequently irritates

the bodyfunctions: INTAKE, PROCESSING and ELIMINATION* of food.

Essentially there are TWO kinds of KARMA, or DISEASE CAUSERS. A) CONSCIOUS done "sins", causing ACTIVE diseases, and B) sins of omission, causing LATENT diseases. But besides the single person's KARMA there is also NATIONAL KARMA, or collective KARMA. There is also a COMMUNITY-KARMA between all those who suffer from ONE disease. People with CANCER, for instance, build ONE group of diseased. By the way: The suffering of ONE person, eases the KARMA OF ALL. THAT is, how we have to understand the SYMBOLIC suffering of JESUS at the cross, "giving his LIFE" for us. NEUROSES, TUBERCULOSIS, RHEUMA and other chronic diseases form other KARMIC GROUPS of diseases. Each disease, in fact, belongs to ONE OF THE SEVEN GROUPS of THE SEVEN RAYS. But, and I HESITATED many years to reveal that secret, diseases are caused by the "sins" of THE UNDEVELOPED PORTION of EACH OF THE SEVEN RAYS. If all is KARMA, then is there no healing, no CURE? yes there is, but ALL in the realm of KARMA. For instance: Was the disease caused by cheating, betraying thoughts, or thought patterns, the

* EVOLVER, SUSTAINER, DESTROYER or BRAHMA, VISHNU, SIVA... ** For instance between IRAK and AMERICA.

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THOUGHTS have to be changed into a HONEST thinking. So we can brake, or TRANSFORM, the KARMA by now obeying THE LAW, where before we did NOT obey it. Was the disease caused by HATE, we must LOVE. That LOVEPOWER, if consistent and INTENSE enough, shall NEUTRALIZE the bad Karma. If SELFISHNESS was the reason, live a life of SERVICE; was your disease caused by Anger and Depression, develop COURAGE and HAPPINESS, although it is hard for me to see, how such a change of behavior can take place WITHOUT the knowledge of ESOTERIC SCIENCE, now reawakened in THE BOOK OF LIGHT. So create new positive KARMA through NEW thought and behavior patterns, and you can be healed! That is called SPIRITUAL ALCHEMY!

Another result of our "civilization" is NEURASTHENIA, which is a weakness, or exhaustion of the nervous system caused by noise and STRESS, etc. Thus the ETHER-body is damaged. Some can take ALL the stress and others get in a rage, when a dog barks. How comes? Because the former person is BORN with a strong and healthy ETHER body, while the latter person is born with a weak ETHER body. They "deserve" these different vehicles through their own IKARMA, and if the HEALTHY person misuses his body, HE will be the one who suffers

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in his next life from it, by being born with a WEAK body. And a weak ETHER - ASTRAL or PHYSICAL body has always been caused by MISUSE OF VITALITY in a life before. How to be healed again? TURN YOUR BODY AGAIN INTO THE TEMPLE OF GOD. THAT IS THE LESSON OF IKARMA. LIVE PURE, SIMPLE and INNOCENT and attain ALL KNOWLEDGE.

COLON and DIGESTION DISEASES, for instance can always be traced back in yielding to carnivore food in former lives. EVERY misuse of energy has to be paid back. The same accounts for SEXUAL DISEASES like AIDS* and all VENEREAL DISEASES. They all can be traced back to ABUSE OF SEXUAL ENERGY in former lives. Here now some connections between aspects of CONSCIOUSNESS and disease.

PROUD PEOPLE

NECK PROBLEMS.

*Although AIDS and many OTHER diseases have been created in laboratories. But IKARMA takes ANY chance and ANY disease to fulfill THE LAW.

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IRRESPONSIBLE PEOPLE *

SHOULDER PROBLEMS.

OPPORTUNISTS.

KNEE PROBLEMS

*with EXTREME Karma the problems escalate into ACCIDENTS.

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"SEX MONSTERS"

Man thinking of sex objects.

LARYNX PROBLEMS [Throatcancer]

C RUEL PEOPLE and BLACK MAGICIANS.

Show Black
Magia
ad ... → Spine }

BRAIN and SPINE PROBLEMS.

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The following pages I dedicate to my teacher, the late BEATRICE FLEMING, by QUOTING her in her book 'DAS WELTBILD DER THEOSOPHIE' or 'THE WORLD SCHEME OF THEOSOPHY'.

I recapitulate:

1. Disease is based on a change of function, through which CELL ORGANISMS become LIFE DESTROYERS.
2. This change is caused by a disturbing KARMA-INFLUENCE, damaging MIND, Feelings and body of the suffering. Thus the rhythm in ATOMS, CELLS and CELL TISSUE is broken, and the body is partly or COMPLETELY out of tune.
3. All organs and body elements have their KEY NOTE and create together a HARMONIC ACCORD. Disease CHANGES this keynote and creates DIS-HARMONY.
4. Disease can be latent or active. If it is LATENT, THE LAW can allow the KARMA OBLIGATION to be worked out on the CONSCIOUSNESS LEVEL, instead of on the PHYSICAL level.
5. You can work AGAINST the Disease - karma, and thus create EASE or even NEUTRALIZATION.
6. Each disease has PHYSICAL and METAPHYSICAL aspects. The HEALING PRAXIS has therefore also to be concentrated on the METAPHYSICAL.
7. With the time the disease shall become less DENSE - PHYSICAL, until it disappears COMPLETELY. An important factor will be the acceptance of a VEGETARIAN and NARCOTIC FREE lifestyle.

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In all cases the disease has been caused in THIS or [often] ANOTHER life through HAUGHTINESS and POWER HUNGER.

If you force certain DEVAS to obey you [black magic], you reap heavy mental and spiritual disturbances, or CANCER. UNCONSCIOUS Cruelty creates LITTLE KARMA, but CONSCIOUS SIN against THE HOLY SPIRIT is the MAIN reason for all the suffering in the world. STRONG DESIRE for physical Pleasures and possessions is ANOTHER cause for all kind of diseases.

In the FUTURE there shall be a NEW way of healing, in which DOCTORS will do everything to heal the body, but MAINLY the astral mental and spiritual body of the patient by teaching him how to INFLUENCE these different bodies for the better, and turning them into POWERFUL CHANNELS OF HEALING ENERGY. So the HEALING PROCESS shall be set into motion by THE DOCTOR AND BY THE PATIENT. [Almost ANY KARMA shall be evaded simply by reading THE BOOK OF LIGHT or by LISTENING to it, or just by OWNING it] I do not have to emphasize the fact, that NOBODY is allowed to make profit with the selling of THE BOOK OF LIGHT. All money has to be used to SPREAD the message of ESOTERIC SCIENCE in Radio, TV, etc.

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The PRINCIPLE behind everything is the DISINTEGRATION of Disease-matter and the DESTRUCTION of DISEASE-CONSCIOUSNESS. In an acute stadium the poisons are local [circulating in groups] concentrated. The first step is the DISPERSION of these groups, so that the DISEASE-CONSCIOUSNESS loses its HOLD. Then follows the SPLITTING UP of the diseased MOLECULES, of their atomic constituents and then the DISINTEGRATION of the ATOMS THEMSELVES. Under the influence of RESONANCE-LAW and the work of a healing DEVA, the dissolved diseasematter will be substituted by HEALTHY Substance, in which the ENERGY-POLARITY exists correct. The "DISEASE-CONSCIOUSNESS" originates in the ELEMENTAL-CONSCIOUSNESS of THAT matter, of which the ASTRAL- and MENTAL bodies are built. Once under the influence of BAD KARMA, it shall be modified disastrous and the matter, or substance, changes from a healthy into an ABNORMAL state. Its [the matter's] vibration becomes HIGHER or LOWER than before. The now ABNORMAL condition of the Elemental-Consciousness creates then ABNORMALITIES in ATOMS, MOLECULES and CELLS. When the, by us created, powers thus change them, DISEASE and DISEASE-CONSCIOUSNESS arise. A thorough healing is only possible with an ennobling change of our soul.

*we are here [mental - Astral] still talking of NON-ATOMIC matter and 'substance'.

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POWERS and the resulting Dissolution of the DISEASE-STUFF. Then the normal sound or tune of the organ or body part is reinstalled, and its vibration is again in sync with the TRUE ACCORD of the human being.

Furthermore: THE INSTALLMENT of the DISEASE-SUBSTANCE happens by a corresponding DEVA prenatal and AFTER birth, according to the DISEASE-NATURE, the CHILD-KARMA and the PARENT-KARMA. PRE natal it is always, when the cause happened in former lives. The DISEASE stuff makes you prone to certain infections. Otherwise INFECTION IS NOT POSSIBLE! CHRONIC diseases are always KARMIC from "before", their roots lay DEEP inside the MENTAL BODY. CANCER, for instance, begins incarnation long PRE natal in the MENTAL Body. But the disastrous vibrations must not necessarily become active.

FOR HEALING METHODS THE FOLLOWING PRINCIPLES ARE LAW:

1. The disease cause is always a CHARACTER DEFECT, calling forth the KARMA-CREATING actions.
2. The latter can derive from EARLIER incarnations or from THIS one.
3. The resulting disease is the voice of NATURE and wants to point to the MISTAKE.

4. A ONLY-PHYSICAL, the character not touching, healing can not last, unless the KARMA is over, otherwise it must fail.

5. A spiritual-educational influence must therefore join each treatment, in order to ease the DISEASE-CREATING DEEDS.

6. The INFLUENCE has to be pointed to the ELIMINATION of the character defect and to the release of the, through negative action torn, GOOD ENERGIES.

7. In OBSTINATE cases the treatment should be continued until DEATH, thus being PREVENTIVE for the NEXT life. During the study of "DISEASE-CONSCIOUSNESS" and latent disease, the PREVENTIVE treatment is of utmost importance. Because LATENT disease is in ALL people, we must see to eliminate already the character-defects of the child and even baby, thus eliminating early the DISEASE-SUBSTANCE. Further: A PRENATAL, PREVENTIVE, treatment is necessary, which means TRAINING of the PARENTS, good treatment of the becoming mother and noble surrounding, something else is of utmost importance: the position of the WOMAN has to be "lifted", and also the ideals of MARRIAGE and PARENTHOOD, so that a mother will be seen with DEVOTIONAL CAREFULNESS. The

*Then the doctors always talk of a "MIRACLE,"
**and of LATENT disease.

surrounding of CHILD BIRTH has to be improved, and the IDEAL OF GALLANTRY has to be reintroduced! The preventive treatment must receive great attention in medical practice.

AS TO SPIRITUAL HEALING METHODS:

Although there are only a FEW, who want to work as HEALERS, can do that as DOCTORS, or HOMEOPATHIC HEALERS, the territory is open for ALL on the METAPHYSICAL PLANES. The day shall come, when the functions of PRIEST AND HEALER are united again in ONE MAN or WOMAN, who directs his [her] efforts to the LIFTING OF CONSCIOUSNESS AND BODY TREATMENT. While THE LATTER ALONE is never sufficient, the FIRST CAN SUFFICE FOR HEALING.

All, whose hearts are open to those who suffer and who are devoted to the IDEAL OF SERVING, should try to ease the heavy burden of MANKIND-KARMA. EVERYBODY can through DAILY MEDITATION and RADIATION of POWER, LIGHT and LOVE onto the world, ease the pain. Each theosophical meeting, each noble GOD-SERVICE, each HIGHLY ARTISTIC ACT and each PHILANTHROPIC ACTION diminish the negative world-KARMA, by overflowing it with BLESSING POWERS. THE STRONGEST HEALING POWER NOW-A-DAYS IS THEOSOPHY, because study and practice of THE TRUTH unites gradually the SPIRITUAL with the NATURAL man, as St. PAUL

called EGO and PERSONALITY, or HIGHER SELF and LOWER SELF. THEOSOPHY [or ESOTERIC SCIENCE] educates THE SOUL, teaches THE LAW OF KARMA, and guarantees the knowledge, that can change our life, and the creation of harmful KARMA and turn our energies to SELFLESS SERVICE - which represents the MOST PERFECT way of NEUTRALIZING HOSTILE KARMA.

THE PRINCIPLE, WORKING IN SPIRITUAL HEALING, is a harmonic relationship between EGO [or HIGHER SELF] and PERSONALITY. A "HEALING-SERVICE" can eliminate in the ASTRAL- and MENTAL BODY the disturbing obstacles. EGO and PERSONALITY come in sync. The degree is dependant on the power of the HEALING-SERVICE, on the spiritual or moral maturity of the diseased, his KARMA and his propensities. But his HIGHER CONSCIOUSNESS shall be strengthened, which helps him, to continue the ENNOBILING-PROCESS. The EFFECT happens mostly through a POWER-DESCENT from the HIGHEST PRINCIPLE of the patient. This ATMA [divine will] reaches the average person very rarely. Because its "VESSEL", the CHRIST-PRINCIPLE [Divine love] in men is not yet sufficiently developed, to transform ATMA. THEOSOPHICAL RESEARCHERS [Seers, etc] witness, that, for instance, at CHURCH SERVICES and especially at the EUCHARIST*, CHRIST, in its loving care for MANKIND and the BELIEVERS, comes so

*Holy Communion, Lord's Supper, etc. But completely MISUNDERSTOOD.

close to the BELIEVERS, that it awakens, in wonderful MEDIUMSHIP, their CHRIST-PRINCIPLE - whose HIGHEST REVELATION is CHRIST HIMSELF - and thus enables them [the believers] to get in touch or CONTACT with HIGHEST REALMS, otherwise out of the believers' reach. THAT is the true meaning of the "SUBSTITUTE RECONCILIATION"; and thus the time comes faster, in which the "CHRISTCHILD" shall be born in the heart of MAN*, thus enabling the DIRECT DESCENDANCE of POWER and BLESSING from our DIVINE ASPECTS, which will be highly qualified, to neutralize all still present DISEASE-KARMA. The IMMEDIATE effect of these influences appears first of all more on the HIGHER PLANES than in the physical body. At a HEALING SERVICE the patient receives the power of GROUP- AND SINGLE PRAYER**. This activates him, to change his KARMIC RESPONSIBILITIES INTENSIVELY. As long as he can hold to his HIGHER state, he enlarges his good KARMA and NEUTRALIZES the bad KARMA, by releasing power-

** If they only would not abuse the prayer so often...

*This is also the TRUE meaning of the SECOND COMING OF CHRIST. No real man or even GOD APPEARANCE is meant by that, but an IMPULSE from THE CHRIST PRINCIPLE, ENLIGHTENING THE CHRIST IN US.

ful, blessing FORCES, and representing the VIRTUES, who step against further harmful aberrations. A lot depends on the deep understanding of the healer AND the patient, but also from the TIME PERIOD, in which he can SUSTAIN that HIGHER state. The patient must make himself VERY RECEPTIVE, to live always in the memory of his great EXPERIENCE, and sustain his EXPANSION OF CONSCIOUSNESS. In case of a SUDDEN spiritual healing the POWER DESCENT was so CONCENTRATED, that it NEUTRALIZED the KARMA of the patient, IF there were no further obstacles...

WONDERFUL WORK can be done by the single person through DAILY RADIATION of healing power and COOPERATION with HEALING-ANGELS. A simple method is, to ELEVATE the sufferer into the presence of the GREAT HEALER - CHRIST - and to OVERFLOW the patient with THE GLORY OF CHRIST, and with the prayer, that the sufferer may be ENLIGHTENED for the UNDERSTANDING OF HIS SUFFERING. The result is mostly not IMMEDIATE remove of the physical symptoms, although that often happens. Imagine the patient as completely healthy, shining and happy and filled with the light and power of Christ. PRESENCE AND COOPERATION OF HEALING ANGELS is highly important. They let their dynamic life-power influence the patient, they save and direct the energies called by the HELPER. A preventive measurement serves the goal to come

closer to CHRIST, to touch the hem of his garment and to uplift the suffering to him. His [the CHRIST'S] healing power is thus invoked: "May the healing power CHRIST descend on... and may the healing angels surround him [or her]". The helper should hold this prayer in DEEP SILENCE for some minutes and imagine the patient in the presence of CHRIST surrounded by a group of shining angels. Repeat twice daily. The effect is very strong, and everybody can develop HIS method to this example.

PHYSICAL TREATMENTS:

It is still difficult to develop ideal methods. The recognition of ETHEREAL DISEASE ASPECTS leads more and more to ETHEREAL TREATMENTS. It all shall depend on the general theosophical work, because ONLY in the HIGHER-OCCULT SCIENCE is a thorough knowledge about the ETHER BODY. The ETHEREAL TREATMENT shall make it possible for the medical science, to prevent the wrongly-polarized vibrations of matter, or to remove them, and so to reestablish the correct function of the minute CELL-ORGANISMS, on whom depends our well being. Life on the ETHER LEVEL is embedded less deep in MATTER than in the DENSE-PHYSICAL and therefore more accessible for outer treatment influence.

ETHEREAL TREATMENT is already possible inside the SPECTRUM and through ULTRAVIOLET, INFRARED and X-rays. This happens with the help of a PROJECTION LAMP, whose FOCUS is directed through coloured GLAS- and CELLULOID FILTERS, or Lamps onto the skin. PURE, DEEP SAPHIRE-BLUE is an ETHEREAL CONTRACTING medium, easing infections and poisoning symptoms, destroys ULCERS and breaks CONGESTIONS [accumulations of PRANA, MAGNETISM, BLOOD and LYMPHS]. Long RAY-TREATMENTS raise the blood pressure and CLEANSE the ETHER BODY. If the patient has a tendency to sudden loss of vitality, blue bathings at beginning and end of treatment shall generate more LIFE POWER.

RED is a strongly stimulating measure for the NERVEN SYSTEM and BLOOD. But the patient must be protected from IRRITATION and OVERSTIMULATION. RED should NEVER be used at inflammation of the CELL TISSUE. PINK is food for the NERVES and very valuable through intensive promotion of general HARMONY. It is good for NEURITIS and for the CENTERS and NERVES of the SPINE. GREEN is especially valuable for DIGESTION PROBLEMS and COLON DISEASES. ORANGE is a GENERAL STRENGTHENING REMEDY. YELLOW creates soft healing and is a source of LIFE POWER. DURING the COLOUR BATHS the patient should meditate about the general meaning of the colours. BLUE: Religious peace.

RED: Courage, strength, sense pleasure. PINK: harmony, universal love. GREEN: Sympathy, balance. PURE SHINING PRIMEROSE YELLOW: Spiritual consciousness. SOFT VIOLET: DEDICATION to a high ideal. Useful are also MENTAL colour baths THEN you should imagine the diseased all bathed in the required colour. Or he does the same with himself. Simultaneously the help of HEALING-ANGELS should be invoked.

Further ETHEREAL TREATMENTS happen through electro-magnetic rays emanating from anorganic substances, such as RADIO-ACTIVE ELEMENTS, Earth powers and instruments. Among them also HUMAN healing-magnetic powers and electric energies, which are solved through chemical influence and molecular decay from the PLANT- and MINERAL REALM. There are also certain, Earth dwelling, electromagnetic forces. The human, magnetic energy is transferred through lay on hands, massage and passing strokes. ELECTRIC ENERGY is transferred through primary and induced electric streams. Highly valuable forces are extracted from plants and minerals through dilution, like it was discovered by HAHNE-MANN, the inventor of HOMEOPATHY, a system coming very close to the THEOSOPHICAL IDEAL. Through this

* by S. Hahnemann [c. 1800]. With homeopathy certain diseases can be cured, by giving very small doses of drugs, which in a healthy person and in larger doses would produce symptoms like those of the disease (opposed to allopathy, from homeopathy = likeness of feeling).

** because it treats the ETHER BODY.

remedy [homeopathy] the disturbed polarity of ATOM, CELL and CELL TISSUE can be changed. Each mechanical remedy for healing of the cell tissue will be the most successful, when its effects are mainly produced on the ETHERIC LEVEL. Highly refined, homeopathic, medicines, Healing magnetism, Electricity, radioactive Elements and colour LIGHT RAYS are therefore good.

TWO GREAT AND GRAVE DANGERS lay at the way of the medicine sciences. ONE consists of the cruel aberrations of VIVISECTION.* Many a unworthy, degrading DESECRATION of SCIENCE and VIOLATION of NATURE is connected with that, for instance, when DR. VORONOFF and others implant the SEXUAL GLANDS of APES into MAN, in order to force strength and sexual potency until HIGH AGE. A succession of that are certain ORGAN TRANSPLANTS [also from PAVIANS], as well as the real bad FRESH CELL THERAPY.

The other danger is, that often by a FEW people DISCOVERIES are financially exploited, which should belong to THE WHOLE MANKIND. Many harmful methods are continuously used - partly because of the pressure of the FINANCIERS behind the scenes, for instance the SERUM THERAPY. For the HIGHER forms of DISEASE STUDIES, requiring high refinement, an IDEALISTIC BASIS is needed. SELFISH MATERIALISM and pecuniary* exploitation darken and weaken

* from vivus, alive + section = cutting alive. And that is exactly what they do on living animals in order to investigate the effects of various and therapy.
** of, or involving, money.

the powers of SCIENTIFIC RESEARCH. The dark-grotesome ways of VIVISECTION and the confirmed rights of certain FINANCIERS are DIAMETRAL REVERSE to the real study and healing of diseases. At best materialistic methods try at any [often horrible] cost to prolong life and ignore the eternal truths about the limitless walking higher and higher on the path of each human spirit - in which the long succession of physical incarnations only plays a SERVING PART. Those only deal with EFFECTS and ignore the causes, and THAT is why they must fail. BUT meanwhile MILLIONS OF PEOPLE continue SUFFERING; and horrible brutalities are committed to the animals, misused for "Scientific research". In just methods cause - even with GOOD MOTIVES - endless suffering - for the culprit or doer, his victims and the whole of mankind through strengthening of THE COLLECTIVE DISEASE KARMA. Theosophical researchers, coming in touch with these sinister aspects of human nature and with the most evil diseases, could sometimes despair. Still there weighs a heavy suffering-burden on mankind, and is daily ENLARGED through the MASS ANIMAL SLAUGHTERINGS. The KARMA of those, who suffer from CHRONIC DISEASES brings them in a certain manner in contact with the dark side of nature and the

negative aspect of existence like nothing else. EACH CREATION SYSTEM CONSISTS OF DARKNESS AND LIGHT. Evil Disease-karma pulls people into the DARK HALF and forces them temporary under its conditions, which are the antithesis of those of LIGHT.* Since life runs in SEVEN-YEAR-CYCLES diseases break out in the same cycle whose turn it was 'earlier' when the sin was COMMITTED, if it is not ALREADY a disease [chronic] brought into this world by BIRTH. The indestructible, karmic connection, from one incarnation to the next is caused by the PERMANENT ATOMS [Skandhas], who contain in each reincarnation the ESSENCE of all deeds and experiences, stored in the CAUSAL BODY.

ALL people enter at one point and time in their evolution the GREAT DARKNESS, whereby some sink DEEPER. ONLY the most SINFUL drown completely. BUT EVEN THEY shall be eventually saved and led to the ranks of LIGHT*. Because: Behind the seemingly - inflexible INDISSOLUTION of the PRIMEVAL LAW stands ETERNAL the DIVINE MERCY. EVEN IN DARKNESS there is a secret light and an ALL-EMBRACING LOVE in the seemingly karmic Cruelty. Often with BODY-PAIN there is connected an EXTASY OF THE SOUL.

* not that of ENLIGHTENMENT.

* Meant is here not the VISIBLE light, but the LIGHT of ENLIGHTENMENT, which is - DARKNESS [but not the darkness WE see].

PHYSICAL PAIN never trespasses the Plane of the LOWER MENTAL. The becoming GOD-MAN in the suffering body often wins unimaginable power, COMPASSION, and KNOWLEDGE from the pain which his earthly-incarnated part suffers. We must therefore always search to find the vision of the WHOLE, to see in the SUFFERING-KARMA the CAUSE, not only the EFFECT, and also the THIRD: The, from that, gained wonderful abilities and REALIZATIONS. All suffering equals, in spite of its BURDEN, never the amount of the committed sin, because: the DIVINE LOVE is between them! Each heavy disease has also essential-beneficial consequences. Of course we should not show less compassionate will to help suffering humans. BECAUSE, our compassionate mercy, our strong LONGING to heal and to save - all that builds on important part of that DIVINE LOVE, standing "in between"! GOD needs an EXECUTOR [messenger in this case] of "his" LOVE. We are divine beings in the becoming, and GOD is in us revealed. The powers of our loving mercy are never wasted, but are always most careful stored AND used. ONE strong thought of compassion for ONE who suffers reduces the fate [of suffering] for ALL. We should therefore continuously OVERFLOW our whole nature with deep sympathy and so constantly

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REDUCE THE WORLD-KARMA OF DISEASE.
 Let us think LOVE and thus diminish HATE!
 Let us think HAPPINESS and thus diminish SOR-
 ROW! Let us think HEALTH and thus diminish
 DISEASE! Because such CONSCIOUS THOUGHT belongs
 to the kingdom of THE LIGHT in creation* and
 thus strengthens its power to such an extent,
 that more and more people run less danger to
 get lost in DARKNESS, wherefrom springs
 DISEASE. If we could be strong enough in COMPAS-
 sION, SYMPATHY and loving GOODNESS, WE could
 heal just through THAT! Because these are
 powerful forces. To the extent, in which we
 ACTIVATE them, we become TRUE HELPERS. Each
 selfless effort, to ease the SUFFERING - be it success-
 ful or not - reduces to a definite extent the SUF-
 FERING-KARMA of mankind.

TO MAN is given free will to become sooner or la-
 ter a LOGOS** - OMNIPOTENT, OMNISCIENT and
 OMNIPRESENT. First, in the EARLY development-
 phase, he uses this will to commit UNJUSTI-
 CE and as a CONSEQUENCE of that he suffers.
 From the CONTINUOUS SUFFERING he learns gra-
 dually to use his will for his true benefit and
 the benefit of his FELLOW MAN. At the "END" of
 his EDNLONG PILGRIMAGE his will and that

** like we are right now THE LOGOS of the SOLAR SYSTEM
 in us.
 * "creation" ...

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of his DIVINE FATHER have become ONE and
 are always - without staggering - directed on
 the GOOD, the TRUE and the BEAUTIFUL.
 THAT is the ONLY purpose of all suffering
 and the TRUE GOAL of human life.



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WHEN KARMA STRIKES...

Again: Every disease has its roots in misuse of
 mental, emotional or physical energy in this life
 or in lives before. If, for instance, MADONNA con-
 tinues to emphasize in her SONGS and LIFESTYLE
 the SEXUAL ASPECT, she is in danger to be reborn
 in her next life with a SPINAL DEFORMATION.
 So:

MADONNA in her next life. The FACIAL structure
 is the result of thoughts of GREED, LUST, HATE, EN-
 VY, FEAR, EGOTISM. These thoughts THEN manifest
 unavoidably in the NEXT LIFE. Her spinal defor-
 mation [in connection with THROATCANCER] is a
 karmic reaction to SEXUAL EXCESSES.

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Although he has almost the same message for
 his fans than MADONNA, with MICHAEL JACKSON
 things are quite DIFFERENT. His sexual and men-
 tal excesses happen mostly in THE FANTASY. There-
 fore he COULD BE reborn in his next life
 with a MENTAL disease. So:

Michael Jackson in his next life. But BOTH, Jackson
 and Madonna, could suffer for LIVES from the REFLEC-
 TING IMPACT of LOWEST SEXUAL, EMOTIONAL and
 MENTAL energy, released from their FANS BACK
 TO THEM, because they [Jackson and Madonna]
 awakened this energy in their FANS in the first
 place! But there is STILL HOPE! TURN AROUND
 MICHAEL AND MADONNA! SING FROM NOW ON
 ABOUT SPIRITUAL LOVE INSTEAD OF SEX AND YOU
 SHALL BE SAVED! AUM. Using, or better, ABUSING a SACRED
 word like SCHAUM [new desire] [once a HOLY PLACE] in his songs,
 intensifies Michael's NEGATIVE KARMA.

VIVISECTION IS SCIENTIFIC FRAUD

FOR OVER 80 YEARS SCIENCE has cheated money out of the taxpayers pockets [billions of dollars every year] to finance SCIENTIFIC FRAUD, called vivisection. Before I present to you the opinion of those SCIENTIST, WHO HAVE NOT YET LOST THEIR MINDS, here some photographs of animals, tortured by mentally and morally disturbed *SCIENTISTS*. There is of course NO DIFFERENCE between somebody who killed JEWS IN CONCENTRATION CAMPS and a VIVISECTOR.

These pictures prove that VIVISECTORS ENJOY TORTURING AND KILLING ANIMALS.

1

PATHOLOGIST laughing at MONKEY, before he crushes him to death against a CEMENT WALL.
*Some vivisectors even ENJOY torturing animals, as we can see clearly in this picture, where the laughing *pathologist* tickles the armpits of a dying monkey.

2

THE MONKEY SEEMS TO CRY FOR HELP. Seconds later...

3

...he experiences THE WHIPLASH TEST.

ISN'T IT FUN ?

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THE "LOVE" TEST

With the friendly permission of CIVIS.

Opinions of scientists about vivisection.

"In spite of their scientific value, animal tests of medications have remained totally fruitless in the treatment of diseases, and the practising physician hasn't learned anything useful for his patients, that he didn't know fifty years ago [Prof. Dr. Felix von Niemeyer, Germany's most respected medical authority at the turn of the century, in his manual, HANDBUCH DER PRAKTISCHEN MEDIZIN].

*The discovery of anaesthetics owes nothing to experiments on animals. [Report of the Royal Commission on vivisection, 1912].

*I have never known a single good surgeon who had learned anything from vivisection [Dr. Abel Desjardins, president of the Society of Surgeons of Paris, foremost surgeon of his time in France and professor of surgery].

*My own conviction is that the study of human physiology by way of experiments on animals is the most grotesque and fantastic error ever committed in the whole range of human intellectual activity. [Dr. G. F. Walker, MEDICAL WORLD, Dec. 8, 1933.]

*The wasted time and energy over the modern lines

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of cancer research are greatly to be deplored. We are sorry to think that so many able research workers are being tricked into believing, that the cause and cure of cancer will be discovered by animal experiments. [Medical Times, Jan. 1936].

*As the years pass, cancer seems to be on the increase. The search for the cause has up until now met with a very poor result, largely owing to the fact that cancer research has been and is being conducted on laboratory animals. [Medical Review, Feb. 1951].

*The folly of founding the actions of drugs on animal experiments cannot be over emphasized. [Editorial, Medical Review, Sept. 1953].

*No experimental worker can provide a single fact about human disease. [Dr. D.A. Long, London, from the National Institute for Medical Research, Lancet, Mar. 13, 1954].

*There really exists no logical basis for translating the results of animals to man. [Dr. L. Goldberg, Karolinska Institute, Stockholm, Quantitative Method in Human Pharmacology and Therapeutics, Pergamon Press, London, 1959].

*It is not possible to apply to the human species experimental information derived from inducing cancer in animals. [Dr. Kenneth Starr, Honorary Director of the special unit for investigation and treat-

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ment of cancer for the New South Wales Cancer Council, SYDNEY MORNING HERALD, Apr. 7, 1960].

*Another basic problem, which we share as a result of the regulations is an unscientific preoccupation with animal studies. Animal studies are done for legal reasons and not for scientific reasons. [Dr. James D. Gallagher, Director of Medical Research, Lederle Laboratories, Journal of the American Medical Association, March 14, 1964].

*We are soever's apprentices, especially in the scientific field. We boast of discoveries which poison us. I think the future generations will need much time and courage to get rid of the disastrous consequence of our research. [Prof. Pierre Lépine, head of the Pasteur Institute's bacteriology department, in the French daily Alsace, March 17, 1967].

*The idea, as I understand it, is that fundamental truths are revealed in laboratory experimentation on lower animals and are then applied to the problems of the sick patient. Having been myself trained as a physiologist, I feel in a way competent to assess such a claim. It is plain nonsense. [Sir George Pickering, Regius Professor of Medicine at the University of Oxford, British Medical Journal, Dec. 26, 1964].

*In practice all animal experiments are scientifically indefensible, as they lack any scientific validity and

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reliability in regard to humans. They only serve as an alibi for the drug manufacturers, who hope to protect themselves thereby. [Dr. H. Stiller and Dr. M. Stiller, in TIERVERSUCH UND TIEREXPERIMENTATORE, Hirthammer Verlag, Munich 1976]

*Animal experiments should be forbidden everywhere. [Dr. Julius Hackethal, one of the best known German surgeons, and author of medical books, in an interview with DIE ZEIT, Oct. 13, 1978].

*As a cancer specialist engaged in clinical practice, I can't agree with the researchers, who believe that results obtained with laboratory animals are applicable to HUMAN BEINGS. [Prof. Dr. Heinz Oeser, in one of the leading German weeklies, QUICK, March 15, 1979].

*Normally, animal experiments not only fail to contribute to the safety of medications, but they even have the opposite effect. [Prof. Dr. Kurt Fickentscher of the Pharmacological Institute of the University of Bonn, GERMANY, in DIAGNOSTEN, March 1980].

*Our entire medicine today is dominated, practically terrorized, by analytical science. Its medical research has nothing at all to do with health. The elimination

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of symptoms is being misinterpreted as a restoration to health, but on the contrary it impairs and prevents true healthiness. A child whose fever has been hastily eliminated by administration of antibiotics is sicker than before, becomes susceptible of disease, chronically ill. Analytical science has formed doctors, whose mental faculties don't go beyond the 2x2=4 principle. They are blind to elementary observation, which they disclaim as 'subjective'. This unenlightened attitude is also responsible for the revolting animal experiments, which are a sign of mental inadequacy. [Prof. Dr. Helmut Mommsen, pediatricist in Frankfurt a/M, Germany, in CIVIS-SCHWEIZ ACTUELL, Zürich, December 1980].

*I gave up on the polio vaccine when Jonas Salk showed that the best way to catch polio in the United States was to be near a child who recently had taken the SALK VACCINE. [Prof. Robert S. Mendelsohn, in THE PEOPLE'S DOCTOR, a Medical Newsletter for Consumers, Evanston, Illinois, 1984, Vol. 8, No. 12].

*In the United States today the only cause of polio is the oral polio vaccine routinely administered to infants in society's drive to rid the nation of the branch of medicine dealing with infants and children.

disease. [Bill Curry, Los Angeles Times Staff Writer, in the article "POLIO WAR-RENEWED CONTROVERSY," L.A. TIMES, June 1, 1985].

Wrong analysis Mr. Curry. Medical science conspiring together with the Pharmacological Industry, which INTENTIONALLY makes society SICK and DISEASED [mentally AND physically] in order to be able to sell them their products. In 99% of all cases there are THREE KINDS OF FRAUD:

- I. SCIENTIFIC FRAUD
- II. POLITICAL FRAUD
- III. RELIGIOUS FRAUD

In other words: 99,999% of all SCIENTISTS, POLITICIANS and PRIESTS are FRAUDS. They only want ONE thing: YOUR MONEY.

On the next page you shall see what happens to a VIVISECTOR after death and in his NEXT life. AFTER death his ASTRAL body will be linked to the ASTRAL of a tortured animal or human, where he shall experience every second of the

pain inflicted on the victim. In his NEXT life the VIVISECTOR will be born as THE PERFECT VICTIM, suffering in CONCENTRATION CAMPS, etc. until the karmic debt is repayed and his sadistic AND masochistic tendencies are burnt out COMPLETELY.

ASTRAL of a vivisector, suffering through a tortured animal.

VIVISECTOR in his next life, suffering as CONSCIOUSLY as he tortured others. AUM.

THE CAUSE OF BISEXUALITY.

After hundreds of incarnations as Man AND Woman the male and female nature of somebody almost become ONE, by merging into each other, which shall lead sooner or later to a balanced HERMAPHRODITISM of a later mankind, which explains the BISEXUAL TENDENCY of some people. This tendency appears often in ARTISTS etc., caused by the RAPIDLY GROWING INNER MAN* who is SEXLESS, or better LATENT MALE-FEMALE MEN are then more intuitive and sensitive as normal and WOMEN more bold and conscious-creative in thought and action. Both like both genders. But: They should not allow their LOWER-SEXUAL NATURE to be ruled by that, but instead express this new balance SPIRITUAL-CREATIVE and live their SEX LIFE [if any] NORMAL. It is of OCCULT IMPORTANCE to follow that suggestion unless you shall be drawn into the vortex of NEUROSES. Stay sexually in the realms of your GENDER. AUM.

THE CAUSE OF HOMOSEXUALITY.

The cause of homosexuality is not only MEATEATING, as some think, but goes much deeper. Some people, after having experienced a greater amount of, for instance, FEMALE incarnations, have difficulties when they find themselves suddenly incarnated in a MALE body. Having BEEN a female in a life before, that person still tends sexually to-

wards MALES. In his GLANDULAR STRUCTURE that person can even become a STRONGLY FEMININE MAN. On the other hand it can lead [when having been many times a MAN] into a VERY MASCULINE WOMAN, including all intermediate states in the physical body, etc. Here again it is of utmost importance to ACCEPT the GENDER you are born with and to make the BEST of this incarnation. If not, you just waste time in a senseless struggle. ACCEPTANCE of circumstances is the FIRST STEP TO VICTORY. SOON we all shall be DIVINE HERMAPHRODITES. AUM.

Homosexuals with many female incarnations in the AURA

THE CAUSE OF

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THE CHAKRA-TREATMENT.

That, which keeps the physical body alive is not the Food, but the ETHER, extracted FROM the food. But that amount of Ether would not be sufficient. The rest, more than 70%, is drawn from the surrounding Ether through the CHAKRAS via GLANDS into the PHYSICAL BODY. When the chakras turn COUNTERCLOCKWISE [from the viewpoint of the person looking "through" his own Chakra] the EXCHANGE OF ETHER, or PRANA, is PERFECT. When the CHAKRA turns CLOCKWISE [again from the SAME viewpoint] the body loses energy and the immune-system breaks gradually down. The easiest way to heal ANY disease [if it is in the realms of KARMA] is by turning the CHAKRA into the RIGHT DIRECTION, which is ALWAYS CLOCKWISE from the HEALER'S viewpoint, when he looks onto the PATIENT'S CHAKRAS. Since the physical body is just an effect of a CAUSE called ETHERIC or [and] ASTRAL BODY, it is the ETHER BODY that has to be refilled again with ETHER, THEN the diseased physical cell follows and is "healed". Any healing by influencing the MIND of the diseased [Hypnosis, etc.] is BLACK MAGIC and should be AVOIDED. Even healing

* the same counts for "AMA-CLEANSING" etc.

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through FAITH is better than that. It is of utmost importance to explain to the patient, that HE (or SHE) has CAUSED the disease in this or a FORMER INCARNATION. And that he CAN be HEALED, if it is in the realms of KARMA. But even if NOT, the treatment should be CONTINUED until death, because it reduces the suffering a) on the astro-plane after death, and b) in the next incarnation.

HEALER, turning the patient's chakra CLOCKWISE [from HIS viewpoint].

Further informations only ORALLY. Rosicrucian-feather-initiation, HEALING AT DISTANCE [as practiced by the author], etc.

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- What is the magical agent and first of the keys to open the door between Mortals and Immortals?
- SOUND, or THE MANTRA.
- THE BOOK OF LIGHT teaches, that MANY GODS (first SEVEN) emanate out of the ONE. Is this teaching corroborated by RELIGION?
- Yes. St. Paul says in 1 Cor. viii. 5 "For though there be that are called GODS, whether in HEAVEN or in EARTH, as there be gods many and lords many," ...etc.
- So THE ONE IS SUPREME?
- NO. That out of which THE ONE REAWAKENS IS SUPREME
- PARABRAHMAN?
- AUM.
- Is AKASA matter?
- Yes, but not matter as SCIENCE analyzes it. AKASA IS NONATOMIC MATTER.
- Is "actio in distance" possible?
- NO. Everything needs a MEDIUM.
- ETHER subdivision of AKASA?
- Yes. We all are connected by, and swim IN, a sea of ETHER.
- Are there scientists corroborating that fact?
- Yes, professor LODGE for instance. In his "NATURE", vol. xxvii., p. 305 he writes about ETHER being a "perfectly homogeneous, incompressible, continuous body, incapable of being resolved into simple elements or atoms: it is, in fact, continuous, not molecular."

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- And he adds: "There is no other body of which we can say this, and hence the properties of the ETHER must be somewhat DIFFERENT from those of ordinary matter."
- So ETHER is that which unites us all?
- YES. ETHER is an ocean and our CHAKRAS are like rivers into which this ocean flows. AUM.
- What is GRAVITATION?
- The principle that all bodies attract each other with a force proportional directly to their masses and inversely to the squares of the distances between them.
- Is the definition correct?
- NO. Gravitation is not existing.
- What is the difference between PHENOMENON and NOUMENON?
- PHENOMENON is the temporary APPEARANCE of everything. NOUMENON is the ETERNAL CAUSE of EVERYTHING.
- What was the greatest mistake of NEWTON?
- To confuse THE GODS, or the "creating, creative fashioning powers", with GOD, the NOUMENON of all PHENOMENONS.
- Are there other Scientists and philosophers corroborating the fact that each planet is the vehicle or physical body, of a PLANETANGEL?
- Yes, Pythagoras declared the Forces to be SPIRITUAL ENTITIES, rulers of the STORICAL HEAVEN. Isn't it ironic that we accept, and are dependent on, Pythagoras' mathe-

* ISAAC NEWTON, or better, SIR Isaac Newton [1642-1727] was one of the most spiritual-minded and religious men of his day.

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matic and geometry, but when it comes to his ESOTERIC TEACHINGS we call him an UTOPIST and worse. PLATO called the Planetangel "a boatman" and the planet its "boat". ARISTOTLE called the Planet-angels RULERS and IMMATERIAL SUBSTANCES.

TYCHO BRAHE "Saw in the stars a TRIPLE FORCE, divine, spiritual and vital." KEPLER AGREED with PYTHAGORAS, that there is a "PURE SPIRIT OF FIRE IN THE SUN."

- I heard a scientist saying on TV, that "nature obhored vacuum?"

- He is just repeating MILLIONS OF YEARS OLD KNOWLEDGE. There is no VACUUM.

- Is the SUN a huge magnet?

- Yes. The SUN emanates COSMIC ETHERIC ATTRACTION AND REPULSION. AVM.

- What did Laplace mean, when he said to NAPOLEON: "Dir est devenue une hypothèse inutile.?"

- He meant the right thing, and did not even know it. By saying "God has become an unnecessary hypothesis" he intended to put MOTION as a blind

1546 - 1601, Danish Astronomers.

.. though he rejected the Gods as ENTITIES.

* Transmigration of souls, etc. Numbers are the ULTIMATE ELEMENTS IN THE UNIVERSE.

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physical law on the throne, not knowing, that it is ABSTRACT MOTION, which brings forth GOD and the GODS or SEVEN RAYS.

- How does ORTHODOX SCIENCE explain the ORIGIN OF ROTATION?

- There are many explanations. ONE of them is, that the collision of nebular masses [wandering through space] or ATTRACTION caused the rotary motion. In truth it is the PLANETANGEL ITSELF causing the planet

COMETS are thrown out of LAYA at the birth of a NEW CHAIN. That is the never changing, ALWAYS repeated, teaching of ESOTERIC SCIENCE throughout millions of years, now reawakened in THE BOOK OF LIGHT. Is there ONE UNITED opinion of SCIENCE about COMETS?

- Not ONE, but 50 different theories, one contradicting the other. Here are some of the theories of orthodox science concerning the nature of COMETS, the origin of the planets of our Solar-system and of THE SUN.

1. When the SUN exploded the planets were born.
2. The planets are caused by disruption of nebular rings.

THE BOOK OF LIGHT: EVERY thing was ONE rotating AKASIC fire. THEN the SEVEN RAYS took over and caused 7 [ESOTERIC 8] rotating FIRES.

3. Comets belong to OUR SOLARSYSTEM.
4. Comets do NOT belong to our Solarsystem.

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THE BOOK OF LIGHT: Every Comet will soon be a planetary- or Solar chain.

- But does he belong to our SOLARSYSTEM?

- If he does, he would have to be caused by a DYING PLANET or a PLANET at the end of his SEVENTH ROUND, who THEN would become the MOON of this new chain. So decide by yourself. Is there ANY PLANET in our SOLARSYSTEM at the end of his SEVENTH ROUND? THEN he could be the MOTHER of a COMET which we see coming and going through our SOLARSYSTEM and THEN that COMET could belong to our SOLARSYSTEM, and ONE DAY become a PLANET of, or in, our SOLARSYSTEM.

5. The fixed stars are in motion.

6. The fixed stars are motionless.

THE BOOK OF LIGHT: There is nothing else but motion.

7. The Sun is since 350,000,000 years in motion, and its AXIS has never changed.

8. The Sun exists since 15,000,000 years and shall die in about 10,000,000 years.

THE BOOK OF LIGHT: There is NO burning out of the SUN, because the SUN CAUSES FIRE, but IS NO FIRE. THE SUN is an ELECTROMAGNETIC POWER-CENTER, and is reactivated each 7x7 rounds or 7x4,320,000,000 years. When shall OUR SUN be reactivated after its "disappearance"? Study THE BOOK OF LIGHT.

** around the ESOTERIC Solarsystem, *for instance: ENCKE [3 years in space around THE SUN], BIELA [breaking in two about 140 years ago], FAYE [largest orbit], VICO and BRORSEN shall all be PLANETS IN OUR SOLARSYSTEM.

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- What then is the TRUE cause of rotation?

- The ROTARY NATURE of SPIRIT touching CHAOS, or ROOTSPIRIT touching ROOTMATTER.

- How does SCIENCE explain the fact, that THE TAIL OF A COMET always points AWAY from the SUN?

- By a contradiction. They say, quote, that "The tail of a comet, when he approaches the SUN, is thrown out AGAINST THE FORCE OF GRAVITY, by probably some ELECTRICAL REPULSIVE FORCE, and that it [the comet] nevertheless OBEYS THE LAWS OF GRAVITY and is regulated by THE SAME FORCE AS THAT WHICH CAUSES AN APPLE TO FALL TO THE GROUND."

- When a COMET constantly returns into our SOLARSYSTEM, could it then be, that this COMET BELONGS to our SOLARSYSTEM and shall become a planet in it?

- YES. But how much is CONSTANTLY? Maybe the COMET just crosses our Solarsystem on the way to HIS Solarsystem. The sure way to know it, is, to find out if one of the planets of our Solarsystem has passed or ended its SEVENTH ROUND.

- Which planet is it?

- The answer is hidden in THE BOOK OF LIGHT.

- Does the ATOM exist?

- As a PHYSICAL PARTICLE the ATOM does NOT exist, but belongs TOTALLY to the realms of METAPHYSICS.

* using FOHAT, or cosmic energy, and FOHAT causes rotation or moves in circles [around Laya] collecting cosmic dust, which LATER turns into FIRE and THEN into a dense, rotating planet.

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MORE ABOUT THE CAUSE OF DISEASE.*

DISEASE is [from a NIRVĀNIC point of view] something NATURAL and lays in the nature of a SOLAR SYSTEM, because DISEASE is IMPERFECTION and PROGRESS is [sooner or later] caused by IMPERFECTION towards PERFECTION. Disease can be found already in the MINERAL KINGDOM. In fact, in the EARLY stages of [physical] EVOLUTION DISEASE is a UNIVERSAL APPEARANCE.

Behind every PHYSICAL SUFFERING there is a DISEASE OF CONSCIOUSNESS, expressing itself in the SYMPTOMS of that DISEASE, misunderstood by MEDICINE as THE DISEASE ITSELF. HEALING ONLY COMES THROUGH THE TRUE UNDERSTANDING OF THE NATURE OF DISEASE. WITHOUT DISEASE it would take much longer to attain PERFECTION. The DISEASED should do ANYTHING to ease his pain but also UNDERSTAND that he caused it and he has to take it. You can not escape KARMA. It follows you through CHAINS and ROUNDS. In the ABSOLUTE there is no KARMA as we know it, but in the REALMS of MANIFESTATION there IS KARMA. The ROOT of all disease lays ALWAYS in the RESISTANCE of MAN against the efforts of THE HIGHER SELF to control THE LOWER SELF or PERSONALITY. All people have latent DISEASE KARMA. At the LAST EPOCH of human evolution on EARTH there shall be no more DISEASE-KARMA. Until then we all [to different degrees] outlive the KARMA of sins committed in ATLANTIS.

* But Disease is also already THE HEALING PROCESS. Meditate about THAT, oh Lan oo...

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When we have outlived the disease-KARMA, we shall have more perfect bodies, like THEN our SOLAR SYSTEM will have more perfect PLANETS. A SPIRITUAL Healer cannot do much if the patient does NOT FIRST free himself from being soiled by MEAT, ALCOHOL and TOBACCO. But the DISEASE must not NECESSARILY break out. Cancer breaks only out after we failed SEVERAL TIMES [lifetimes] to learn our lessons. The molecular structure of a body is built according to the CONSCIOUSNESS of the person, which indicates, that the DISEASE is also anchored in the CONSCIOUSNESS. In other words: DISEASE is MISUNDERSTANDING. The attaining of VIRTUES combined with the study of ESOTERIC SCIENCE kills any disease. Especially for those who never are really healthy and always have "something wrong" with them, THE BOOK OF LIGHT is a POWERFUL HEALER. The reason why we now have, or shall have, even GRAVER diseases is, because the physical bodies become more and more SENSITIVE in their MOLECULAR STRUCTURE, and any DISEASE OF CONSCIOUSNESS shall show a STRONGER REACTION on the PHYSICAL body than ever before. LOVE of course is THE GREATEST HEALER. NO DISEASE exists ABOVE the MENTAL-PLANE. MEDITATION leads you to that plane where HAPPINESS is independent of PERSONS and THINGS. A TRUE and PERFECT HEALER therefore must possess the ability to heal the MIND FIRST, then the body follows. AUM.

* SOUL-BREATH MEDITATION.

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How to create a better world.

It begins with our children. Especially in the first five years of their lives they need LOVE, LOVE, LOVE. LOVE creates security. It is the FIRST FIVE YEARS in a child's life, that are so important. Later love is almost always too late. To have children is a holy privilege, and only spurned in this, our degenerated society, where over 10,000,000 [TEN MILLION] CHILDREN have been sexually abused by THEIR OWN PARENTS! Did you, for instance, know that a HIGH PERCENTAGE OF PRIESTS are convicted child molesters? It is because of concentration on ONLY the lowest SEVENTH CHAKRA, caused mostly by not enough LOVE from childhood, why those people escape either in masturbation or into religion, or - as in a case of a priest - into BOTH. That is, what happens when your HIGHEST CHAKRA does not get enough SPIRITUAL ATTENTION and LOVE, you try to get it from THE LOWEST, which means - SEX, and in the case of a little child often - MASTURBATION. Then this little child turns later into a guilty feeling, young man, maybe escaping into RELIGION, becoming a priest, thus playing the SAINT, of course continuing masturbating, reading pornography, thinking sex is bad, therefore doing it with prostitutes, blaming it on THE DEVIL, and then you have, for instance, a JIMMY SWAGART, representative for all the other perverted priests who, unable to face the problem, make the devil responsible for their own weakness. What has to be done?

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The philosophy of ambition and competition has to disappear. KNOWLEDGE has to replace EMOTION. RELIGION has to disappear! Worship has to be analyzed as what it is - Worship of a GOO, or GOD, and therefore BLACK MAGIC. The pope has to encourage THE CHURCH and its PRIESTS and PREACHERS to lay their bibles aside and to study, and then TEACH, THE BOOK OF LIGHT. Only knowledge based on THE BOOK OF LIGHT can liberate mankind, and make an end to all this hate and misery in the world, caused by MISUNDERSTANDING. Once we UNDERSTAND, that we are SPIRITS, incarnating one time in a white body and another time (may be) in a black body, RACISM becomes a NONSENSE, a ludicrous MONSTROSITY, because the BLACK MAN you hate now, might have been A WHITE FRIEND of yours in a former incarnation, the JEW might have been a PALESTINIAN, etc.

Back to parents and children. Again: In the first five years of its life a child should always be with his mother or father or one person, that ALWAYS takes care of the child. It sounds exaggerating, but just ONE NIGHT waking up ALONE in a dark room as a baby, can have devastating traumatic consequences for the rest of this person's life. * The mother has to be with her child night and day. ** Not to speak of thoughts and words of hate and fear, coming from a PREGNANT WOMAN. The fetus hates with her... * which does not excuse any abuse of knowledge and power, committed by whatever race. And when we look back into history, they ALL [the races] had their share in using white AND black magic.

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day for the first five years, and that is not at all ~~SMOTHERING~~ or ~~OVERPROTECTING~~ a child with love, the first five years of love give the child the amount of strength to be able to stand on his own feet in life as an adult. But to love a baby means also to let it have its own experiences. Don't help the baby up, when it tries to walk and falls back on his back [or hands]. Let him try alone, but the mother should always be there, to give the baby the feeling of SECURITY and ENCOURAGEMENT to try again, in case it fails. As to FEAR: Babies and children are still connected very strong with the astral realms, where they come from. They see entities, pleasant and sometimes UNPLEASANT, that the parents do NOT see. But at least the parents should know about this fact, about these astral beings and that they DO exist, and that the child is NOT Lying, when it says: "MAMA, I saw an angel!" or "Mama, I saw a monster [or an evil frightful looking being]". These astral beings DO exist, and we understand now how IGNORANT and IRRESPONSIBLE it is, to threaten a child with words like: "If you do not behave I CALL THE BLACK MAN!!"

With these words you indeed call the black man, without knowing it, because astral entities can read even of our thoughts [which precede the words] and then these ASTRAL BEINGS REACT! A good thought attracts good astrals and a stupid thought [and words] about a "black man" brings an astral monster, called forth by you, right to the bed of your baby. This way you create a wimpy, fearful person unable to overcome ANY prob-

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lem in her, or his, later life as an adult, although I have seen wimps, who even became PRESIDENTS OF THE UNITED STATES! But that has nothing to do with this, because a nation has, or REFLECTS, EXACTLY the leaders it deserves. For instance: WIMPY NATION - WIMPY LEADERS, it is as simple as that.*

Another fact: when a baby does not get all the love it needs in the first five years of its life, the baby looks for a SUBSTITUTE or SUBSTITUTE, of that love, and that is either thumb-sucking or, in 80% of all cases, MASTURBATION. Some babies are already known to masturbate with FIVE MONTH. Their HIGHER crown chakra or also the heart chakra have not been "triggered" by spiritual love, so the baby seeks unconsciously for physical comfort in THE LOWEST SEVENTH CHAKRA, triggering, or AWAKENING, that CHAKRA on the physical level through MASTURBATION. To masturbate gives the baby a feeling of pleasure. Better a physical pleasure than NONE. THIS shall exactly become the philosophy of this person for the rest of his life.

Another MATERIALIST is born, with only one or two chakras open. Look at the face of late Paul GETTY, the billionaire, he never received any love, you can "SEE" it, he looks still on that picture like a little unhappy boy who peed in his pants and had been punished by his MAMA. His substitute for love was: MONEY.

* by WIMPY NATION I mean, that AMERICA has [almost] lost its BACKBONE and is outselling not only its MATERIAL but also SPIRITUAL values.

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Jean Paul Getty I

So, a child without love turns into a materialistic masturbator, only reacting to SEX, FOOD and MONEY. The SHARKS know that, and they produce records, movies and books to FEATURE that urge for SEX, FOOD and MONEY. They know, that you are addicted and they want you to STAY addicted. The SHARKS know, that people, who did not get love from INSIDE as babies and children, later take it from OUTSIDE in form of SEX, FOOD and MONEY. So most of us are addicted to SEX, FOOD and MONEY, because we did not receive enough love as babies, either in this or a former incarnation. But then again, who is to blame? Do not forget, that you only get back, what you once, be it in this or another life, were putting out into the UNIVERSE your-SELF. But now it is time to BREAK the spell through KNOWLEDGE, and not through ABUSE of knowledge.

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ROCK MUSIC is such an abuse of knowledge. ROCK-MUSIC excite the LOWEST SEX CHAKRA at the base of the spine, the SHARKS know it, and the ROCK SINGERS know it. Thus, singers, like MADONNA and MICHAEL JACKSON, excite with their music the LOWEST desires and passions in our children and teenagers. The message [in lyrics AND music] of MICHAEL JACKSON and MADONNA is FEAR and SEX, two aspects to which most of the young people can relate. Madonna and Michael JACKSON make music for UNLOVED MASTURBATORS, and that is EXACTLY what they, Madonna and Michael JACKSON are themselves and as what they also PRESENT themselves - unloved, fearful, materialistic masturbators, encouraging others to be unloved, fearful, materialistic masturbators. And it WORKS. And the SHARKS make the profit. What is the message of ROCK SINGERS? It is this: when you buy my record it is like having SEX with me. In other words, they also say to the fans: let us masturbate together!

Why all this? The answer is of metaphysical nature. Rock-musicians are either BLACK MAGICIANS, or often used by BLACK MAGICIANS, or possessed by PSYCHIC, or INCUBI, demons from LOWEST ASTRAL REGIONS. By possessing ROCK MUSICIANS, or ROCK SINGERS, the Demon, or astral entity, DRAWS from and lives THROUGH that LOW VIBRATIONAL energy, created and awakened in a singer during his or her performance on stage. But not only he is, or becomes, thus sooner or later, obsessed by a demon, the EXCITED and frantic crowd at those

* and THE ROLLING STONES, etc.

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ROCK CONCEPTS attract THOUSANDS of DEMONS, hovering over them to feed **OUT EVEN MORE**, thus drawing energy from them, and stimulating the only energy that keeps them alive: SEX and FEAR. Thus ROCK SINGERS help to create a fearful, materialistic, selfish, SEX ORIENTED **MASTERBATING**, ADDICTED, GENERATION. Now these ROCK SINGERS and the SHARKS, who promote them, might LAUGH. But KARMA shall teach them very soon...

What is the MAIN cause for all this desperate hunger for material things such as SEX, MONEY and FOOD in the world? ONE reason is: the HESITATION of THE LORDS OF MIND, or we ourselves [when we THINK], to incarnate too late into the physical body and thus having allowed it to become soiled. So hunger for material things is to a certain extent our heritage from more than 18,000,000 years ago. Other reasons, or two reasons, are: LACK of knowledge, and WITHHOLDING of knowledge by the JESUITS. What do I mean by LACK of knowledge? I mean lack of the knowledge, that we are in our TRUE nature eternal spirits with, or IN, a temporary body on this physical plane. THE SHARKS had and HAVE that knowledge, and when I say sharks I mean now mainly THE JESUITS, MASTERMINDS of our planet [of its dark side of course] holding peoples and nations like puppets on a string. THE JESUITS possess this knowledge, once common to ALL mankind, or at least later on known to hundred thousands of THEM still PURE and innocent
for me.

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INITIATES and PRIESTS. But then THE JESUITS took that knowledge away from us, twisted it around and turned us into the fearful addicted society we are now. But THE TRUTH IS BACK! They have LOST the battle. THE BOOK OF LIGHT shall smash them back into the intellectual dungeon where they came from, shall smash them like another holy book smashed millions of years ago their degenerated Atlantean ancestors. AUM. What is to do? The doctrine of KARMA and REINCARNATION has to be taught again in our classrooms, to our children. They have to learn and to understand, that there is NOBODY ELSE to blame, than THEY THEMSELVES, that THEY are in the last consequence responsible for what happens to them, that THEY have to change first THEMSELVES before they can change THE WORLD. And they have to learn again, that we all are ONE BODY with billions of limbs, and if ONE limb suffers, the whole body suffers. LET THE BOOK OF LIGHT LEAD US BACK TO INNOCENCE. DECLARE WAR TO THE BROTHERS OF SHADOW, DECLARE WAR TO THE BLACK MAGICIANS, but let YOUR WEAPON BE LOVE AND

The Book of Light

AUM

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ATHEISM

- Are Theosophists, or OCCULTISTS, ATHEISTS?
 - Analyze the term "ATHEIST".
 - There are THREE analyses. 1. "The doctrine that there is no GOD." 2. "The disbelief in the existence of GOD, or in ANY regularity in the Universe to which man must conform himself under penalties." 3. "Godlessness", meaning, if you don't accept the God of the one who gives the definition, you are an atheist, and you live a "godless" life. These are the three definitions. ATHEO means "one who does not accept the established GOD of the state or of THE STATE RELIGION". Does that mean that even ARABS, who believe in another God than we, are ATHEISTS?
 - YES. For US, or those who believe in the Christian God, they are ATHEISTS, and by that definition every THEOSOPHIST, or OCCULTIST, is an ATHEIST. Or: We do not believe in worshipping a PERSONAL GOD, but we DO know that there are many Gods or SUPERIOR POWERS in the UNIVERSE, but we do not worship them.
- *and thus we do not tempt them to become IMPERSONATING SPIRITS such as JEHOVAH.

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- Why not?
 - Because they all derive from ONE SUPERIOR POWER.
 - Then why don't you worship that power?
 - It is THE ABSOLUTE, or FURTHER, PARABHUMAN - FOREVER UNCOMPREHENSIBLE. How can you worship something, or ADDRESS something, of which you don't know what it is?
 - How can we achieve this something at all?
 - Through its emanations, experienced by US as a LAW or THE DIVINE LAW, now reawakened and revealed in THE BOOK OF LIGHT.
 - There is nothing such as an INTELLIGENT RIGHTEOUS GOD?
 - NO. The first cause is not of that still limited nature. It is BEYOND HUMAN COMPREHENSION. Thus we ATHEISTS have MORE RESPECT for THE EVER UNKNOWABLE than you can have for your GOD.
 - IS THE EVER UNKNOWABLE in EVERYTHING?
 - Of course. PAUL, the apostle, knew it already when he said: "In It we live, and move, and have our being." He says IT, not HE or SHE but IT. If GOD is ANYTHING, it is not a MAN, not a WOMAN, but... IT, and thus: IMPERSONAL.
- *The TRUE Atheists are not those who claim that there is NO GOD AT ALL.