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JOPHIEL

A guide to solving problems
and being happy



If you wish to plan for a year,
plant seeds.
If you wish to plan for ten years,
plant trees.
If you wish to plan for a lifetime,
develop people.

Kuan Chung Tzu

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Advice to the reader:

The individual chapters can in principle be read independently of one another.

We recommend that you read them in order, as the content of later chapters is in some cases based on the explanations given in earlier chapters.

Preliminary legal remarks:

Our instructions are meant as help for self-help. They serve for the spiritual presentation of a picture of the world and for the ongoing personal development of the reader. The reader should receive food for thought which will enable him or her to see the challenges of daily life from a different point of view.

Every individual is entirely free to decide how he or she likes to deal with these thought impulses, whether and to what extent he or she wants to apply and put them into practice...

No medical diagnosis is associated with this.

The content of these publications should not be taken as the occasion for discontinuing, interrupting or choosing not to begin any necessary medical treatment based either on conventional medicine or on natural healing methods. Medicine and therapy are also a part of the divine order. The constructive and harmonious interaction of conventional medical points of view and spiritual considerations may open up new perspectives!

If a person has a need of counselling, we would urgently advise him or her to have recourse to whatever form of counselling is required – depending on the objective situation, this may be with a physician, alternative medical practitioner, psychiatrist, psychotherapist, pharmacist, diet counsellor, lawyer or pastor...

Note:

Classic conventional medicine and classic psychotherapy have not accepted or acknowledged the spiritual connections presented by us here as yet.

Our observations make no claim to be in agreement at all points with the state of knowledge of present-day science on the planet Earth.

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JOPHIEL

A guide to solving problems and being happy

I. Welcome, dear reader, to the writings of Jophiel...

Foreword

The following lines are provided as instructions to explain to anyone how to solve problems and be happy.

The spiritual father, as well as the spiritual patron of our publications is Jophiel, the angel of knowledge, wisdom, consciousness, instruction and culture.

If you feel that these lines of Jophiel's speak to you, if your heart feels warm as you read and you can 'go along with' what is stated here, you are welcome to make them your own.

Then they are the truths that are in harmony with the current state of your consciousness.

If on the other hand you find as you read that you are inwardly 'standing outside yourself' or even experiencing 'inner resistance', allow yourself to remain for the time being with the truth that is familiar to you, and that feels right and proper to you.

Perhaps you may be able to open up to other truths at a later point in time...

II. Who is Jophiel?

The Archangel Jophiel is responsible for knowledge, wisdom, instruction, education and the raising of consciousness.

More about Jophiel

Jophiel is one of the supreme angels at the Divine Throne. The name Jophiel comes from the Sanskrit (a very ancient cosmic language) and means 'the power of the creator'. This is the power that Archangel Jophiel has at his disposal, seeing that he once contributed to the work of creation.

Jophiel is the bearer of a yellow-golden light, which today also stands for the New Golden Energy in the New Age.

In this golden light all becomes one!

Shakti, Buddha, Mevlana, Jesus Christ and Mary are likewise very close to the New Golden Energy!

III. Communication with the Spiritual World: a way to gain God's help and solve your problems

1. Stillness...

For many people, inner peace is a pipedream. They suffer from 'compulsive thinking'. It happens so frequently that new thoughts come into their heads even though they are unimportant, or completely insignificant at that particular moment.

And yet real relaxation, and regaining our strength, only happens when we have inner peace!

The way to inner peace is through stillness...

In order to let stillness enter into you, you can do the following:

- Order your head, this 'noisy thinking factory', to be silent! You can achieve this by a technique that perhaps you know already – as a preliminary exercise to yoga or autogenic training:
Feel your way into the interior workings of your hands, then those of the feet as well, then that of the lower arms as well, the lower legs etc., until finally you have felt your way into your entire body.

(**Note:** if you feel your inner being so comprehensively, the head cannot at the same time carry on with its compulsive thinking, and a pleasant stillness will spread inside you.)

2. Communication with the Spiritual World

Find a place where you are undisturbed; ideally in nature, where you can look out over an expanse of water or into the distance.

You can also choose your favorite place in the house – provided you can be sure that nobody will disturb you.

- Switch off your mobile phone, your laptop and any entertainment technology!
- Now enter the stillness.
- Ask for Divine Assistance, Divine Help and Divine Grace.
- Connect with your heart and ask to be allowed to enter. If you like, you can shut your eyes as you do this. Imagine yourself becoming smaller and smaller, until you reach the centre of your heart.

(**Note:** your heart is your closest connection with the divine, your 'Divine Interface'.

Every connection with God, every communication with the Spiritual World – and incidentally, all divine healing as well – goes by way of the heart.)

- Having arrived in the heart, take note of the 'entry level': Perhaps you see here a large flowery meadow, sunshine, a stream running, and the edge of a wood in the background ... Notice the little path along the side of the stream. Follow the path till you come to the old tree in whose shade a bench invites you to linger.
- Sit down on the bench, rest in the stillness, enjoy it. Perhaps you will suddenly find an idea coming into your head that you need for the solution of your problem. Perhaps someone (from the Spiritual World) may come along, sit down beside you on the bench and give you advice.
- Be patient – if it doesn't work the first time, repeat the exercise!

Additional note: Besides the above instructions, there are many more and various ways of communicating with the Spiritual World! Every way is good and proper for you, if it feels good and proper to you.

3. Counselling from the Archangel Jophiel

Perhaps, as you have been reading, questions have occurred to you – or they may occur to you as you continue to read. Whether it is a matter of understanding the text, or of applying it to a certain situation in which you find yourself, you should know one thing:

The Archangel Jophiel, and all the other angels, are happy to counsel you if you ask them for help and advice. To do this, you can proceed in the way described in sections 1 and 2 above.

4. 'Feeling your way into' something with the heart, as an aid to making a decision

People are repeatedly faced with important decisions in their lives – for example, before embarking on a relationship, when faced with a change of job, before buying a house or in the case of a serious illness, and so on.

Often they do not know what decision is the best for them, as they cannot see into the future...

We have just learned that the heart is the closest connection with the Divine, the 'Divine Interface'. So it is possible to obtain counsel and help in making a decision by way of the heart's feelings!

- The preparation for this is the same as that described above in section 2.
- Seen spiritually, your heart is a being with whom you can converse.
Now ask your heart:
'Dear heart, how do you feel if I do the following / if I were to opt for the following possibility: ...' (State here the first possible decision, and notice what feelings are triggered in your heart as a result.)
- Once you have clearly recognized the feeling, ask your heart the next question:
'Dear heart, how do you feel if I were to decide for the following alternative possibility:...' (State here the second possible decision, and sense what feelings now come into your heart.)

In this way you can gradually feel your way into all the possibilities that suggest themselves to you.

After this you can compare the various heart feelings that you have perceived.

Decide to go for the possibility that has triggered the pleasantest feeling in your heart!

If no pleasant feelings have come up, none of the possibilities you have asked about are any good for you!

Let's just take a look at the commonest perceptions and what they mean:

- Your heart becomes 'warm' or 'expands', and you just feel good: 'This decision is good and proper for you!'
- Your heart feels 'cold', or you are inwardly standing 'outside yourself', you feel uncomfortable: 'This decision is to your disadvantage!'
- You feel a tension in the region of the stomach: 'This decision is more than disadvantageous – it is bad for you!'
- You feel a tension in your jaw: This decision is quite exceptionally bad for you!'

NB: A 'throbbing heart' is a sign of amplification. This can reinforce either the 'good for you' or the 'bad for you' feeling!

IV. 'Death' and 'dying' – and the meaning of life

1. First of all, I would like to relieve you of any fear of dying.

To do this, please recognize:

You are not your body! The body is mortal.

You are a soul that uses the body in just the same way as you might use a car.

You will look after it and maintain it, but when it is no longer fit for purpose, you get out of it before it ends up on the scrap heap ...

From the technological point of view, the soul is an energy form.

Perhaps you remember from your schooldays the law of conservation of energy:

Energy is never consumed! It remains somewhere. You did not come out of nothing before you were born, nor do you go into nothing after death!

All the same, it isn't the case either that we have a 'whole lot of independent individual lives.

Your life accomplishes itself like a kind of 'never-ending story'.

Each of your incarnations is a chapter in this story. Each time you learn something more, and become more complete!

2. About the meaning of life, God says:

You are alive in order to

- **learn new things,**
- **have fun,**
- **give help and assistance to other creatures.**

3. The moment of death

All the important events of your life are set down in a book written by God.

This book is called the AKASHA CHRONICLE.

For each of your incarnations, there are three possible dates of death set down here:

You can get past the first two dates, with carefulness and a bit of luck.

Only the third date is binding!

It is not allowed to communicate death dates to creatures – in order to avoid them being deprived of the joy of life and the courage to live for the rest of their lives!

4. Is 'dying' something that is on your mind at present, because...

- you have already lost your joy of life and courage to live?
- you are desperate?
- you have been given a bad medical diagnosis?
- you sense the approaching end of your body?
- a person you love is threatened with this kind of fate?

In a moment like this, you can ask God for help and counsel! Perhaps details will be communicated to you which are important to you right now:

- Perhaps the truth is that you still have a considerable part of your life to come!
- Perhaps your life is really in danger – but if you are careful, you still have a chance of circumventing the end of your physical existence on this occasion ...
- Perhaps to do this you need to take a look at certain themes that are relevant to you, involve them in the redemptive process and redirect your life path...
- Perhaps there are quite other things which it is very important for you to know right now...!

NB: If you want to be given answers by God and the Spiritual World, as possible ways out of your situation, you will have to ask! Nobody will force answers on you unasked – out of deference and respect for your feelings and your free will!

5. The transition into the Beyond...

What can someone do, when they feel death approaching?
What can they do, if they feel desperate and alone?

In this dark hour, in the hour of death, you can receive assistance from the Spiritual World!

Depending on your faith, you can ask for the presence of Shakti or the Buddha, Mevlana, Jesus Christ or Mary, an angel...

When ‘the time has come’, you absolutely must avoid clinging onto the body.

This would just give you a difficult death struggle – and the unavoidable cannot be circumvented in any case!

If you accept this unavoidable fact, if you can see your end as at the same time a new beginning, you will suddenly be able to lift yourself up lightly and let go of the body!

First of all you may perhaps not even notice what has just happened.

If you look down at yourself, it will look just the way it always did! You will also feel just the same as always – though quite light, almost weightless and free from physical pain...

Please don't be frightened, if you look back and see your lifeless body lying there!

This is only the old shell that you have to relinquish...

You will now see the column of light that is meant for your ascent. It consists of light of a warm white color. This is the color of God – nobody else is allowed to use it.

Now rise into the Divine Light...

But perhaps you don't want to do that just yet, because you are concerned about your dear ones whom you are leaving behind on earth, and would like first to see what will become of them without you?

How do you want to act then?

All the same, your column of light only exists for a few hours – then it will dissolve...

What can you do, to avoid getting stuck?

My advice: Just rise into the light at once – from 'above' it is quite easy to come back to earth, to visit your relatives, in order to see how they are doing, and to attend your funeral... If you go by this route, it is not a problem afterwards to get back 'on high'!

But: a visual manifestation of your presence to your loved ones is only allowed in rare and exceptional cases – and of course you wouldn't want to scare them!

Note: Terms like 'above' and 'below' are very commonly used, but technically they are incorrect. Another term used on earth – 'the Beyond' – is more accurate. The 'column of light' is an energy corridor, a tunnel, through which you pass into another level of existence.

6. Suicide ('self-slaughter') as a solution to problems...?

You can't solve problems by suicide – you only make them worse!!!

God doesn't like having his handiwork destroyed. You are a visitor in a body that is the property of God!

How would a car hire firm be likely to react if they entrusted you with one of their vehicles, and you wilfully drove it into a wall???

What is more, suicide would at the same time be a breach of the Cosmic Contract you have entered into.

This is the contract that you conclude every time before you are allowed to incarnate. It sets down what you want to deal with, accomplish and learn in your life.

When somebody commits suicide before the appointed date and so fails to carry out the obligations they have committed themselves to under contract, in God's eyes they are 'shirkers', and God isn't going to let them force him to change the Divine Plan!

Someone who causes his or her own death in this way does not get a column of light, and is not allowed to ascend – until the time of his or her next date of death prescribed by the AKASHA CHRONICLE.

Until this point in time, suicides still have an uncompleted contract to fulfill – they remain without a body on earth, as 'earth-bound souls'!

One more time: You can't solve problems by suicide – you only make them worse!!!

7. The 'death' and 'dying' of pets and trees

Many people are afraid of death.

Most animals and plants are as well!

And yet animals and plants deal differently with this issue: they can more easily accept the fact that a physical existence must come to end, as an essential part of it.

For this very reason, the last phase of their being here is very important. Their souls need this farewell!

Whereas most people are happy when 'it is over quickly', when they are spared having to live for a whole long time with the knowledge that 'the time is at hand', animals and plants like to have a certain amount of time beforehand in which they can quite consciously say goodbye ...

When a pet has dedicated its life to you, when it has lived to be with you, to make you happy, and to give you its entire love, it wants this still to be so in the hour of its death! You are rejecting this last wish of your pet when you have it put to sleep with a lethal injection as is common today!

There is only an exception to this when your pet is in a great deal of pain and agony, so that a lethal injection would shorten its suffering.

If you are inwardly uncertain how to decide, ask your heart, sense intensely what is within, or meditate on the question – then you will know what decision is best for your animal!

In the same way as your pet, trees too need this phase of farewell.

Please be aware that a tree has often stood for decades, in some cases centuries, on this spot and so has developed a high, sometimes a very high level of consciousness. For a tree it is a catastrophe to be felled suddenly, without warning!

A tree will always wish to have as much time as possible so as to prepare for its end and be able to say goodbye.

- At least six weeks are needed for this. Then it can also draw in its sap ...
The felling operation is still going to be very painful for it, but at all events very much less than when it is given no advance warning!
- When sharp rather than blunt tools are used for felling, so that the breaking and splintering of the wood can be avoided, the pain of the tree can be reduced a bit more.
- Trees can be spared considerable pain and suffering if you avoid carrying out felling in the 'taboo period' – that in which the fresh sap is rising.
In Central Europe, that is the time from the beginning of March to the end of August.

How can you tell a tree, or a whole wood, that it is going to be felled, and just when it is going to happen?

You just go up to it and tell it.

Your message will be received by the tree at a soul level and understood!

V. God and the illusion of creation **– the 1st Cosmic Law and the Law of Karma**

1. Who or What is God, actually?

If we are not able to understand God completely – what statements about God can be made that really every human being can understand?

God is **EVERYTHING**...

God says of himself:

- **I AM THAT I AM.**
I am **THE ONE**, without a second or deputy.
Everything is formed from my substance.
- **I AM** not just male, not just female and not just neuter...
I AM male and female and neuter – all at the same time!
- **I AM** the formless, the ungraspable – but at the same time, every graspable form is my form!
- **I AM** energy, and magnetism and the nothingness – I am that as well!
- **I AM** always perpetrator and victim at the same time, am the eternal and sole witness of every occurrence ...
- **I AM** the cosmos.
- **I AM** the universe.
- **I AM** a great deal more...

I AM EVERYTHING!

2. Why does God not intervene? (the 1st Cosmic Law)

As already explained, EVERYTHING, the entire creation, is formed from the substance of the ONE. In truth, then, there is only this ONE.

We are all parts of this ONE.

For it to be possible for diversity to come about at all, it was necessary to give each individual creature an individuality of its own.

The entire creation is dependent on the maintenance of this individuality ...

So often we hear the words:

‘There is all this violence and injustice on earth! If there is a God, why does he allow it – why does he not intervene?’

The answer follows from the explanations given above: an intervention by the ONE would have the result that he would reduce everything that IS to himself. We would thus all become once again what we in truth are – that is to say, parts of this ONE. We would cease to exist; the creation would collapse!!!

In order to prevent this, there is the First Cosmic Law, the Law of Free Will:

No creature shall be treated like a child!

As a further important law in this connection, we need to refer to the Law of Cosmic Data Protection. As all are parts of the ONE, they are also linked to the ONE. So everyone knows, on the face of it, everything about everyone else.

In order to create individuality, this ‘omniscience’ too has been reduced to the ONE!

And does our God really not intervene at all?

On the contrary, he does intervene... But not in the way many people would perhaps like to imagine, but only extremely carefully, with a great deal of tact and delicacy!

3. The Law of Karma

The term 'karma' is used frequently and in very different contexts. From the point of view of Jophiel, this has given rise to a 'distorted image'! What is the point and purpose of karma, as a matter of fact?

As we must not be treated as children, but should nonetheless learn, karma was created as a cosmic power of self-purification. It is important that we learn with what kinds of behavior we have inflicted injustice on other human beings and/or other creatures. Situations where our actions are regrettable thus always come home to roost. Then they result in suffering for us. This will be our lot so long as we have not learned from the business, changed our behavior and until the karmic theme has been 'brought to redemption'!

And what happens when someone still fails to learn their lesson? Then they reincarnate over again, always with the same learning assignment, the one they have failed to master in the past – something like this is known as a 'Cosmic Wheel'.

Most illnesses are part of our karma. If we look at their root causes, we can bring these to redemption by changing our lives...

VI. Healing

1. Formal conditions

1.1 Mandate of the creature

If you would like to work for a person or for another creature in order to heal them, you always need first of all to be given the mandate to do so. This can be conferred by means of the spoken word, as well as through communication with the soul affected. This applies without distinction to human beings, animals and plants.

In the case of human children, until they have completed the tenth year of their life, you moreover need the consent of **both** parents. The above are Cosmic Preconditions.

In order to avoid confusion, you should furthermore observe the laws and formalities of the state in which you live.

1.2 Mandate of the cosmos

Before you start your work for a person, or for another creature, there are three questions you need to address to the cosmos:

‘Can I...?’

This question has to do with your objective capability of helping in the present situation. Are your knowledge, your empathy and your strength sufficient for you to be able to help?

‘May I...?’

This question clarifies whether your giving help would conflict with Cosmic Law.

For example: imagine your client is just working his or her karma off, perhaps is supposed to be learning how other people felt to whom he/she once did bad things. If you heal such a person, you are depriving them of their learning task. The consequence may

be that this soul will have to reincarnate again with the same learning assignment... Then your healing would not have removed the suffering of the person in question, but made it worse!

‘Should I...?’

This question relates to the presence of other reasons which may argue against your giving help.

For example: a person is familiar with the issue that is the root cause of his illness, but is nonetheless unwilling to change his behavior.

Or: the person believes that you can't help him...

In such cases you should not help, because your measures would not be effective.

2. Root causes of illness and their dissolution

What is ‘illness’ and what is ‘healing’, from the spiritual point of view of Jophiel?

Illness is the working out of a disturbance in your physical system. Such disturbances may of course also be caused by external influences. But most commonly it is the person's own behavior that triggers the disturbance.

Healing is the restoration of the proper physical condition. Healing only becomes possible when the disturbance that lies behind the illness has been completely eliminated.

From the point of view of Jophiel it is therefore important to take a particularly close look at those root causes of illness that the individual is able to influence himself, or on which they can work. The goal is to avoid disturbances in our physical system right from the start, or to resolve those that are already there as quickly as possible – based on the motto: ‘The best illness is the one that never breaks out!’

For this reason we would like, in what follows, to take a look at different root causes for illness, and also suggest considerations as to what, from Jophiel's point of view, can be done in order to avoid or resolve them.

2.1 Karma

Karma – this is the Cosmic Power of Self-Purification, which brings everything home to us that we have done to others. Here the cosmos is not concerned with punishment or revenge. The cosmos does not bear grudges ...

It is always a matter of our learning how the 'victims' of our behavior have felt!

Yes, that can certainly feel like a punishment!

But it stops immediately when we have taken a look at the issue we have caused, understood it, learned from it and so changed our behavior. Learning and understanding – that is the goal!

As we have said, the cosmos does not bear grudges.

2.2 Trauma

Trauma, for conventional medicine, means a disturbance inside the head that results from a violent external impact, as when you bump into something or suffer a blow. In the following considerations, we would like to disregard the term as used in this sense.

From the point of view of Jophiel, we want to look at the psychotherapeutic area, to the extent that the person in question can work on it himself and bring about changes.

In psychotherapy, trauma is the consequence of a shock which has disturbed our emotional equilibrium.

A shock always feels unpleasant. As we are inclined to long for what is pleasant and beautiful, we want to leave the unpleasant things of life behind as quickly as possible. Instead of working on the shock and restoring our emotional equilibrium, or having it restored with professional help, we suppress the shock and the events that lay behind it. When all of this 'slides' into the subconscious, a trauma arises. This acts on our psyche and may trigger modes of behavior whereby we harm ourselves and others, or it may lead to physical illness.

In such cases it is necessary to get the triggering event back into the consciousness of the person in question, so that it can be processed and resolved.

It is often advisable to seek professional help for this, whether from a psychiatrist or a psychotherapist, an alternative medical practitioner specialising in psychotherapy, or for that matter a spiritual healer...

Freed from the burden that has been oppressing our spirit, we can again 'breathe freely' and there is no longer anything preventing us from continuing to grow on the soul level!

2.3 ‘Unhealthy’ diet

2.3.1 Addictive substances

No doubt everybody knows that drugs, alcohol, nicotine and so on can lead, sooner or later, to pathological alterations...

2.3.2 ‘Deficient’ diet

It is important to supply our bodies with all the vitamins, minerals and trace elements that it needs. A one-sided, unbalanced diet results in deficiency, which the body reacts to sooner or later with an illness...

2.3.3 Over acidification of the body

Acid is like poison to the body. It is potentially lethal and can at the least result in ailments.

Our body tries to neutralize a ‘too much’ acid. In the course of this process, ‘slag’ is created. Slag cannot be got rid of from our body. It is stored in the cells, where it leads to premature cell ageing – we get older more rapidly!

What things are ‘acid’?

Not only drugs, alcohol and nicotine have a low pH value, making them acid!

‘Sweets’/ ‘candy’ are called thus – but the body reacts to them with distinct ‘acidity’ – as in all cases where sugar is present.

Likewise coffee, black tea and many other foodstuffs have a low pH value!

... and what reacts in an alkaline way, has a high pH value?

Alkaline reactions are found in most vegetables and fruits – even lemons!

There are lists of the pH values of the commonest basic foodstuffs. It is a good idea to get hold of one of these lists, and when shopping, to choose foodstuffs that have a positive pH value!

2.3.4 Animal products

When we are talking about the over acidification of the body through foodstuffs, we can hardly leave out the matter of animal products. They all result in acid reactions!

A very low pH value is found in fish, and in meat and hard cheese the value is particularly low!

Add to this the possibility of the following stresses:

- toxic stress from pesticides in animal feeds
- stress from the many vaccines
- breeding of resistant germs through the food chain: germs in the slurry, disposal of slurry on the fields for production of green fodder, green fodder fed to animals...
- high stress resulting from the stress hormone adrenaline, which is poisonous to us, caused by the torment to which animals are subjected – especially with factory farming, and what goes on in slaughterhouses!

In considering one's own diet, every individual is free to address these issues for himself or herself.

The internet offers a wide variety of background information.

We can find online treatises by dietary scientists.

The view is still frequently expressed that meat is 'part of the life force'.

But the opposite position is now increasingly found – argued for in great detail, for example, in many articles to be found under the Google search term 'vegan'.

If you are going to decide to change to a 'vegetarian' or 'vegan' diet, please be aware that it is not enough just to give up the consumption of meat or of animal products in their entirety. You need more detailed information about what products are going to be indispensable in your future dietary plan, if you are to avoid the symptoms of nutritive deficiency.

You would be well advised to have recourse to vegetarian or vegan dietary counselling.

2.4 Unhealthy behavior / lack of harmony

Our body reacts in a very 'acid' way to various modes of behavior and to any lack of harmony, especially in connection with:

- irritation, rage, disappointment, hatred
- envy, resentment, discord
- anxiety and depression, fear and shock
- pressure to perform, overwork, stress and hectic rush
- lack of sleep.

2.5 Compulsive thinking and feeling

Furthermore, the compulsive and repeated lingering over an oppressive topic can lead to illness in the long term, whether on the mental or on the emotional level! Whether it's a case of the supposedly or actually unfaithful spouse, or of supposed or actual bullying in the workplace – anyone who experiences something like this, and 'takes it to heart' by dwelling on it repeatedly, can only be advised to walk away from the partner or the job as quickly as possible or to switch immediately to an attitude of 'perfect cool' in relation to events.

If a person is not prepared to change something in a situation like this, but at the same time is not capable of accepting things with composure, this person is inflicting more and more negative energy on his or her system, which can lead to a physical illness.

2.6 Bearing another's burdens

There are people who get confused between 'feeling for another' and 'suffering with another'!

They see someone else's suffering, and focus on it so intensively that they start to suffer themselves, They actually sense the suffering of the other person in their own bodies. As a result they faint and 'fall by the wayside'; they are no longer capable of any kind of action – and this doesn't do anything at all, of course, for the person affected...

If, on the other hand, we feel for others with true compassion, we remain in our own strength and can use this to help the sufferer!

Bearing another's burden can result in a shock to the 'sympathetic sufferer', which will at some time be 'suppressed', so sliding into the subconscious and there continuing to work as a trauma...

(see section 2.2 on trauma above).

For the dissolution of the trauma it is necessary that the 'sympathetic sufferer' give back the destiny of the 'principal sufferer', mentally and emotionally, to the person to whom it belongs!

2.7 Outstanding forgiveness...

Whenever and wherever an 'injustice' occurs, something forms between 'perpetrator' and 'victim' which we can visualise as a 'band of energy'.

Yes, perpetrator and victim are indeed linked to one another through the deed! This connection continues to affect both of them, acting as a trauma in the subconscious.

Dissolution of the connection is only possible through **mutual forgiveness**. This happens in a way resembling a musical 'triad':

- Both ask the other for forgiveness.
- Each forgives the other.
- Both also forgive themselves.

There then follows the joint realization:

‘I am free! You are free! We are both, now, together, free!’

As in most cases the ‘other party’ is not going to be personally present, it is also possible to undergo forgiveness in this way on the soul level.

2.8 Defective programming, self-inflicted illnesses and self-fulfilling prophecies

In Chapter V (God and the illusion of creation) we mentioned that everything has been formed from the substance of the ONE. God dwells in everything that exists, in every human being, every animal, every plant – yes, even in the tiniest blade of grass. And this holds true throughout the entire universe. This requires data management on a scale that is practically unimaginable to us. If we now imagine that the entire cosmos functions in a similar way to the internet, if we see ourselves, just on the level of thought, as being something like computer terminals, we can grasp processes that we had difficulty in understanding before. Let us call them, at this point, just cases of ‘defective programming’ – for a lot of the processes that happen in us do indeed recall computer programs...

How does ‘defective programming’ come about?

Example 1: Imagine you have got up one morning ‘on the wrong side of bed’, and stub your foot on the bedside. You set off a bit late, miss your bus to work and – just to make matters worse – it starts to rain. Soaking wet and very late, you arrive at the office and run into the glass door which you had overlooked in your haste... If not before, you are surely now going to give vent to the utterance – ‘I am such an unlucky person – things have just got it in for me!’

Seen from the cosmic point of view, this is programming.

Seen from the cosmic point of view, you have just defined a permanent condition.

And based on the Cosmic Law of Free Will (see likewise Chapter V), nobody can correct it except you! To make things even worse,

you have started your sentence with I AM – the words from the invocation of the presence of God: I AM THAT I AM!

Anything you start with these words is going to manifest in a particularly powerful way!

So you have just launched a program which is capable of making you an ‘unlucky person’ for the rest of your life...

Example 2: Some elderly people think of their illnesses and say from time to time, ‘I’m so old! I’m so sick! I’m so weak!’ You’ve already got the picture: if not before, it could happen from now on that these people will really become and remain permanently old, sick and weak.

Yes, this is another way in which illness manifests – when people inflict it on themselves by talking about it!

Example 3: In the past you have had flu a number of times, and you say, ‘I’m so susceptible to flu! When anyone with flu comes anywhere near me, I catch it at once!’ Never mind whether you’ve had a flu injection or not, it could well be the case that the program you have described will be ‘reliably’ launched in future, just whenever the conditions you have referred to are present!

The mere belief that a person is sickening, has been infected etc., may be the trigger of actual illnesses much more frequently than anyone would imagine in their wildest dreams...!

Example 4: You say, ‘My father was in excellent health – and at the age of 50 he suddenly got cancer and died. My grandfather was in excellent health – but at the age of 50 he suddenly got cancer and died. I am in excellent health – but I am the next one to get cancer and die of cancer at the age of 50 ...’ And you’ll probably be proved right! This is a case where ‘defective programming’ becomes a self-fulfilling prophecy ...

What can be done to avoid defective programming?

The first important thing is to be careful with your formulations. In particular you need to avoid defining a permanent condition, or projecting statements into the future.

In our examples it would have been no problem to say:

‘Right now I’m feeling unlucky...!’

or

‘Right now I’m feeling old, sick and weak!’

or

‘In the past I have been prone to catch flu,’

or

‘My father and my grandfather both had excellent health, but they both got cancer and died at the age of 50.’

And supposing it’s already happened? If a defective programming statement has just ‘slipped out of you’, what can you do?

You just hit the DELETE button!

Right after the defective programming has occurred, you can simply say – ‘Defective programming – please delete!’ And it’s gone!

You can still delete it at a later point in time, but then you must specify exactly and in concrete terms which defective programming you mean!

Knowing about defective programming offers us new opportunities for the future. Whenever a defective programming has happened to you, after deleting it you can just ‘turn the game around’ and reprogram yourself in whatever way you actually want!

In our examples, then, you could say:

‘Please launch reprogramming! I AM, as of now, starting to act more skillfully all the time, so that I hope soon to be the spitting image of a ‘happy bunny’!’

‘Please launch reprogramming! I AM, as of now, starting to feel healthier and stronger all the time, so that I hope soon to have all my old vitality back!’

'Please launch reprogramming! I AM, as of now, starting to feel stronger and more resistant to disease all the time, and am confident that soon I will be well able to survive flu epidemics without being affected!'

'Please launch reprogramming! I AM the one who intends to grow old while remaining in excellent health!'

But be careful! Please, when reprogramming, avoid interfering in the decisions of the Highest!

In the above examples, the following programming would be interfering and thus invalid:

"... that I will soon be happy and fortunate!"

"... that I will soon regain my former vitality!"

"I AM the one who will get old, and ..."

The valid forms of programming are: "I would like to!" and "I AM the one who intends to ..."

2.9 Negative thinking

Imagine that somebody with flu goes by, and you say, 'I hope I don't catch it off him!'

Perhaps you have read the section on defective programming, and you say instead:

'Launch reprogramming! I AM the one who doesn't want to catch the flu now!'

Or you say, 'Please launch reprogramming! I AM the one who doesn't want the flu!'

Do you sense what may possibly happen?

Unfortunately yes, you could still catch flu in all three cases!

Why? When you think of something, if you do it intensively enough, at some point it is either there or not there (not yet there, perhaps). This 'making things happen' by the power of thought is what we call 'manifesting'. You can manifest something, or not manifest it.

But it is not possible to manifest that something should actually not manifest – as that would be an intrinsic contradiction, a paradox.

With manifesting, as also with programming, negative words are automatically cancelled out.

In the three examples mentioned, what you have said comes across to the cosmos in the following way:

- ‘I hope I’ll get it too now!’
- ‘Launch reprogramming: I AM the one who wants to catch the flu now.’
- ‘Launch reprogramming: I AM the one who wants to get the flu now!’

You could have said, without any kind of problem:
‘I hope I’ll stay healthy!’

Or you could have programmed yourself as follows:
‘Please launch reprogramming: I AM the one who intends to remain healthy!’

2.10 The Law of Attraction

When you think of something, you ‘create’ it in your head. If you think of it intensely enough, it is possible that your thoughts will manifest themselves.

This is the way the whole of creation came into being.

But even when your consciousness is still too low – if for this reason your thoughts are still too weak to result in manifestation – it can still happen that your thoughts call up the thing you are just thinking of.

In the final outcome it no longer matters whether you manifest something for the first time, or your thoughts have called up something that was present already:

- If you just think of a certain illness with sufficient intensity, it could catch up with you in the near future.
- But – if you think of healing, this too might perhaps be effected...
- If you repeatedly imagine some bad thing happening, it could eventually really come about.
- But – if you think of a good and positive future, this too may occur...
- If you think of an angel, you will soon have him by your side.

Because through your thoughts you ‘attract’ the thing you are currently thinking of, the cosmic term for this is the ‘Law of Attraction’.

The Law of Attraction offers you risks and opportunities alike – it is just a question how you deal with this law in future!

Always reflect: the power of thought is a force that is frequently underestimated...

2.11 ...the so-called ‘dark energy’

2.11.1 ...you as victim

If you have a presumption to this effect, you can ask Archangel Michael for help and protection, for he is responsible for protecting us from negative energies of all kinds.

As always, you can also in this case turn to God directly!

Above all: don’t be afraid of the ‘dark energy’! Consider that, at its most powerful, it is still only the second-strongest power in the universe!

Is there an 'antidote' to dark energy?

Yes, there really is.

If you have a wide open heart full of love, imagine that with your heart you are producing unconditional love, more and more of it... Let your unconditional love radiate from your heart! If you like, you can visualize it with your spiritual eye as a rosy mist. Envelop all the darkness that you perceive with your unconditional love, and let more and more unconditional love flow out to it ...

Before unconditional love, every dark energy melts away like snow in the sun!

2.11.2 ...you as perpetrator

If you have got involved with this dark energy, from the point of view of Jophiel you have put yourself spiritually 'offside'.

Presumably you are now acquainted with at least one of the three illnesses which can overtake you in connection with the 'dark pact'.

The only 'antidote' is to give over these machinations!

Because after that your karma will catch up with you: Whatever you have done to others with the dark force, it will all come back to you. You learn how each one of your victims has felt ...

What can you do if you realize that you have 'gone too far', that you are at the end of a blind alley? What can you do when you deeply regret your behavior and have formed the firm resolution to follow the path of light in future?

You can pray in humility to the Highest and you can ask for Divine Grace, to bring your dark past to forgiveness, to revoke your dark pact...

But please note: God sees directly into your heart! It will only work when you seriously mean what you say – 'tactical manoeuvres' will be found out!

3. Help for self-help

If you really want to heal illness permanently, first of all you must determine all its root causes (see section 2) – this is absolutely essential.

Every single root cause needs to be examined, processed and brought to redemption.

For the individual person, this is often an almost impossible task. This is connected with our point of view – on our own issues, we are often ‘too close up’, we ‘can’t see the wood for the trees’! Another person who sees us from a slightly greater distance will generally find it easier to join up the dots than we do ourselves.

This means that when working through issues, for detecting and processing the root causes of disease, you should think about seeking external help – and even professional help!

This may, depending on the state of things, be your doctor, your alternative practitioner, psychiatrist or psychotherapist, an alternative practitioner specialising in psychotherapy, a spiritual healer, or indeed a self-help group... In your heart, and based on your sense of wellbeing, you will sense whose help and support are best for you!

The person providing help would be well advised to instruct the person seeking help with a great deal of sympathetic empathy, and offer him or her help with a view to self-help. In the best case, the person seeking help will as a result find it possible to recognize the root causes of the illness without prompting, understand them, and formulate thoughts about the changes that are needed in his or her life and how they can be put into practice!

The contemplation and understanding of the root causes of disease, and putting into practice the necessary changes, are the essential conditions for any really lasting healing. Only when the root causes that have led to the illness have been completely removed is healing allowed to happen...

4. Letting healing happen

When all root causes of illness have been dissolved, healing is allowed to happen.

But who is it who heals – who carries out the healing?

‘The self-healing forces of the body!’ many people will undoubtedly think... And there they would be absolutely right! To be precise, it is the ‘Higher Self’, a divine part which every soul possesses and which is closely connected with it. The Higher Self controls the complex processes in the system of every creature, and also carries out healing, provided that the conditions described in this chapter have been fulfilled.

Healing is allowed to happen – but that does not necessarily mean that it is always and in all cases bound to happen!

If for example somebody has taken too long over the processing and resolution of the root causes of an illness, the condition may already be so far advanced that the forces of the ‘Higher Self’ are no longer sufficient.

Often this is the moment when the physician in charge tells his patient that he cannot do any more for him...

Then only one prayer can still help:

Higher healing powers than the ‘Higher Self’ possesses are at the disposal of the angels of healing, whose ‘boss’ is Archangel Raphael (he is the supreme ‘physician’ in heaven), and every other archangel and the ‘Supreme Divinity’ has them too!

If you are desperate, if you are hoping for a miracle, I advise you to pray to the Highest, full of humility, and ask for healing through Divine Grace – believe and trust firmly that you will be heard!

If you sense that the clock of your life is ‘running out’, just think that ,for the time left to you, each single, fully consciously lived day can give you more than a whole life that is ‘frittered away’ in unawareness...

VII. The way of ascension

1. 'Normality'

Frequently people think everything is 'normal' which corresponds to the average. 'Norm' in common parlance means 'the usual'. 'Other than usual' or 'not normal' – this is seen as a mental deficiency – and that surely must be 'crazy'?

The self-image of a consciousness in the third dimension sees itself as perfect, and everything that seems to it 'somehow different' is thus 'defective'.

The realization that one has defects, and still has too low a level of consciousness to be able to understand everything – this realization cannot be expected of a consciousness in the third dimension.

For this you need a consciousness in the fifth dimension!

Note:

Dimensions have nothing to do with time and space.

They are a yardstick for the level of consciousnesses incarnated on the planet or found on a certain Cosmic Level.

2. Enlightenment

This begins when you recognize the necessity of working on yourself to become perfect. When, if you have a conflict with someone you no longer say, 'Such an idiot! He has a problem' – but instead understand that resonances only occur with vibrations of a similar nature: you recognize the problem of the other person and know all of a sudden that it is your own problem – that you are looking in the mirror! And now you start to work on yourself... This realization is what is known as 'Enlightenment'. The fifth dimension is the dimension of enlightenment.

3. Blessedness

If you have finished working through all your issues, and have brought everything to redemption – congratulations, then you have already reached the eighth dimension with your consciousness, the dimension of blessedness.

If you have reached the eighth dimension, after death you won't have to go 'back down' again. That means that you don't need to incarnate any more – you have worked off all your issues! Consequently the eighth dimension is the lowest level on which you can exist in purely fine material form. You can rest, you can enter paradise...

Perhaps you will be surprised that hardly any souls do this.

Most of those who have got this far want to continue helping others, want to continue actively on the Path of Light and sense the joy which in accordance with the Karmic Laws (by way of positive karma) comes back at least sevenfold into your own heart, when you do something good and kind for another person...

For this there are two different possible paths:

4. The Beings of Light and the Angels

You can become active as a Being of Light.

As a Being of Light, you are already doing angelic work of a simple kind. For example, healing groups are supported by Beings of Light – every single healing group by 108 Beings of Light!

You could tell your children: 'Beings of Light – they are angels who still have to earn their wings...'

When you then have your wings, you are an Angel and rise into the ninth dimension.

As an Angel you are a part of the hosts which serve the Supreme Divinity.

As an Angel of the ninth dimension you work on the instructions of higher Angels, and are intensely inducted into the sphere of tasks of the Angels.

When you have become properly acquainted with your sphere of responsibility and have understood it completely, you too can work independently.

On the ninth level you still do not have powers of your own, or light of your own.

When your mastery of your angelic work is so complete and thorough that you can have your own sphere of tasks assigned to you, you rise into the tenth dimension and there receive your own angelic powers.

After you have performed your tasks for a long time to the complete satisfaction of the Highest, it may happen that HE, as a mark of his appreciation, will reward you by giving you your own light ...

In the eleventh dimension we find High Angels who are entrusted with special and responsible tasks.

These include the Cherubim, who are something like a 'heavenly SWAT team'. They are commanded by Archangel Ariel and carry out difficult assignments for the Most High.

The Seraphim are also in this category. They are commanded by Archangel Michael, and it is their mission to bring positive new energies to creatures.

Many more are included here who carry out important tasks of which most of us are quite unaware...

The twelfth dimension has always been the level of the Divine. The level of the Archangels, the Cosmic Masters and the Ascended Masters.

The Archangels were elevated by God in acknowledgement of their constant loyalty. The archangels are subordinate only to the Highest Divine Level.

5. Ascent as an Incarnated Creature

The second possible path of ascent is more difficult and terribly dangerous, but quicker than the first path: you follow the call and the request of God to incarnate on one of the many planets that are in duality, and provide 'development help' so that the consciousness of the creatures incarnated there can develop more quickly and ascend!

If you now decide for the earth, you have chosen one of the most difficult and dangerous planets.

And yet there are no 'special privileges' – all those who incarnate here are subject to the same rules: deletion of memories, integration with the prevailing level of events and the very real risk of new karmic entanglements!

Even High Angels have been overtaken by their destiny in this way – they slipped down and it took them a long time to work off the new karma they had accumulated.

To begin with, consciousness sinks to the level on which you find yourself here...

The tests which then follow are harder than when you are working off the worst karma.

God says that all this is necessary, so you can better empathise with the situation of the beings you want to help!

When you have then worked off your new 'issues', when your consciousness rises again, your spiritual guides will try to get in contact with you!

Depending on WHO you are and what your mission is, your spiritual guides may consist of Angels, High Angels, Cosmic Masters, Ascended Masters, Archangels, even perhaps the Supreme Divinity.

In most cases there are three spiritual guides.

Communication with your spiritual guides becomes possible at once when capacities such as

- 'clairvoyance'
- 'clairaudience'
- 'clairsentience' and
- 'claircognizance'

have been activated in you.
Please don't be alarmed by this...

A limited form of communication is also possible by way of 'energetic signs', which each individual perceives in a different part of the body. Such signs may be a 'pulsing', a 'tingling' or a 'warming', and generally indicate 'confirmation' of the remark you have uttered, or 'yes' in answer to the question you have raised. If no sign comes in answer to such a question, you can ask 'Was that a "No"?' – and if that is the case, the sign will come as confirmation.

NB:

All forms of communication, and especially those based on energetic signs, can be falsified by a wide variety of powers and influences. There are a whole lot of different techniques for recognizing this and checking the information you have received for accuracy...

On the whole, a perfectly 'normal' meditation is going to get you furthest – anyone is capable of this, even without any 'clair'-capacities!

A possible technique for this is published here under 'III. Communication with the Spiritual World'.

You can only be repeatedly advised to speak to your spiritual guides often.

Also extremely important are dialogues with your 'Higher Self'. This is a 'divine part' which every individual soul possesses and which is closely linked with it. The task of this Higher Self is to control the complex processes in the system of a creature – this has only been possible hitherto for the ONE who originally thought all this up...

Based on the First Cosmic Law, the Law of Free Will, your Higher Self is forbidden to interfere with the decisions of your soul.

Your Higher Self is all the more pleased, on the other hand, when you ask for its opinion.

Please don't ask the question, 'What should I do now?' The Higher Self is not allowed to answer, as that would be interfering with your freedom of choice! If you ask the questions 'What would you do now?' or even better, 'What decision would now be for my highest good?', your 'Higher Self' will be only too pleased to answer! – as this is just advice, and the final decision always rests with you!

If you have repeated and intensive dialogues with your 'Higher Self', you will get more and more familiar with its ways of thinking and feeling.

You will observe that your own thinking and feeling increasingly resembles the thinking and feeling that you learn from the 'Higher Self'.

This is really the best thing you can do for your consciousness! It will start to ascend, as if in an 'express lift'!

6. The Chymical Wedding

At some point you will begin to think and to feel in all respects just in the same way as your Higher Self. When this complete agreement has been reached, what happens is the melting together of your soul with your Higher Self. This is what we call the 'Chymical Wedding'.

Anyone who has reached this state in the human body is an 'avatar', a divine human being. Because in the moment of melting together you have arrived with your consciousness in the twelfth dimension...

7. The Divine Consciousness

If you are now ONE, you and your Higher Self, you will find that you can still continue your dialogues as in the past!

Your conversation partner is now the 'Divine Self'. You are now just at the start of a long development. There are thousands of 'avatar levels'...

If HIS thinking and feeling is really important to you, you will carry on conversing with HIM just as intensively as in the past with the Higher Self. When you have again reached the state of being completely ONE in thinking and feeling with your conversation partner, you have reached the highest level, and a melting together happens once more.

You have now attained your goal of reaching your God. You are ONE with HIM.

And immediately, your God no longer just follows you around 'passively', wherever you go.

With immediate effect, God can play an active part in your life.

It still feels to you as if you have made all your decisions yourself. With the things that you accomplish, however, you will sometimes look back on what has been achieved, and wonder, 'Which of us was it really...?' And you know the answer immediately: 'Well, obviously both of us! After all, we are ONE!'

VIII. The truth – from the point of view of Jophiel

1. The deeper truth

Every time has its own truth.

Every human being, as a part of his or her time, has his or her own truth.

Some 2,000 years ago people saw their earth, which they thought to be a disc, as the entirety of creation.

At that time God already communicated truths to them – the truths that they were able to understand with their consciousness as it was then.

Below every truth, however, lies a deeper truth. And below this one, a deeper one still.

When you have found and understood the last of all truths, then you have reached God directly...

With your knowledge today you are in a position to understand truths which could not have been understood by people a hundred years ago, let alone by those who lived 2,000 years ago or earlier...

Much of the stuff you read in big old books is definitely capable of being supplemented with new and deeper truths!

But there are also timeless truths, truths that have always been true at all times, which are still true today and will retain their validity in future as well!!!

2. God's truth

God says:

- **Be happy!**
- **Make other beings happy!**
- **Then you will reach ME in blessedness!**

Note:

With God's truth, we have to do with a timeless truth.

It is one of the most important truths!

If your consciousness is sufficiently high to base all your actions and omissions on this truth, you cannot violate any commands or prohibitions any more. In this truth already everything is contained which you need to be aware of in order to reach blessedness and attain God...!

3. The truth of the Maya

Many people believed that the world was going to end on 21.12.2012.

This idea was partly derived from the 'Mayan Calendar'...

Many thousands of years ago, rituals were practised in the ancient Mayan and Aztec cultures where people went into trance. In this state, they could travel with their consciousness through time and space.

With their consciousness as it was at that time, they were capable of reaching the fourth dimension. The fifth dimension was out of their perceptual range.

So on the day in question they did not see the earth coming to an end, but it disappeared, by entering into the fifth dimension, and exiting from the zone of their perception...

4. The truth about 21.12.2012 and the 'dimension shift'

On 21.12.2012, at 3.00 pm Central European Time, the planet earth – according to plan and in accordance with Divine Foreknowledge – entered the fifth dimension.

In the 25 years preceding this it was engaged in a shift from the third to the fifth dimension.

Dimensions have nothing to do with time and space. They are a yardstick for the average level of the consciousnesses incarnated on the planet or found on a certain Cosmic Level. On earth not only human beings but also dolphins, whales and seals have sustaining consciousness, just as do horses, cats and so on – and so do ancient trees!

So earth's inhabitants in recent years have themselves brought about the dimension shift with their powerful growth in consciousness.

On a level which is constantly remanifested through the power of thought of its inhabitants, with a powerful change of consciousness the face of the entire planet changes.

This is what you are actually experiencing:

power blocs, states, multinationals are collapsing and will be swept away by history.

Everything that is loveless and dark will soon have to leave the earth!

Businessmen who are loveless will lose everything.

But if anyone treats his customers, clients, patients, guests etc. with love, shows them that he likes them, and if anyone treats his employees in the same way, success and happiness will be their lot...

Note:

For 'travelling' no rituals are needed. Spiritual human beings with completely formed light bodies have a 'merkabah' at their disposal. This is a transparent energy sphere, like a soap bubble, which makes it possible for consciousness to travel through time and space.

In photos taken with old digital cameras (before cameras were developed that 'edited it out'), you can sometimes see small circular formations which disturb your view of the image, which you had not noticed before with your eyes.

These are called 'orbs' and are the merkabahs of visitors who came to take a look at the earth at this time of the dimension shift, which was particularly interesting to them.

But before some readers get hit by a 'travel bug', please let me just say that you did not incarnate in order to travel through time and space, and contemplate things which you were actually able to view more easily and more completely from the 'other side'...

The further development of consciousness and the soul is something you attain only in the 'here and now', in your reality today! The problems of the past are done with as far as you are concerned, and those of the future are not yet imminent!

5. The truth of Pythagoras – or 'Thou shalt not kill!'

Many of you will perhaps think, 'What does Pythagoras have to do with killing – surely that was the chap who invented the formula $c^2 = a^2 + b^2$?'

For 2,500 years the principle of Pythagoras has been taught in maths classes in schools, according to which with a right-angled triangle the square on the hypotenuse is equal to the sum of the squares on the other two sides... Ever since this formula has been used as a basis for calculation, and nobody would ever suppose that it could be wrong!

Pythagoras said other wise words as well, which for many people have fallen into oblivion. Thus he said, 'As long as human beings slaughter animals, they will continue to kill one another. No one who sows murder and pain can expect to reap love and joy.'

And this principle too has been repeatedly proved true, for all of 2,500 years...

The thought is obvious: as long as killing animals is a part of our daily lives, in order to solve a dietary problem, there will not be any very great inhibition about resorting to the possibility of killing for the solution of other problems as well...

Please reflect that the Divine is dwelling in all living things. So every killing is at the same time the killing of something Divine! It is no accident that we find in almost all world religions the commandment, 'Thou shalt not kill!'

6. The truth about violence

No doubt you are familiar with the old expression, 'An eye for an eye, and a tooth for a tooth!'

This principle was originally intended as a warning to human beings! It was meant to point to the consequences of resorting to violence, thus it really means: 'If you resort to violence, if you take out somebody's eye, or a tooth, it could cost you an eye or a tooth – so leave it alone, don't have recourse to violence ever!'

There are people who avenge themselves on others, because in their eyes the latter have committed injustice. Some of them believe that by accomplishing this vengeance they will make their God happy!

And yet even in ancient scriptures it has been clearly stated, 'Vengeance is mine!' saith the LORD...

It is exclusively the privilege of the Most High to balance out injustice – this task is carried out through the forces of karma!

So anyone who thinks he is obliged to take vengeance for other people's injustice by violent acts of his own is bringing karma on himself as a result!

Jesus Christ wanted to protect us from these consequences when he said, 'If someone strikes you on the right cheek, turn the left cheek to him as well!'

But this advice given to us by Jesus Christ has another background as well:

According to the Cosmic Laws, you make your ‘opponent’ energetically three times as strong if you fight him.

And the converse of course is equally true. This is why conflicts cannot be permanently resolved by means of fighting!

7. The truth about ‘human chains’ and ‘light chains’

The ‘individual’ is weak and can easily be oppressed. Consequently the ‘forces of evil’ are always concerned to ‘divide and rule’, sometimes with apparently pious sayings, like ‘Each for himself, and God for us all!’

In this way they can easily dominate us. To do this they only need the stick and the carrot approach – anxiety, fear and terror on the one side, and the ‘reward’ when we cooperate, as against ‘punishment’ when we do not...

What can we do against oppression?

From the cosmic point of view, each of us is an energy.

We learned in school that energies, when joined, are not just added together – they multiply each other!

So when we form a group, when we hold hands and form a circle together, we can jointly develop powers that are not available to the individual – however strong the individual may be!

Human chains, or even light chains consisting of human beings who peacefully formulate common goals, are in the last resort invincible!

In this way we can bring about real change on our planet...

8. The truth about the I AM feeling, the opening of the heart and the 'Path of Light'

As we are all a part of the ONE, as each soul has been created from pure divine light, this divine light is our true inner core – this is what we really ARE!

Each of us is 'networked' through an 'interface' with the Divine. We find this interface in the depth of our hearts. There we can sense this wonderful I AM feeling...

For many different reasons, unfortunately, many people have closed their hearts. With a closed heart, you can no longer sense the I AM! Such people are inwardly dissatisfied, because they don't know how they should define themselves.

In this situation the ego comes to help them. It gives rise to a substitute feeling in the head of the person concerned, the I HAVE!

This defines itself through possessions, property, privileges and personal qualities.

For example:

- I HAVE a big villa, an expensive boat, a pretty wife...
- I HAVE money, power and influence...
- I HAVE a fabulous body, lots of strength, an appealing outward appearance...

Unfortunately the I HAVE can never have enough of anything, it is never satisfied... For it is unable to resolve the real problem – the person concerned can still not sense his or her heart, and so still cannot sense the I AM feeling!

So for many people the 'split' becomes wider and wider between what they are living and what they in truth ARE. As a result their inner dissatisfaction increases, and they become more and more unhappy!

What can such people do in order to feel themselves and in order to recover happiness?

If you do something loving for your neighbor, if you help, stand by or are there for your neighbor, if you do this unconditionally, altruistically, then the love you have given will come back to you many times over.

According to the Cosmic Laws, unconditionally given love returns at least sevenfold to the giver from the Divine Source!

If you behave in this way you will experience pure joy, and a beautiful deep feeling of happiness flows directly into your heart, warms you from within in a most wonderful way...

If your heart has been closed before, when you act in this way it will gradually open, a little bit further each time, and so you can perceive the wonderful feeling of happiness better and more intensively each time. Now all at once you can sense, deep in yourself, WHO YOU ARE!

At the same time you are accumulating positive karma...

Yes, this is the other side of karma: this force makes you feel not just what bad things you have done to others, it also enables you to experience what good things you have done for them! All this goodness is stored in your karma, and will return to you at the appointed time, sevenfold or even more!

It is entirely within your power to become someone who has been 'born under a lucky star'...

Whatever patterns of behavior you may have tried out in the past, on a long path of trial and error, you will come to the conclusion that this path, the Path of Light, is the only practicable one if you want to be really happy.

Whenever you give Unconditional Love, the feeling of happiness in your heart will grow like a tidal wave, on which you can 'surf' directly into blessedness!

9. The truth about Unconditional Love and about ‘Light Warriors’

It is easy to love your children.

It is easy to love someone who is friendly to you or gives you presents.

Parental love, friendliness, presents – these are conditions, and it is easy, with prior conditions of this sort, to give love.

What is it like with a stranger, with someone you don’t know?

What is it like, for that matter, with someone who is unfriendly, someone who insults you or abuses you?

What is it like with someone who betrays you, steals from you or attacks you?

What is it like with someone who inflicts a different kind of severe injustice on you, or even schemes against your life?

Perhaps you will think, when confronted with a list like the above: ‘No, under circumstances like that I could not love the other person...’

But please reflect that good behavior, uprightness, honesty, loyalty and decency are likewise conditions!

Anyone who gives Unconditional Love is going to love the other person even when he or she does the worst possible things to him or her!

This is the way in which God loves.

God IS Unconditional Love!

We are all parts of this ONE.

Consequently too each one of us is capable of Unconditional Love!

Unconditional Love – that is the substance out of which the entire creation is made.

Unconditional Love – that is the substance out of which we too are made.

Out of this substance, out of Unconditional Love, many things can be manifested, many things can be produced, many things can be changed.

When you work with Unconditional Love, the following things become possible:

- You can resolve or mitigate tensions and conflicts.
- You can relieve the pain of injured hearts, or even heal it.
- You can transform despair into hope.
- You can do away with uncertainty and impart confidence.
- You can open closed hearts.
- You can bring peace...

What should you do if you would like to work with this power, with Unconditional Love?

- First of all you need a wide open heart. How to go about it with a view to reaching this is something you should have read above, in section 8.
- Now go into the stillness (see Chapter III, section 1).
- Ask for Divine Aid, for God's help and for Divine Grace.
- Connect with your heart and ask to be allowed to enter. Imagine you are getting smaller and smaller, until you arrive in the centre of your heart.
- Spiritually, your heart is a being with whom you can speak. Ask your heart: 'Dear heart, please produce Unconditional Love...' At the same time, imagine an intensive Unconditional Love. Combine this Unconditional Love with solemn thoughts. Perhaps to this end you can think of classical music, Christmas carols, things that are sacred to you ... Now you have begun to produce Unconditional Love. Imagine that it is becoming stronger and more powerful all the time.

- Now ask your heart to open wide, so that the Unconditional Love can flow out of it. At the same time ask your heart to keep on producing Unconditional Love, without stopping for a moment...
- Perceive how Unconditional Love flows out of your wide open heart, more and ever more. If you like, you can picture it as a rosy mist.
- Envelop with this rosy mist all things and all beings to whom you would like to give Unconditional Love: situations, happenings, people, animals, Mother Earth...

Please be aware that this power will only work when you apply it with a loving heart, and altruistically. If you use Unconditional Love in order to alleviate conflicts, injustice and suffering to the Highest Good of All Beings, then you become a 'Light Warrior'.

In case of natural catastrophes, proliferating injustices or wars, you can get together with others in order to work on the matter together.

To do this you should hold hands, form a circle, and all together envelop the happening in question in Unconditional Love. Your powers will thus be multiplied by each other, and you will become an energetic giant, an army of the light!

Note:

To envelop something altruistically in Unconditional Love and to create peace, you do not need to be given a mandate, nor are there any formal conditions to observe.

10. A future filled with light – our future truth?

Before humanity there lies a future filled with light – provided that they make use of the opportunities we have now to put an end to wars, suffering, torment and injustice once and for all!

How beautiful a future would be, in which peace, freedom, abundance and happiness were really the lot of all human beings!

- That is what God wishes for.
- That is what the entire ‘Spiritual World’ wishes for.
- That is what many human beings too wish for – and what do you wish for?

11. The truth about the change – and about the New Golden Energy

All together, we can create the change. But only if we stop constantly demanding that others change first!

True change will be achieved when we remain authentic, and make a start with ourselves...

When we act in this way, we have arrived with our thinking and feeling in the energy of the New Age!

In the New Age, where it is said: **‘The stronger protects the weaker!’**

(‘The strongest gobbles up the weakest’ and ‘The stronger make the weaker into subjects’ – that was ‘yesterday’, that is ‘out!’)

In the New Age, in the entire universe, what applies is the guiding principle of the New Golden Energy:

‘One for all – all for one!’

If we all take each other by the hand and together form a circle, all creatures of the entire universe, if we all open our hearts wide and let Unconditional Love flow out of us, Unconditional Love to all that is – then this Unconditional Love of All will flow together into a mighty current, will come back to us and penetrate each one of us with immense power.

Thus you become one with all that is, with all other creatures and with the creation.

In this way you are much better able to sense God, you feel yourself quite close to God – for the creation IS an essential part of God.

The feeling of being one in and with everything, the feeling of being carried lightly, full of harmony and happiness – while at the same time still being able to remain yourself and retain your individuality, that is the Energy of Unity, the Golden Energy!

