

CONTACT

Erra to Terra

The Clock Strikes 12

A short note from Billy about *Time* running out on humanity.

Who and What is the F.I.G.U.

A definition of the Active alliance of the F.I.G.U.

TIMES OF CRISIS

Short comments by Billy on Peace, Love, Drugs, Overpopulation, Birth Control and Animal Protection.

The Meditation

Part 2 on what is Meditation and how to use it.

Information from the Extra Terrestrial contacts of Eduard "Billy" Meier with beings from a group of stars known as the Pleiades.

JANUARY 1992 VOLUME 7 \$5.00



Through Meditation you can learn to get in touch with your "older" self and make use of the wisdom stored within your spirit.

Contact *Erra to Terra*

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A Note from the Typist

Hi readers,

Welcome to edition number seven of "Contact". I finally got another one out. You have probably noticed that you can't set your clock by the regularity of my publications. I'm only about 3 months behind at this point. Thanks for your patience.

In the last edition I selected a couple of articles written by Billy Meier about Population and Torture and the Death Penalty. A couple of cheery articles to be sure. I also gave you the first half of the meditation book as I feel its important for anyone who is interested in developing spiritually to learn to meditate, as that is the only way your going to get in contact with your spiritual self. The practices learned in meditation also provide a system to apply your thinking to daily life experiences.

As I promised you in the last edition I will print the rest of the meditation book in this edition, as well I have chosen a few more articles written by Billy about the problems of humanity and what we can do about it.

So happy reading until edition eight which probably won't come out until June due to a rather busy traveling schedule which will keep me away from the typewriter for awhile.

How does he do it? In reply to a couple of people who ask, I make this little magazine using AmiPro word processor in windows. The fonts are the Adobe type manager fonts that come with AmiPro. I print using the Hewlett Packard Laser Jet III.

New Cassette Tapes. For those of you that are into the cassette tapes. I 'm almost done with a whole new set of cassette tapes which cover just about all of the material from the Pleiades. They should be done within another month.

900 phone number. I also have applied for a 900 phone number which you will be able to call in and hear a recorded message about the Pleiadian material. It will be changed each week. I'll let you know the number as soon as I get it.

Travel. I'll be going to Berlin on April 14th for the UFO conference there, and then back to Los Angeles for the UFO EXPO West on May 6th. See you there if you get a chance.

Happy reading,

Randolph Winters

The Clock Strikes 12 Right Now

by Billy Meier

It is no longer shortly before 12, but.....

the clock strikes 12 right now. The question is one of survival and about the future. This, however, looks black; either something must actually be done in reasonable form, whereby the human being will experience a healthy and better future, or the world and life upon the planet will be destroyed.

The clock strikes 12 right now and it is a question of survival. The big words the human beings have been spouting for many years finally must be followed by actions. In his drive for profit and egotistic ways, the earth human being has driven his planet and all life of flora and fauna and himself to the brink of destruction. Entire landscapes are made desolate and lay in waste, or are currently turning desolate and wasting away. Entire forests are dying due to acid rain. Many types of animals have been eradicated. Human beings are diseased from poisons and gases, which saturate our atmosphere. Murder, killing and destruction have the upper hand, and apparently nothing or very little is being done about it.

For the Earth human being and for the planet and the fauna and flora it is a question of survival against conditions that can no longer continue. The many means of destruction that have already appeared on Earth in the life of many kinds of fauna, flora and human beings, are perpetuated through lies oriented towards greed and profit.

We of the FIGU are for survival and we are starting the fight for a healthier future and repaired Earth. We are starting the fight, to create a healthier life, so that our descendants won't curse and damn us with for all the destruction and gruesome mutation, that the future would bring for them, if we remain inactive and directed on an unhealthy path.

The clock of destiny for Earth and all of it's lifeforms stands no longer at five minutes to 12, as now its last chime for 12 o'clock is ringing, dull and threatening, announcing the final destruction. But if we want to survive and put a halt to destruction, then we must be active and purposeful now and begin working quickly. This has truly never been done before by any organization or regime. Many talk a great deal and do very little, acting without purpose in illogical ways.

We of the FIGU want a healthy and strong SURVIVAL for Earth and it's lifeforms, not however a survival through chemical and technical aids in a dying world.

We must see and recognize the evils, clearly, as they actually are and we must grasp the entire evil by the roots and exterminate it. This, however we can do only with the energetic help and cooperation of all responsible human beings, who are willing to create a healthy and free world for themselves, their children and their children's children. The earth can be restored to its former paradise when properly managed and cultivated.

Earth was a paradise, but the human beings destroyed it due to their greed. Life can be worth living for each individual human being if they act now, and stop disregarding and destroying as we have for many decades. Therefore, if we grasp the evil by the root, tear it out and destroy it, our descendants will have a clean, healthy life and planet in the future. We still have time for this, not long however, because if the destructive mania is not stopped within a short time nothing will be left to save. In order to stop this deliberate destruction of life of this planet, of fauna, flora and of human beings, the energetic help and assistance of EVERY responsible human being is necessary,

Many politicians and organizations have concerned themselves for a long time with eliminating many kinds of damage and destruction including air pollution, animal slaughter, massacre of human beings, radioactive pollution, pollution of the waterways/waters, etc., chemical poisoning of the ground, it's plants, lifeforms and micro organisms, wars, revolutions, torture, mutations, destruction of the ozone layer and many other gruesome evils on the list of powermadness and unreasonableness of the earth human beings. These endless and deadly evils are on the list of those politicians, organizations and groups, who concern themselves with these matters, who carry on endless talk/speeches, that neither produce healthy results nor bring elimination of the evils.

For centuries there has been senseless talk. If something was actually done, it was senseless, illogical or simply a drop of water on a glowing hot stone. Everything has been attempted to be resolved diplomatically and everyone is afraid that he may step on the toes of the guilty ones, when he stands up against evil. It can not go on in this way, because there is no more time for endless and senseless talk and inadequate counter measures.

Only unyielding, international action, as well as immediate international action in the purest logical form will be successful to bring a halt to all evil. But this means we must finally act in correct form against all conceived destruction created by man which is hanging above the future like the sword of Damocles. Only unyielding, international action, will bring success. Diplomacy is as wrong as are dishonest words and insufficient action. It is a question of survival, not a question of prolonging life with chemical and technical assistance in a dying world, destroyed by human beings.

We must act now to be sure, because tomorrow it will be too late. The bells of the earthly clock of destiny toll. They strike 12 at this time.

Who and what is the FIGU?

The active alliance of the FIGU is an organization that was established by the FIGU under its patronage and supervision, according to the guidelines and statutes/by laws of the FIGU.

The FIGU (Free Organization of Interest for Border and Spiritual Sciences and UFO Studies). It is a non profit organization according to Swiss Law. Our task is to be active and promote worldwide peace and knowledge. This small, and highly active organization, which already has at this time established exceptional connections throughout the world, designates itself to be helpful, explanatory, searching and instructive in reference to all border and spiritual sciences and all concerns of life, in order to bring about the truth in the above mentioned areas of studies and life.

All journals and other teaching materials which are distributed by the FIGU have been compiled through the cooperation of extraterrestrial lifeforms from the Pleiades System. Photos, films and other materials have been made available to scientists and have been researched by them. All examinations of materials submitted by the FIGU, have proved to be authentic and are genuine and completely unaltered.

With the FIGU it is a question of a most serious group, that carries out its studies and research in all areas with great accuracy and consciousness.

TIMES OF CRISIS

It has been like this for ages, since ancient times:

Crisis drove and drives the human being of Earth into the claws of charlatans, seers, card-readers, fortune-tellers, palm-readers, astrologers, sects and dooms-day prophets. Unfortunately, only a very few among them, who were sought by those seeking help, acted with integrity or honesty or had the slightest knowledge. They maintain superstition and spread superstition which is their business as they profit and accumulate large capital.

Times of crisis are and were, since ancient days, the times of exploitation for those who profit from superstition. Times of crisis drove and still drive human beings into fear and horror; not only those to be sure who are chronically addicted to superstition, but also many of those who otherwise have their senses in order and who stand on solid and real ground.

Parapsychology is in full bloom during times of crisis, and distributes its dangerous beguiling aroma which descends in intoxicating and deadly form upon all those who it stuns/dazes; those addicted to superstition and those who will be exploited mercilessly by profit makers act without conscience.

Times of crisis bring about a stronghold of superstitious mania upon a crazy, occult wave many seek well-being in the Earth human society in irrational ways, and not in the true/real truth. With greed for profit and power entrapped in superstition, charlatans work within the occult in order to satisfy their own interest for profit and power.

Crisis and times of crisis are the strongholds of the alleged "MEDIALBEGABTEN", who due to a crazy forms of alternative belief, depend and search, arriving at an illogical goal which is not recognized as wrong. The road of belief for the human being paved with superstition will push the irrational into the foreground. This road becomes the truth and is more constructed and used through this superstition. The effective truth is overlooked and disregarded. True prophets are not recognized. Instead they are cast into the wind without regard, because the human being of Earth would rather pay attention to charlatans, seers, fortune-tellers, card-readers, doomsday prophets and sects, rather than to accept the truth from knowledgeable ones. These knowledgeable ones have been announcing the truth since ancient times, and try to distribute love, peace and truth among humanity in a logical manner, such as, JMMANUEL, (known as Jesus) or NOSTRADAMUS.

Times of crisis are the strongholds for seeking truth because the truth by itself offers and assures help for the human beings. Who so ever finds the truth, will also find the help for which he has been searching. Help means that he must work energetically for it, individually and also as part of humanity. Everyone, to be sure, is in need of help from those close to him, so that all must be for one and one must be for all. This is the truth, because only solid unity is strong and only solid unity brings peace, progress, and love and, therefore, help for

everyone in need. Through this the human being will aspire for the truth and become powerful within himself, where the following words attest:

Not the powerful is powerful

but the knowledgeable one is powerful.

When the human being aspires for the truth, and he becomes powerful within himself, and then can master any crisis like child's play, without irrationality, superstition, or being led astray by false magicians, fortune-tellers and card-readers, etc. In times of crisis, of love and energy of help, in order to find the correct road upon which to walk.

MEASURES TO BE TAKEN AND ACCOMPLISHED

In this day and age it shows more than at any other time how words must be followed with effective action, so that the human being can meet the threatening dangers. Actions must be coordinated and guided in a logical manner, rather than in a wild, uncontrollable manner, which brings about no actual change.

An old Motto says, "who sows the wind, will harvest storm". Therefore, one should consider very carefully what needs to be done. The measures which should be taken these days, should no longer take the interests of individual political groups or minorities into consideration. They must be unified to prevent global destruction and ruin.

Not only small and large individual groups, not only individual nations and individual areas are threatened, but all human beings of this Earth, as well as the fauna and flora and the entirety of nature is endangered. In these days, every human being has to decide for himself if he wants to return the Earth to its former paradise, and be a caretaker of Earth's fauna, flora and human life, or if he wants to take the opinion of arrogant irresponsibility "let the big flood come after I'm gone".

Since the measures to be taken reach around the globe, then the actions of the FIGU Active Alliance must therefore be forcibly accomplished in all areas of life, because one-sided help is not only a 'drop on a hot stone', but also utterly without effect. Since we consider ineffective undertakings as a waste of energy and time, we start our activities on a very large scale.

The human being

To teach the human being about his own responsibility, as well as his obligation concerning his thinking and independent actions:

The human being is a lifeform, who is responsible for himself in every respect. This responsibility for himself is above all, in reference to his way of thinking and his actions. For every individual thought and deed or action, only one individual person is responsible, namely the human being who is thinking the thoughts or carrying out the deed.

From this self-responsibility, logic will result in addition to the obligation of the human being to carry his own responsibility completely neutral, in an unbiased form/manner and do justice to it.

Worldwide peace among the humans.

The headlines of the press have reported for years, almost daily, about wars, revolutions, upheavals, coups d'état. These reports have increased in the past few years to such an extent, that they have become second nature to the human beings. It no longer disturbs them or induces them to think about it.

Peace is not only a word; it is a concept of immense value. How beautiful it would be, therefore, if peace reigned all over the world. How worthwhile our life would be. But world peace starts in small sections. The human being can never create peace on Earth, when he is at "War" with himself, in his own home and with the personal world around him. First, he must make peace there and within himself, then with his friends, relatives and in the daily connections at work and in his leisure time. The efforts for world peace must start on a small scale, in order to continue to grow and spread. This requires a gathering in small circles, without consideration of the international situation.

Time and again, statesman and leaders appear, who try to incite their nations against other nations and races, and who confuse the senses of the human beings. In such cases, the human being must supply his own support and must lend a deaf ear to the siren-songs of the warmongers, because in the absence of incited human beings, there can not be any agitation or war. Only after each human being has overcome these hurdles within himself, can he begin to carry peace into the world.

We are striving for an international, worldwide and supranational ASSOCIATION, WHO WILL WATCH OVER ALL EVENTS ON EARTH, AND whose task it will be and is, to control the establishment of peace and to assure it. Through this and only through this, can peace come to earth, which can then be permanent.

Love among the human beings

Any kind of love among the human beings is carried on out of respect towards those near to you and towards yourself, carried on from a healthy knowledge/awareness, that everything alive is a part of our own existence.

In other words: Love is the absolute certainty, that you yourself are a part of and live and exist in everything. Hence, everything that exists includes flora, fauna, your fellow man, every material lifeform, regardless of it's kind/type, the entire universe and everything beyond.

Independence

The human being, if he really wants to be a human being, must never give up his independence. He must remain independent from all changes of mode and fads, and carry on independently. Only he can be held accountable for himself and before life. Only neutral and balanced thinking and actions enable him to acquire and retain a true/real independence.

Respect for everything alive

All life, even the smallest and most insignificant, is obligated to it's purpose and it's task. When the human being thinks about these facts conscientiously, then he sees the folly of putting himself above other lifeforms and, giving priority to profit. When the human being makes it clear to himself, that he is also responsible for all life, that all life is dependent on each individual, then it can not fail that he will recall respect for all life.

Prevention of war and revolutions

Wars and revolutions can only be prevented through a supranational organization, which is authorized, on one side through wide spread educational work and on the other side through direct intervention on an international basis bringing lasting peace.

Rational and healthy life

Rational and healthy life, life which will keep human beings psychically and physically healthy and strong, can only be assured through the teachings of neutral and balanced ways of thinking and lifestyle. The human being must learn that his egoism is absolutely nonessential and is opposed to the need of the existence of a healthy society of all human beings of this earth. When the society of all human beings functions in mutual peace and in solidarity in the entire world, then healthy and reasonable/rational lifestyles can be assured for each individual human being.

Abortion

It is the question of birth control, the responsibility of the human being not to give birth to too many children and above all, not to give life to unwanted children. It is also the question of

whether "the woman is to be the ruler over her own body." But is it necessary to be an irresponsible murderer because of it?

Any abortion of a fetus after the third week of pregnancy is "murder"!

This is so, because 21 days after conception, to be sure, (as a rule on the 22nd day), the newly formed fetus is provided with spiritual life, whereby this fetus becomes a human lifeform instantly. Human life, however, is not to be killed or murdered. Whosoever is in favor of this or has a hand in it is guilty of destruction, killing and murder of human life.

The sciences of today are absolutely familiar with the fact that three weeks after conception, activity begins to take place in the new fetus, proving without a doubt that human life as such is beginning to live. This fact can no longer be denied. Even though science has discovered and studied only a sheer biological happening, the fertilization of a new human being by the spirit has occurred, entering a new body and beginning to live in it.

Three weeks from the time of conception up until 21 days the newly developed lifeform develops, using only by sheer information according to its genetic material. This changes instantly after the above mentioned time when the newly created lifeform is provided with spiritual life, one that is not to be killed or murdered under any circumstances.

As human beings we can not be in favor of abortion; hence, for the killing of a living human being, we must be in favor of reasonable birth control. But reasonable birth control begins initially with worldwide education of the human beings and with proper measures to prevent pregnancy. Furthermore, the sciences must use substantial research to create ways and means of birth control to be used by women, which will not endanger their health or the health of any future descendants. Besides that, it is necessary that research be advanced, so that any pregnancy can be determined before 21 days with certainty. Abortion in this early stage of the germinating life would be justifiable and would also be a reasonable solution, since spiritual life does not take possession of the new body at this time.

The misuse of drugs, medicine and alcohol

To create a workable possibility for a healthy and fulfilling life for our young people, a certain part of these evils can already be eliminated. Furthermore, we must make certain that we use all ways and means to prevent sales, etc. of drugs and that the laws are reinforced to a maximum extent and that the irresponsible dealers, etc. will be turned over to the authorities for proper punishment without any exceptions.

Worldwide campaigns for education about drug abuse and reasonable and proper help for the abusers should help the misuse of drugs of any kind.

Overpopulation

All human problems begin where a shortage of proper living conditions exists where human beings live too close together. Presently numbers now total more than 4.5 billion. (1989 is now 5.0+billion)

Our greatest problem is the excessive population of Earth which necessitates certain action. The greatest number of human beings, for which this planet was designed is 500,000,000. From this it can be seen, that we are approaching a level of population which is approximately ten times higher.

This makes it clear, that famine, energy problems, many wars, strain on the world around us and social grievances, etc. result from one and the same reason, namely, from excessive population.

Therefore it is our most urgent task, to bring about a halt to new births for several years on a worldwide scale, which alone can assure that the worst evils on our Earth can be solved slowly.

Semjase (the Pleiadian cosmonaut) adds to this;

"For several years it must be accomplished that there will be not any new births, in order to reduce the human mass on Earth, to below one billion people."

Bounty for Indians

In his thought for profit and his greed for power, the human being knows no boundaries. He is not satisfied to take away and destroy the land from the natives, as has happened, for example, with the Indian tribes in North America, and is still continuing. No, he goes so far even today that he offers bounties for natives. And they are hunted by professional murderers similar to dangerous wild animals. Only for the sake of profit and power, peace loving human beings are slaughtered or shot from behind by such beasts.

Besides that, hunting licenses have been sold for several years to hunters, giving them the right to shoot Indians who live in the wild, similar to the big-game hunt. All this occurs for self satisfaction and to satisfy the potential murderers, who spend their vacation killing. Even the travel agencies and the authorities who issue the licenses create excellent profits. Such is the case in Bolivia and Argentina.

Such procedures must be stopped permanently. Primitive and native people should keep their living areas as it has been for years. But since almost everything has been soiled by profit hungry sharks and other irresponsible ones and the natives have been driven away or killed, their original lands should be restored to them again, in order to allow them to live in their peaceful lifestyle, if any of them are still alive.

Decimation and destruction of natives of all kinds and races

Countries on different continents of this Earth possess uncountable native races. It is not only a question of elimination and destruction of native cultures. The fact that the indirect destruction and elimination of native tribes, in most vile ways, is exercised, confronts the consciousness of the culture of the whites. As a result in their efforts to conform, the inexperienced and unknowing natives are doomed to fail from the start.

Human beings who, in irresponsible, arrogant and thoughtless ways uproot the native tribes from their living places and destroy their culture, are to be punished very strongly and severely, because they act against the interest of nature, life and humanity.

Help for seniors, youth children and orphans

Installation: Accommodations have to be established for the elderly, children, youth and orphans, where those most needy can be helped in effective and humane ways.

Orphans should be placed whenever possible with solid and responsible families, where they will be loved and raised to be useful, respectable and self-reliant human beings.

The elderly are to be moved from their ghettos. They should have the opportunity to spend the waning days of their lives with a sensible task and carry on responsible activities in which they themselves are interested.

Our senior citizens are not the refuse from our consumer, throw away society. They are human beings in a total society, just as are the young ones are. They are human beings who would care to spend the waning days their lives in the circle of their families and in the company of their friends, human beings, who especially through their experience of life and their knowledge, can still accomplish many tasks for which young people are unsuitable.

Youth must be removed from the streets. They are our future and they will at one time take responsibility for the Earth. Therefore we must make sure that they will be able to do this. Hence, we should give them the opportunity to become whole and self-reliant human beings who will be able to stand up for themselves in the future. Youth especially has a sharp eye for lies and swindle and it is in their nature to strive for and to make sense of their lives. Therefore let us help them, so that they will be able to find this sense in a world which will be worth living in.

Assistance in death

The active alliance of the F.I.G.U. has set for itself the goal, to preserve the right for the human being to die in dignity. The most important thing to achieve, is that the human being does not die wretchedly all alone, helpless, and deserted by relatives. Instead, when their time comes, they will be able to carry out the transition from life to death in the presence of their loved ones and with helpful conversation, without fear, being able to die in peace.

Natural birth

Giving birth is a completely natural event in the life of a woman. Nature has provided her with all ways and means and abilities to give complete natural birth to a child without the help of medication. Medical help is only necessary when the organs of the woman are not properly developed, or when other damage prevents natural birth. In any event, birth should or may not be initiated by artificial means, nor be forced ahead or held back due to interference. By artificial initiation or artificial delay of birth, danger threatens mother and child which can not be justified with the law to love thy neighbor and can not be in agreement with true humanity.

Battle against torture

Human beings who have broken the law remain human beings just the same! Nothing or no one is entitled to torture, torment and slowly and painfully kill a human being.

Human beings, who torment and torture others are worse than the wild beasts. They do not deserve to be called human beings. Such negative human monstrosities should be handed over to the authorities and be punished accordingly.

Life support and advice of all kinds

Every human being on this Earth can and should be able to turn to the active alliance of the F.I.G.U. in all situations when he is in need of help or advice, where effective support will be granted to him.

To solve nutritional problems

The worldwide nutritional problems can only be solved through an effective halt in childbirth for the next few years. This controlled halt in childbirth must take place worldwide under all circumstances.

Solving energy problems

The energy problem can never be solved, while new energy producing plants (Atomic-Power works, etc.) are constantly being built and made operational.

The evil of energy shortage must be seized at its cause where it begins to grow

The energy problem lies in the evil root of constantly and increasing overpopulation, because this creates more and more energy consumption. The need for energy can only be normalized when overpopulation is reduced through the controlled halt of new birth, despite the assertion of power greedy profit seeking "know-it-alls".

Encouragement of morals in general

Due to the constantly, more pronounced decay of all morals, new and until now, unknown and incurable diseases and venereal diseases are cultivated". The moral decay, which appears mainly among civilized nations, is to be checked by far reaching educational campaigns and through effective teachings of the human beings.

Social work, social services and general public assistance

The active alliance of the F.I.G.U. offers all human beings effective and deep reaching public assistance.

Teachings about natural laws and rules

If the human being wishes to continue to be the master over the worldwide evils/ills and problems, then he must act and live according to the laws and rules of nature. Only the aware and conscientious obedience of the natural laws and rules given, can be the assurance of lasting peace on Earth, and can assure that all problems can be solved.

The teachings of the natural laws and rules should take place by mass worldwide education.

The essence of the human being

The human being is not degenerated nor a monstrosity from Satan's Hell. He is a neutrally powered lifeform, provided with the possibility of negative and positive formation of his thoughts, ideas and actions. The scale in the human life is perhaps held in the negative and positive, even when he, the human being, due to his experiences and his thinking will see more of the negative. The energies collected/accepted by the human being which pulsate through him, are always and without exception of a completely balanced and neutral nature/structure. Only through his own thoughts will the human being decide if he will make

use of these energies in a positive or negative way. The human being is decisive over the utilization of these energies which allows his self control, with which he guides everything within himself. The human being is able to process the negative and the positive and to convert them into neutral values, which carry within themselves the actual values of evolution and those of spiritual advancement.

Due to the processing of all negative and positive events, emotions, thoughts, feelings etc. the human being will be able to acquire spiritual knowledge, which is based in truth and love and, out of which finally wisdom will result, which in turn leads to the basis of extended love and deeper understanding of everything that exists.

Therefore the human being never will be that in his essence, nor can be made into that for which religions and sects strive. His spirit is and remains free and sooner or later in every human being the truth will know how to break the spell, even if it is captured by/in lies, false teachings, fraud, wrong ways and many kinds of thinkable degeneration. Since the human being is basically of neutral energy and therefore also positive, this positively can and will plan/build it's own way, whether he aspires to this in awareness or not.

More free and natural living space for the human being

In order that the human being will always be aware of his connection with nature, he will always need a close and never ending contact with healthy nature. By observation of nature and by close and intense cohabitation with untouched and unadulterated fauna and flora, the human being will become completely aware of his obligation towards the planet Earth.

In order to promote this most urgent process, the FIGU Active Alliance establishes protectorates through out the world, which are returned again to their original and natural conditions.

Protection of animals

the prevention of the slaughter of seals

The human being, thoughtlessly and without conscience elevates himself/goes beyond all his obligations/duties to protect and preserve the animal world - all for the sake of profit. Being greedy and profit minded, he butchers thousands of helpless seal babies per annum, in gruesome and horrible ways. He does all this, solely to obtain a white, soft fur, which he does not need at all.

All measures which have been taken so far for the protection of the seals have been ineffective. With the exception of much talk, nothing much has taken place. Projects/undertakings and counter measures, which were announced with big words, have proved to be nothing more than a big farce. Once and for all the door must be closed on the slaughter of seals. But one sided and insufficient measures can not take place by only having

particular areas being purchased by a supranational organization and declared as private property. The violation of private property is just as punishable in those particular areas, as it is with us here. By this action stopping the slaughter of the seals will be effected, so that once and for all the whole slaughter will stop.

Poultry farms - Breeding of useful animals in great numbers

Poultry kept in close quarters, and the breeding of great numbers of useful animals under responsible conditions must be stopped. To keep any domestic animals without the proper space/area for exercise/movements must be strictly forbidden and supervised/monitored. Those who act against this must be held accountable, and they should permanently lose their rights to keep animals.

Experiments on animals for cosmetic and military purposes

Experiments on animals for cosmetic or military purposes must be forbidden. A very strict supranational control must be exercised by an independent, neutral organization concerning the most urgent, necessary medical experiments with animals. The animals that have been selected for medical experiments must be treated in a most humane manner and be assisted with proper accommodations.

Animals in human living quarters

Animals have been created to live in nature. No animal is suited to share living quarters with human beings. Every animal carries deadly germs on and within it, as our sciences know. In a pathogenic sense, these germs for the human being are often unavoidable, even in the best and cleanest of circumstances. Therefore, animals never belong in human living quarters and the private maintenance of animals in human living quarters is to be strictly forbidden for the sake of the human being and his health.

Quetzel (the Pleiadian base commander) says the following about this

"Thousands of years ago the human being has already converted keeping domestic animals. In the beginning he reasonably kept them in suitable quarters. But in the course of time in the advancing civilization, the human being was less concerned about keeping domestic animals separated from the human living quarters. In the end he even allowed the animals to find shelter in the actual human living spaces. Most especially did the earth human being change the domestic animals cats and dogs to house animals, which means, that these animals were conditioned to no longer live in the proper living quarters made especially for them, but moved directly into the human living quarters themselves. This is utterly unhygienic and also stupid and irresponsible, because of all things in a pathogenic sense, cats and dogs are the dirtiest domestic animals that the human being keeps.

Cats and dogs never belonged in the living quarters of human beings, because these areas must be reserved for the human being alone. Cats are much worse than dogs, because cats are the greatest germ carriers and disease distributors. These animals roam, as compared to dogs, much more in areas which are poisonous to the human being and in part in infected areas. They make contact with very many sick animals of many kinds which carry bacillus, virus, microbes and bacteria, etc. which are dangerous for the human being. But this shall not mean now, that the animal form dog is not dangerous for the human being in this respect, because in truth even this animal litters in areas that are dangerous for the human being and his health. The dog makes contact with other animals that carry danger for the human being. The dog is about 17% less dangerous than the cat, which actually does not make that much difference. The greatest carrier of disease and pestilence among the domestic animals is the cat, which has already brought death on Earth more than billions of times, as evidenced by the plague, which claimed the entire population of countries.

Among the domestic animals the cat is first in line and the dog is second to play the same part as it is known throughout science. For example, the plague could never have been as devastating, if the human beings had not kept cats and dogs as domestic animals in their homes. About 50% of all the victims of the plague in history died because they were infected by cats and dogs. Despite all this, the human being did not learn, even though famous scientists on Earth warned time and again not to let cats and dogs live in the homes of human beings, because these unclean animals are responsible for many diseases acquired by the human beings. Many kinds of variations of influenza, for instance, which return every year in different forms, are introduced to the human beings by a large percentage from cats and dogs. These animals are the greatest carriers of the germs for these diseases and as a rule are immune against them themselves. But these are diseases which often result in death to the human beings.

On the other hand, diseases also rage among the human beings which have so far not been recognized as infectious diseases, such as, for example, Rheumatism. This illness, which is spread differently on Earth compared to other diseases, is not only caused by the colds and over exertion etc. but most often is caused by cats and dogs. They introduced untold masses of Rheuma germs to the human beings, who must then suffer from this very painful illness and begin to waste away. According to our observations about 56% of all cases of Rheumatism solely exist and are spread by cats and dogs. This is only one example, because many other diseases, often severe, are distributed to the human beings by cats and dogs. To keep these animals in the homes of human beings is of the utmost danger to be sure. Human beings who keep these animals are of the stupid and false opinion/conviction that their animals are clean in any respect. This is, however, not so, because these animals can never be kept so clean, that they could no longer pose a danger to human beings. We know, of course, the Earth human saying: " Our animals are clean and disinfected", and yet this motto is witness to real stupidity and unreasonableness of that particular human being in reference to these animals. Approximately 24 seconds after chemical disinfection, they once again carry deadly germs for the human being. This is also the reason why our own keeping of animals on Erra is handled uniformly in such a way that dogs and cats may only live on the free hunting ground or in special and very large enclosures, to which the human beings do not have direct admission.

Whatever deadly germs these animals carry, our scientists of the past have identified a long time ago. That is why they ordered the special measures to be taken for their keeping. These measures should also have been taken on Earth, for very many diseases could have been avoided."

"So far our research has resulted in this"; on Earth, very many human diseases could only emerge due to his unreasonableness and completely misunderstood love for animals. The human being brought different animals directly into his own home and was infected by them. Sixty three per cent of all deceases which emerge in human beings can be traced back to the human being's maintaining too close of a contact with animals which are completely different lifeforms and need different living quarters as well as different nourishment. The worst of all this is, in addition to false love of animals and improperly keeping them, the human being does the following: animals are often treated like human beings, resulting in the maintenance of improper contact, which brings death and disease. The animals are touched with the hands after which the hands are not quickly cleaned with water etc. before the face, nose, mouth and ears and food stuffs, etc. are touched. In addition, we have ascertained that with the earth human being in reference to contact with animals, forms appear, which cause, for example, the human being to bring the animals to his mouth to kiss them. This results in toxic diseases and particularly infectious diseases, wherein rheumatism is the most common consequence followed by tuberculoses.

Domestic animals should never be kept in the homes of human beings and animals shall never be treated, touched and caressed as are human beings. This is true primarily for cats and dogs, which are the transmitters of very serious diseases. This is also true for birds, who among domestic animals are kept in cages in the homes, and who are third in line behind cats and dogs. And this is also true for rabbits, turtles, weasels and all the rest of the animals that are kept by the human beings in their homes as pets.

Mass poisoning of small and large wildlife by pesticides and insecticides.

The human being uses his poisons in nature, completely thoughtlessly and irresponsibly, for the sake of profit, resulting in the forcible death of uncountable numbers of animals.

In a healthy nature, animals have an important function. Each one works for the balance of nature in it's own way. When the animals are destroyed through our chemical poisons, the net of balance of nature will be torn and destroyed for many years in the future. Any forcible interference in nature is another step forward to the destruction of the human being and his living space.

Slaughter of wildlife for the purpose of profit.

Wildlife is slaughtered for a variety of plausible and implausible reasons, whether it is for the acquirement of furs, feathers or skins, for fashions, or to obtain basic ingredients for

cosmetics, or for the sheer sense of prestige. Megalomaniac hunters shoot elephants and other big game on safaris, solely for the purpose of decorating their walls, and their elephant's foot will be made into a garbage can) so that they can brag about their trophies.

Extermination of endangered animal forms

Any hunting for prestige or hobby and any confinement or destruction of living areas of endangered species is to be avoided/prevented. Animals, of which only a few still exist, are to be bred so far under suitable conditions, until they have reached an adequate number where they can be released into their natural habitat, where they can multiply again, undisturbed and unhampered by whatever human interference.

Humanization of animals

Animals have their own purpose in life, and their own life's task. An animal can and may never be humanized. Any degeneration into that direction is to be severely discouraged.

No animal can ever replace companionship and contact with another human being without being profoundly degraded.

Forcible intervention into the natural lifestyle of animals.

Animals should always and in any case be left to their natural lifestyles. Animals live completely according to the Laws of Nature when the human being does not have the impudence to destroy the animals habitats in his ignorance and irresponsibility, through intervention in their way of life.

The breeding/keeping of fur animals.

Many animals are heartlessly locked away into cages, which are much too small for them. Animals can never live so cramped up without receiving deep rooted damage. But the profit greedy human being does not care; rather he only sees the pretty fur on the body of the animals and does not consider or think about how painful this life is for such creatures. Many of these animals are blind or they have other ailments, and often they would no longer look like animals, were not for the pretty fur.

Obviously it is not enough, because pretty, noble fur animals are kept in cages. No, they are even tortured by unscrupulous and profit greedy keepers and breeders. They run back and forth In their tight little cages restlessly, being painfully tortured, looking hopelessly for a way to freedom.

It is a disgrace and heartbreaking to have to see such animals. To see these tortured and confused animals lets one recognize clearly that their keepers and breeders are unscrupulous and heartless and think only of profit. Nothing is sacred for them, not even the life of a creature.

For this reason, regeneration of that kind is to be punished without exception, and the mass caging of animals in this way must be forbidden through out the world. All restrictions and rules concerning the protection of animals is to be enforced strictly by a neutral control agency. Offenders will be turned over to the law of their states/countries for proper action.

because the authorities in charge are able to import these goods at much lower costs from foreign countries in irresponsible manners, which destroys their own infra-structure.

Note: A special thanks to Dave Baldwin for the preparation of these writings by Billy Meier.

The Meditation - Part 2

This is part two of a three part series on the application of Meditation.

APPLICATION OF EXERCISE AND FORMS OF OBSERVATION

The application of the meditation exercise, as well as the different forms of observation, should be explained as follows and are termed as:

- 1. Breathing Attention / Observation**
- 2. Body Attention / Observation**
- 3. Parts of the Body Attention / Observation**
- 4. Burial ground Attention / Observation**
- 5. Feeling Attention / Observation**
- 6. Mind Attention / Observation**
- 7. Mind Object Attention / Observation**

The thoroughness and completeness of meditation extends itself still to another realm. which displays itself as exercise application. The old, correspondent teaching present it with these words:

"Thus he lingers inward in observation (he lingers inward towards his body in observation of it); or, he lingers outside in observation (he lingers outside toward his body in observation of it)".

This instruction purports, that the observation exercise in meditative form, first, should find application for itself, then spread out at a later date to others, to finally find application with both; so namely, with itself internally and externally and so also with all that stands without. This threefold meditative rhythm is of special importance, because it finds an exceedingly manifold application. Hereby, all partialities, imperfections, and dangers of exclusive introversion or extroversion (turning the consciousness inward or outward) of the consciousness will be avoided. Through the three rhythm exercise, even through a slightly incorrect application of the whole, an euphoric meditative occurrence which could lead to dangerous illusion and bondage, will be avoided; indeed, through pure introversion (turning inward) euphoric hallucinations appear, which build themselves up manically to illusion and lose every sense of reality, whereby arises the impossibility of a free decision, hence follows, that a distinction can no longer be made between reality and hallucination. This means that the introversion will be connected with desires, which should reach realization is as much as a certain conceptual power of desire raises the presented desires to a mania, whereby these inevitably become reality. Encouraged by the first corresponding achievements, which automatically appear in a proportionately short period of time, this euphoric meditative method will be pushed further, because the individual becomes a believer in his wrong doing without

ever again finding his way out of the confusion of the chaos, since he still, in spite of his wrong doings and his wrong actions, believes in the correctness of what is wrongfully governing him. there are unfortunately, in this world and the present time, too many paths to this euphoria meditation, so that unfortunately they can neither be grasped nor reviewed. They extend from the simple religions, across sects, up to parapsychology and psychiatry, and into the economic areas, where these incorrect methods are spread in all variable forms, and cause the individuals to become spell bound and degrade them to mechanical, robot like forms of life, which are forced into stagnation and alienated from the reality of the sound power of mind, and, slowly but surely, are driven away, whereby they then, by being deprived of the ability to always believe their doing is of verity and correctness, since, through autosuggestive application of the energies, the entire determining factors have transformed and changed themselves into maniacal illusion.

Some best known examples of such foreign to reality euphoria meditation are the Nasam method, Quickly method, Alpha method, Beta method, Mahesh method as well as many others, which to some extent find application even in psychiatry.

But to get back now to the threefold exercise rhythm of pure meditative form, it is to explain, that after mastery of the methodology of introversion and extroversion relating to the pure own body realm and in logical expiration and construction, introversion and extroversion now aim at all that is placed exteriorly, namely at other people because many things can be recognized much easier in other people, or on an exterior object, than on or in oneself. The reason being that paying attention to other people is more natural to the individual than paying attention to oneself. Therefore, care has to be taken, that even with this extroversion the self does not get neglected but be approached continually to make comparisons and form associations, because the "path to purity" is constructed with elements of the interior and the exterior. Thus, the path cannot be pursued effectively by an exclusive reflection upon either the personal or the external, alien, images of existence, but only by way of both reflections. The immediately following third exercise phase in comparative reflection upon personal and alien events of life manifest the general validity and lawfulness of the one and justly earned recognitions, whereby the generality of these events will be sensibly strengthened. But this three phase exercise further reveals the existing connections and dependencies between what one calls his own and alien, thus, between what one calls internal (introversion) and external (extroversion), which are just as essential and necessary as a result of the analysis, as is full recognition of the respective events.

During the pure introversive meditation the pure observation directs itself exclusively inward, consequently, onto the own (or also external interior) occurrences inside the body, and the materialistic forms of consciousness, respectively, forms of the unconscious, because only these are accessible to the required dimensions of the direct experience. And it is, exclusively and solely, this direct experience whereon the pure observation and the there from resulting and steadily growing clear sight recognition are founded. Yet, right here, it should be explained again, clearly and distinctly, that during pure meditation no conceptions of desires or similar things may appear. Not only pure meditation (concentrative meditation), but also any other true form of meditation is founded on a pure clear recognition, on a pure clear sight

recognition. Never the less, if during some meditative exercises, hallucinatory images appear, then these are not based on pure meditative occurrences what so ever, but on euphoric meditative thoughts of desires in manic form, which, in a short period time, lead to illusion, as it was previously explained. If such images, or perhaps manic euphorically evoked wish fulfillments appear, then, the entire previous transaction of meditative practice must be discontinued, revised, and must be started all over again from the beginning; however, this time in complete concentration on the pure observation of facts, without any thoughts about desires, which again, would produce only hallucinatory images or compulsory manic euphorically manufactured, and hence force wish fulfillments.

Aside from the introversive, concentrative meditation exercise, a very good opportunity will also present itself to the externally directed attention, to register truths and facts, as in the careful observation of other people's body movements or, through conclusions relative to mental attitude or the level of development of the mentality of other people, such as from their statements, words, deed, and actions, etc. or, simply from their gestures or their freely displayed physiognomy.

The second form of application of the individual exercises also shows a threefold rhythm, namely as observation:

1. **Of the beginning**
2. **Of the passing on**
3. **Of the beginning and passing on of the objects in question.**

Of special importance for the success and the exercise itself is the direct confrontation with the fact of the transience, as has been explained.

As has been explained several times before, the meditation is about a clear sight recognition through pure observation, if we are dealing with a true meditation and not with an image of desire. This means, and it can only be explained and stressed over again, that only that which is absolutely real consequently only that which is real and factual, can be fathomed meditatively and can be fathomed in recognition, whereby no desire at all are connected therewith. The meditation is the purest means of true recognition and does not contain any matters which have as their basis, wish fulfillments or even euphoric hallucinatory worthlessness. Such factors only appear as self suggestive influences for the obtaining of a goal by force, because without knowledge and experience of previously learned meditation in true form, desire suggestively will be manipulated in manic form to the unconscious, to obtain, in that manner, a goal by force, which as previously explained, will be practiced frequently through various erroneous methods and which lead the individual to illusion and subjection; therefore, here it must be explained clearly and distinctly, that every self suggestive method does not in the slightest form correspond to an occurrence of pure meditation but to an occurrence of euphoria meditation, and accordingly conceals immense dangers which lead into wrong doing, through dependency and belief in illusion and subjection. A suggestive or self suggestive exertion of influence for any kind of interest or desire etc. is always absolutely

worthless and false; for as the word expresses it, we are dealing during such occurrences with an exertion of self influence in the sense of a compulsive self conviction. But such a self conviction in suggestive form can only be called forth because actual knowledge is missing, which means, in this case, that the form of pure observation and the resultant clear sight recognition is not mastered, consequently, no recognition and understanding can exist. Now, in this ignorant condition, self suggestive actions of some sort should take place, which are falsely denoted, as a rule, as "drifting downward into the unconscious" (see falsified Alpha method etc., which promote a self suggestive illusion and at the end release, through the unconscious, guide actions as for instance the so called automatic writing etc., which is then falsely defined as being guided from another sphere), then this conforms to an occurrence of euphoria meditation, which means that we are dealing with a subjectively false occurrence of having a feeling of well being which degenerates into a subjectively false goal attainment, indeed.

True meditation, called pure meditation or concentrative meditation, is, in contrast to euphoria meditation, founded on pure truth, on pure knowledge, pure recognition, pure observation, so, in short, on clear sight recognition. This indicates that we are dealing with a pure occurrence of absolute clear recognition of every occurrence: events, happenings, facts, objects, thoughts, ideas, etc., according to the natural principle of recognition IT IS SO, so that, for instance, the truth will be recognizable; "A body is there", "Sentiments are there", "Feelings are there", "Facts are there", "An object is there", etc. But never a persevering "I" appear, no so called eternal soul, and above all, no desires and goal aspirations whatsoever, to which "belong" bodies, , sentiments, facts etc., or with which they are identified or can become identified. This points to the value of recognition of reality for the clear sight, which has been freed of all untruth, whose actual central part is the direct insight into the absolute egolessness, which purports anew that the meditation in its pure form corresponds to an egoless condition, in which only true facts will find recognition and which will not be influenced by hallucinatory visions of any sort. In this condition the individual lives in actuality, he lives in "independence", and he is not "tied" to anything in the world. This refers to the two dependencies of the individual, namely, of his dependency on opinions, view, and desires, what is present from the tie to ignorance and misunderstanding of intellectual forms, as well as through the repression of desires and longed for goal aspirations, emotions, passions, and compulsions etc. This passes in its promise signifies, that as a result of the meditative exercise the everlasting freedom of detachment and inner independence appears.

It is clear now , that pure meditation, from the "basis of pure attention", aims at the immediate exercise and mastery of the clear sight recognition (also called clear sight meditation), without a previous development of deep reflection on the exercise path of "peace of mind" which is evident from the three points:

- 1: **Observation of the four objects on ones own and by others.**
2. **Their forming and passing on.**
3. **"A body is there", etc.**

Breathing Attention

For the meditative exercise of the breathing-attention, as for all other meditative exercises with immersion attempts, an appropriate type of sitting position is necessary, and the Lotus position with crossed legs presents the most suitable. However this type of sitting position should not be looked at as absolutely indispensable, especially not then if one strives for the development of the clear-sight. Especially in the Western world the Lotus position causes tremendous difficulties, because of total lack of practice, because of this, the practicing individual can avail himself of an alternative position, as they have been described earlier in the teaching of meditation. Besides these positions for the meditation exercise, there is also the lying down position, which, however, can only find application under perfectly selected conditions; that is: only at a perfectly selected and purpose serving location in a special center of energy, which is cleansed, through special procedures, of all negative vibration and outside influences, and the individual ready to meditate may proceed only if he is completely freed of all that is worldly, which means, that no objects (watches, rings, earrings etc.), and no clothing whatever may be worn. However, we shall not talk about these matters here, because it is not permitted to discuss these relating factors, more closely and openly.

During the breathing-attention the natural flow of the respiration may not be influenced in any way, as it has already been explained. The breath should neither be held, nor be intentionally subjected to an artificial rhythm, nor deepened, which, in any case, would come close to forcing it into something of an artificial nature. The only task left to mention here, is to follow the breathing procedure calmly and carefully during the exercise and indeed, completely uninterrupted, which purports that in the attention to the breathing procedure no type of interruptions may ensue.

The sides of the nostrils are considered the fixed-points of the breathing procedure attention against which the breath brushes while inhaling and exhaling. Since at this point (side of nose/nostril) inhaling and exhaling is very easily recognizable, only this point of observation would have validity and find application. The individual, therefore, directs his whole attention to the sides of the nose (nostrils) and, therewith, to the breath, which brushes against them. The development reads then in the following manner:

1. Attention paid to the sides of the nose (nostrils) against which the in-and -out-flowing breath brushes.
2. Attention, while intensifying, has to be directed in a concentrative manner toward the air of breath, which means that any other matters and interests must be removed from the thought realm.

The breath should not be followed on its passage through the body, because through the attention would be diverted, and because of an infallible lingering at the various stages and phases of this passage whereby a real concentration would be prevented.

The exact location that the breath brushes against the side of the nose (nostril) may change, so for instance, from left to right, but this is not of importance. One may mention this only for the purpose of taking notice, however, without paying any further attention to this fact. Rather, the breath should be fixed precisely there, where it becomes well defined.

As a rule, the inhaling and exhaling becomes noticeable as a delicate and cool stream of air, which keeps moving. So that even if the attention is strictly concentrated on the fixed point of the sides of the nose (nostrils), a peripheral awareness of the course of the breath through the body is produced, arising from the light pressure of the air one breathes. No further consideration should be given to it, where upon the perception of pressure removes itself slowly and remains at a certain distance, however, as an insignificant factor, of which notice will be taken, but which does not need anymore consideration. Sense perceptions, as in this case the perception of pressure of the respiration, have, in any case, a certain influence beyond the chosen center of interest, therefore, they cannot simple be eliminated. The path to removal of these pressure perceptions lies plainly in the not-taking-notice, which should be explained by the following example: If an individual endeavors to saw a piece of wood with a saw, he will direct his attention to the spot where the teeth of the saw make contact, because the wood should be sawed to pieces through the penetration of the saw blade. The individual's attention is focused onto this particular occurrence. To guarantee the penetration of the saw blade into the wood, which must be severed, it is necessary that the saw be pushed forth with light pressure and pulled back, whereby a continuous back and forth movement occurs. But to this movement, this moving back and forth of the saw, the individual pays no attention, because his attention is directed only toward the point of intersection, even though he notices the back and forth movement of the saw, he does not pay attention to it. The same procedure should be applied to the meditative exercise regarding the respiration: The attention should be focused onto the point of contact, the sides of the nose (nostrils) without letting oneself be distracted by the slightly perceptible inhaling and exhaling of air through the body.

At the outset of the concentrative meditation, the student sometimes makes the mistake that, through turning his attention toward the subject matter, he tenses up his body posture and in that way causes spasms to occur. Also, very often, a confused attitude occurs because of not being accustomed to the exercise, e.g. through letting distracting thoughts penetrate, like: "Now, I meditate", or " I wonder what happens, if I really meditate"?, or , "Now I must concentrate on my respiration". etc..

Also every jerky or accentuated intentional turning toward the object of exercise (in this instance, the respiration) is capable of disturbing the sensitive-meditative body process and of interfering with the necessary tranquil harmony of the reflection. To avoid such wrong attitudes and mis-tuning, the practicing individual has to visualize, that the respiration IS THERE, absolutely independent of the intention of the meditation and serves only the observation and reflection.

The freer and the more unconstrained the turning of the meditative attention towards the respiration is effected, the easier and more concentrative it will be to follow the respiration in a quiet and steady fashion.

Through the first meditation, achieved through periodic exercise, one should, first of all, acquire the ability to direct the attention towards the respiration for an extended period of time and, indeed, uninterruptedly or, for the start of the exercise, without noticeable interruption. Since the meditative attention does not have to be acquired at once, its attainment must be stretched out over a longer period of time. Therefore, nothing can be forced, because any compulsion signifies that the thoughts are forced into definite direction, whereby the pure observation is pushed aside. Thus, to observe in carefulness means only to observe in a concentrative manner, without labouring thoughts, which must be dismissed. At the commencement of the exercise, however, this is not an easy task because the unfamiliarity of the exercise and the intense concentration are initially burdened with thoughts, which the individual is unable to control and which, very often, go to extremes and get lost in futilities. When the individual has learned a level of concentration through the meditative method, that is to reach within for about twenty minutes with ease and without interruption, he will notice further details of the respiration process. Thus, for instance, it will become clear to him, that even the most fleeting moment of a single inhalation and exhalation is wrapped in a span of time, in which all phases of the beginning, the middle, and the end are clearly and distinctly sketched.

During the meditative exercise, it must be clearly understood by the individual that he cannot lengthen or shorten the breath intentionally. One should be merely aware that at the respective moment of the observation the breath is relatively longer or shorter. A natural feeling for it is automatically shown in the course of the exercise, whereby other details of the respiration process become distinct. Thus the teaching purports that the individual, in regard to meditation concerning his respiration process, should not be a controlling factor except to be cognizant of IT IS SO. Thus the individual knows by prolonged inhalation: "I take a long breath", and by shortened inhalation he knows: "I take a short breath".

The student of meditation may realize now, that his attention is not able to grasp the three phases of the beginning, the middle, and the end equally sharp and clear. It will strike him during one or the other phase that his attention is either less effective, or is even brought to a complete standstill. Individuals with slow dispositions, self-willed or stubborn individuals, autocrats, know-it-alls, etc. will have greater difficulties in this respect. (Particularly people who are born under the sign Taurus, who live frequently according to a false principle: "After me the deluge", because they are too earthbound and show their self-assurance without a great deal of modesty, and, because they want to force their way constantly, not with their minds, but with fists and elbows, being stubbornly, deliberately wrong. This is only an example, because, also people who are born under other signs of the Zodiac have some similar traits, but however, not to such a pronounced extent as the Taureans). Thus, the beginning phases of a new breath may be missed, because the attention is still occupied with the end phase of the previous end phase of a breath. However, fatigue may also be a reason for slow reactions, as well as the time, which the meditation practicing individual may not be accustomed since he is incapable of top performance. Also, apprehension, worries and problems can produce a diversion from and a neglect of the attention, therefore, before the meditative exercise, if necessary, an appropriate calming down

period should take place in some useful fashion. A burdened psyche is just as capable of interfering with the attention negatively, as is an individual's restless nature or emotional excitements and outrages etc. Also, the concern of not missing the beginning of the next breath, the concern of not paying sufficient attention to the end phase of the previous breath, etc., or, just a temporary restlessness of the material consciousness can prevent the drifting into the realm of meditation. Such obstacles to attention or vacillations of attention represent a warning to the practicing individual which he absolutely must pay attention to and to which he should give his full consideration. If such warnings are recognized, then this is regarded as a success. This acquired ability, to notice the slight and slightest differences in the acuteness of the attention, may be regarded as a first exercise success, which discloses a beginning intensification of concentration and improvement of the attention. These observations will also be useful to the meditating individual for personal self-realization and assist him in putting the materialistic consciousness and temperament inclination into a well balanced exercise progress, which avoids the extremes of laxity and zealousness and finally eliminates them completely.

Now, should the meditation practicing individual realize fluctuation of attention during a single inhalation or exhalation process, the wish will come and the effort be made to rectify these mistakes and remove these weaknesses and to create a steady, clear alertness during all three phases sequences and then to maintain it. If this is accomplished, then this lesson is concluded, which is denoted as : "With awareness of the entire respiration system I will breathe in and out". It is precisely these uninterrupted continuous attention sequences, which effect a reinforcement of the attention and concentration as well as of the entire consciousness structure, which coincides with a purely logical development and procedure.

The two fold effort at meditation, the uninterrupted observation of the breathing cycle and the constant, acute attention to the single phases of the breathing procedure, may call forth an extreme light tension or anxiety of the breathing cycle and in the consciousness process which is observing it. Even though its presence is extremely weak, it will be registered. Because of this a very spontaneous desire and effort is called forth, to remove the last and final and even the sporadically smallest traces of unrest and to lead the consciousness and the body to an even greater and deeper tranquillity and relaxation, which is considered a further lesson noted with the following words: "With the function of the respiration system steadied, I will inhale and exhale". Certainly, it requires a very continuous and controlled cultivation, till all these stages of exercises do become, to a certain extent, a sure asset, thus, become a special asset to the meditating individual with which he has a certain familiarity. And only when this is achieved, can one expect further progress and tackle it. Also, it is this stage of the meditation exercise process, namely the respiration stabilization, that both basic principal paths of the concentrative meditation, tranquillity of consciousness and clear-sight, separate temporarily, each forming its own block.

If the meditation practicing individual wishes to reach meditative deep reflections, foremost on the path of consciousness tranquillity, he should cultivate the final stage, the tranquillization, to improve his respiration a great deal more. Moreover, it is so, that even here the attention must grasp all three phases of respiration. But if this has come to pass, and uninterruptedly indeed, no further special attention should be paid to the individual phases.

For instance, no preference of observation should be given to the beginning and end phases of respiration, although, naturally, the individual breaths must be equally clear.

During the meditation exercise one must be absolutely aware that the material consciousness activity in the form of thought formations must be neutralized, because any too keenly discernible consciousness activity presents an insurmountable obstacle. For this reason the individual who devotes his time to meditation, should, in this case, devote his time simple and solely to the symmetry of his breathing rhythm, so that he lets himself be carried by the pulsating rhythm of the respiration without letting it be interrupted by extremely disturbing attention or by an involuntary action, which would render meditation impossible. By doing so the concentration of the consciousness slowly gains strength and depth as well as confidence. An indication of it is a consciousness-likeness; which arises and forms slowly from it and announces the complete concentration of meditation, thus, the actual meditative immersion. As a rule, the consciousness-likeness forms according to the degree of the spiritual development of the meditation practicing individual, namely in various forms of lights, so for instance as a star, as a luminous spot, in the form of a small sun or something similar, however, which altogether in their completion, at the end, appear as SOHAR, namely as most powerful light-center of enlightenment of the spiritual plane: an indescribable, magnificent illumination of exalted beauty and perfection.

However, during the meditative exercises, should complicated or dramatic images or even "visions" etc. appear, then this proves that the meditative exercise does not correspond to such, but that we are dealing with an occurrence of self-suggestion with euphoric values. In meditation this does not indicate progress, but exactly the opposite, namely, that the meditation was pushed aside and repressed by euphoric self-suggestion, whereby only the individual's self created euphoric wish dream images in a series of pictures, "visions" etc., appear etc. At the appearance of such images and "visions" (which are in reality only ideals), it is essential to establish, as a matter of fact, that manifestations of such kind are of purely euphoric self-suggestive origin, which lead into absolute perplexity and chaos, and, for that reason, must be immediately banished and eliminated from the consciousness before they increase in intensity. Because, if they reach a certain degree of intensity, the individual will get caught up in them, will become completely subjected to them and, in that way, will mistake them for reality, till he becomes confused and even falls victim to delusion.

If the individual dedicates half or whole day exercise periods to the attainment of absorption, he must always be aware that he not only practices the main exercise of pure attention but, above all, cultivates the general attention whereby, however, the analytical attention (as e.g. during the clear-sight) as well as intensive and continuous reflection must be avoided. In this case, the general attention should merely serve the alertness of consciousness, the tranquillization, as means of excluding disturbing influences. The reason for this is that in the beginning stages of the allowed to descend into it too deeply, because there exists the danger of drifting off and of self-suggestive influence. Initially, only shorter periods of time may find application for the actual principal exercise of pure attention, which may be gradually increased in time.

If, after a thorough exercise, a deep reflection is obtained, the individual should immediately engage in a clear-sight observation to find the full benefit. This means, that during the absorption the existing physical and consciously perceived occurrences should be looked at in the light of the three characteristics, so namely as transitory, free of sorrow, and egoless.

But, if the individual does reach the fourth phase of the exercise, namely the tranquillization of breathing, and if he now wants to take the direct path, he has to turn his attention to the individual phases of respiration: the beginning, the middle, and the end. This directing of the attention should be undertaken cautiously and firmly, however, without putting too much emphasis on the act of willing or thinking. Such action would again, without fail, destroy the attained degree of concentration. At the already tranquilized and carefully followed breathing process, it suffices to tune, very lightly and ever so slightly, into the beginning and in moments of inhaling and exhaling, to give the meditative exercise the form and direction of the clear-sight instead of deep reflection. However, here too, the secondary and general exercises of attention should be engaged in.

It will become clear during the process of the exercise, that here are two totally different occurrences in progress, namely the physical occurrence of breathing and that of the functioning of the consciousness to carefully identify what corresponds to the knowledge of the body functions. Theoretically speaking this distinction appears obvious, however, a still unschooled material consciousness will, during the exercise, be completely absorbed by the body-object and overlook the participation of the consciousness. Only during the course of the meditative exercise, in the successful advancement and sharpened watchfulness, little by little, the awareness of both occurrences appears and intensifies. Thus, the respiration will present itself to the pure observation in regular succession as a coupled occurrence, as a physical and a consciously perceived occurrence. This twofold occurrence stands out in a very simple form, so namely as physical occurrence = respiration, and as consciously perceived occurrence = knowledge. Thus, registering these facts, produces a twofold system: respiration - knowledge, respiration - knowledge, respiration - knowledge, etc.

If the meditation advances through constant exercise, then the time will come when it will be realized, that the end phase of one inhalation and exhalation will be clear, distinct, and very impressive, while the other phases fade slowly into the background and become insignificant. The boundaries separating the end of one and the beginning of another process of inhalation, will emerge very clearly. Through this meditative occurrence the forming and passing on, life and consequently death will become clear and distinct to the individual. This, from instant to instant, from moment to moment encounter with the experience of the forming and passing on, especially the dwindling and passing on, the instantaneous death of these single occurrences, makes a deep impression on the individual's consciousness, yes, even shakes him deeply, because here the sign of existence of the transience becomes a direct experience. This experience stands for profound knowledge and recognition, even if it produces shock and at first generates fear. However, this is only of short duration, because in the primeval and all-temporal process of forming and passing on even the shock dwindles and makes way for progress in the realm of meditation and knowledge.

These two meditative exercise results, namely the awareness of the coupled process and the predominance of the end phase, are pure, natural developments of maturing attention and concentration, which appear after continuous exercise and raise the standard of the attention and clarity of consciousness sufficiently. Thus, nothing can be meditatively "willed" or "deliberately" produced, therefore, a materialistic intellectual anticipation of these results would remain absolutely fruitless.

While giving verbal instructions, the meditation teacher will never speak about these or other stages which the novice in meditation has not yet reached. This refers to the so-called masters of meditation of the world, who like poisonous mushrooms contaminate mankind with false or inadequate teachings and teaching methods. In the case of the here submitted existing truth and its urgent need for distribution, it is not acceptable to act in like manner, therefore the total and complete teaching in all its ramifications and in its whole merit of truth must be presented in writing.

At the close of the breathing-attention / observation, the following has to be made clear because of its great value: A determined individual is able to make progress any time if he remains alert and self critical and avoids being lazy, autocratic, indifferent etc. From these teachings harm will befall only those individuals, who do not watch their moral and mental equilibrium, who submit to self-suggestive heresies and who disregard the truth. However, one who preserves his moral and mental equilibrium does not have to fear any danger or injuries, in any form, from this meditative process.

The previously explained meditation method of the respiration (breathing-attention/observation) presents the simplest and most valuable form of all meditation methods, even though various others are mentioned, which, as a rule however, only have additional value as attention and reflection exercise, such as the previously mentioned methods:

2. **Body-attention/Observation**
3. **Parts of the Body-Attention/Observation**
4. **Burial Ground-Attention/ Observaton**
5. **Feeling-Attention/Observation**
6. **Mind-Attention/Observation**
7. **Mind Object-Attention/Observation.**

For the continuous and deep reflection of all meditative exercises it would be very worth while if the previously mentioned exercise methods were picked up gradually and practiced systematically, to improve the attention and reflection, not, however, as actual meditative exercise, because that should remain limited to the Breathing-Attention/Observation.

DREAM IMAGES IN MEDITATIVE STATE OF CONCENTRATION

A sure sign of beginning success during meditative exercise is the occurrence of vague and at first incoherent forms of dream images in the waking state without the meditator concentrating upon such images or wishing to see something.

These images are the first forms of a beginning meditation immersion, which distinguish themselves unmistakably from the usual dream images by their extreme clarity and distinctness. Because if the meditative exercise is handled properly, the images do not exhibit any power of suggestion and gradually begin to link up with logical forms, though in the beginning only very loosely, but in the end revealing the whole course of the event. These courses of events exhibit conditions of the past, present or future, whereby these are not coded in symbolism as is the case with normal dreams. The waking state dream images of the meditation are clear and distinct and always show events in their order of development. This enables the meditating individual to recognize the events clearly, but the task still remains, to examine, by way of new meditative occurrences, the period and their connections.

The investigations of such events, released by waking state dreams prove extremely difficult and laborious, if a suitable place is not available. In the everyday world and its environs, with innumerable influences of all kinds from billions of trains of thought from billions of people, it may be quite impossible to devote oneself to meditation of great depth, let alone investigating dream images. Moreover, it is necessary to have a suitable location at one's disposal, to have a definite center, as described earlier. (a pyramid). In a specific way, this center must be screened off from all outside influences and dimensions etc., it must have certain forms and measures, including a precise kind of vibration in a definite direction.

THE METHOD OF IMMERSION

If the meditation practicing individual has achieved the first successes, namely the appearance of configurations of waking state dream images, he then can go on to the actual meditative immersion which, again, is subject to a specific method. But, before the subject can be touched on, the following must be explained: Any meditative exercise demands concentration of a high degree in a manner which is repeatedly expressed throughout the outlines of these lessons. Therefore, it will not do to undertake the daily exercise in a superficial or even uninterested manner, or even to omit it altogether with the excuse that one is too tired from the day's work to be active in a meditative process. If there is a real interest in evolution, then it is an absolute trifle and only a minimum effort of will is needed to put oneself into a concentrated waking state through one's own thoughts, wherafter every exercise can be carried out without difficulty or appearance of fatigue. However, if no real interest and

no initiative worth mentioning exist, then that means that no true meditative condition can be attained.

Fatigue should never be an excuse for not generating the necessary initiative, if the tiredness results solely from an average day's pressure, which means that every individual can, after a normal period of sleeping 6-8 hours, at any time and by application of his own free will, in the course of 16-20 hours, be fully fit for action and consequently can also carry out meditative exercises without difficulties, if he makes an honest effort to direct his thoughts in an initiatory manner. Thus, it is expressed, that fatigue caused by a day's pressure is not the real problem, but rather it is a lack of initiative and a certain lack of interest.

Now, if the rule is true, that meditation can be acquired to its fullest extent within seven years, then this means that this time period must be taken full advantage of with one's best attitude and effort. But, if one pays no attention to this no meditation immersion can follow, because lack of effort at its best produces only extremely unsatisfactory or no results at all, whereby at the beginning the meditative immersion is already condemned to failure and cannot be achieved.

Also, it is advised that the lesson find application in every way and with one's best effort, and that no excuses are made to avoid a single daily exercise. To skip the exercise one day is only permissible, then, if the waking state of the individual in question has exceeded a minimum of eighteen (18) hours, because at this point a material consciousness fatigue sets in which can only be corrected by a previously mastered meditation concentration. Should the waking state limitation lie below the average of eighteen hours, then there is no reason for an excuse to skip an exercise, for exercises which are avoided below the fixed waking state limitation, are only due to lack of initiative, lack of will power and lack of interest, and also frivolousness, too much pampering of the self and indifference towards all interest in evolution.

In order for the meditative immersion method to find application the following has to be taken notice of: **THE MEDITATIVE IMMERSION METHOD MAY ONLY FIND APPLICATION, IF THE FIRST MEDITATION SUCCESSES, DREAM IMAGES IN A WAKING STATE, APPEAR.** If one should act contrary to this instruction, it will lead to a complete destruction of the individual's personality, in the form of schizophrenia (split personality), or through a feeble mindedness of consciousness, because the fundamental initial successes of meditation have not been mastered. The individual will automatically create a suggestive action, which leads to forced phantasy dream images, which will not be recognized as such and consequently will be falsely laid out as waking state dream images, thus as meditative products, but which are in truth not such.

But now to the method itself: Two decisive forces are responsible for all events in the individual's material and spiritual realm:

1. The direct (material consciousness)
2. The indirect (material subconsciousness).

In addition to these two forces there is another factor, which is called the barrier or censor, which is located between the direct (material consciousness), and the indirect (material unconsciousness)

The Direct or Material Consciousness.

The direct or material consciousness represents in the individual that force by which all decisions, every thinking process, consideration, and the process of mentally weighing one point against the other, as well as speculations etc. are executed, in other words, the actual thinking processes.

The Indirect or Material Subconsciousness.

The indirect or material subconsciousness represents that ability in the individual, in which every occurrence of the material consciousness is stored automatically, as well all that ever had a chance of being registered concerning feeling, perceiving, seeing, experiencing, hearing, or anything that has penetrated the material subconsciousness in some other way.

In the individual the material unconscious represents the actual computer, his actual center of guidance and control, which is also responsible for the individual's entire internal communication, in itself as well as in connection with the spiritual realm. But, this same center of guidance and control is also responsible for the person to person internal - external communication realm in the form of vibrations being sent out and vibrations being received from the unconscious to the unconscious, that is to say: in the center of guidance and control the unconscious is responsible for the vibratory connection from the unconscious to the unconscious (internal external communication - comprehension).

The individual's material unconscious exhibits a vibration of its own, which reacts differently from any foreign vibration from the outside. If these foreign vibrations are in conformity with the material unconscious, i.e. of the same or similar nature, connecting impulses are immediately created, which will be projected with the ultra-speed of light into the realm of material consciousness and will be perceived there, where thoughts develop lightning like, which in connection with the constantly accompanying feelings produce the reaction SYMPATHY. If the new vibrations cannot make a connection agreeable to the material unconscious but are of a degenerated and repelling nature, then corresponding impulses flash into the material realm of consciousness calling forth ANTIPATHY. According to the power of the vibrations in question sympathy or antipathy arise to a greater or lesser degree.

Basically it has to be understood that the material consciousness is not capable in any form of creating a thought on its own, neither to form it, develop it further or execute it, if

corresponding impulses from the unconscious do not stimulate this activity. Although everything which can be seen or heard will be received by the conscious, it does not know what to do with the acquired knowledge if no corresponding impulses from the unconscious realm transmit the received message for processing and subsequent processing.

But before a thought or simply something received by the conscious (something heard, something seen, etc.) gets through to the unconscious on its path to ascertainment, it must run through the barrier, the censor. Thus, the energy factor which transforms everything into the logical language of the unconscious and processes it into a registerable form whereby any arbitrariness will be excluded, is of utmost importance. This occurrence will also take place from the unconscious to the conscious, otherwise, the impulses from the unconscious to the conscious would have the effect of thunderclaps and could not be handled by the conscious.

The censor is, among other things, also responsible for not simply letting EVERYTHING that is thought, seen heard etc. get through to the material subconsciousness, except that which is veraciously registrable. Thus, for instance, superficial thoughts and whatever was seen and heard superficially, will never find the way to the unconscious, because these will be eliminated as illogical and consequently as unusable, whereas illogical thoughts thought in a concentrative manner penetrate to the unconscious, as well as everything which is felt, seen, or heard, and received in a concentrative manner. Thereby, negative as well as positive thoughts lead to realization in the end..

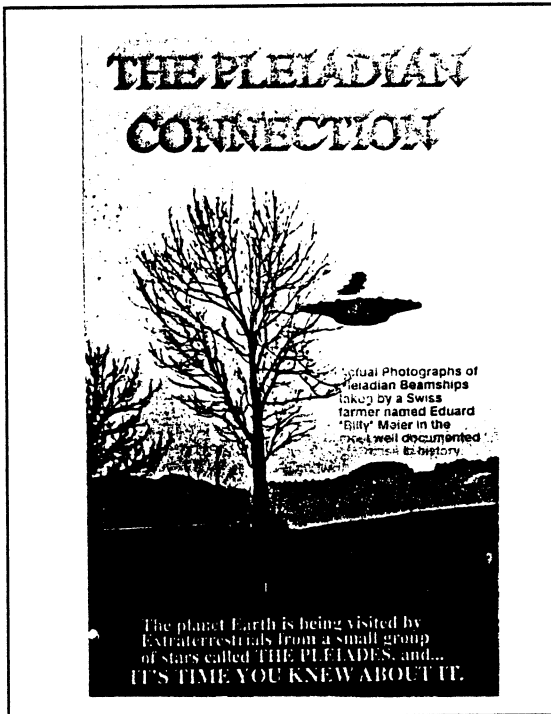
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