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Life For All Time?

Renewed and extended edition

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A Word

Every now and then, I am confronted with people asking about the sense of life, our future, the existence of God. They are mostly people who are searching, who have heard of New Age, people who are hoping to find a way out of crisis, who do not understand the world in its misery anymore or who are simply curious. There are questions as to the notion of esotericism and of newly detected, newly enlivened spiritualism and the blame or advantage for humanity that are tied to it. All hope for a fulfilled and happier life. Many are already on their way, others would love to start.

Secrets only exist for the unknowing. No dictionary can explain exhaustively what esotericism is and it cannot be described in two sentences. One thing has to be said first: it is positioned beyond all other religions, can neither be classified as a world-view nor as a question of belief, but as knowledge of certain things, not so much in the sense of science as of understanding. It does not need to be proven so much as explained. Today as in past times, it is not imparted by evangelizing, but is accessible to everyone brave enough to open new doors and allow for further insights. As is generally known, man possesses more abilities than he is making use of. In order to tap into this source of power, we need to enlarge our consciousness, accepting karmic understanding and our perpetual existence.

Chuang-tzu said that a way forms by making it. I will describe it as I have made it myself, how it can be achieved and where it leads. All those ready to help search for the truth, open up to the possibilities at hand, interested in spiritual foreign aid – and those are becoming more and more each day – are welcome to make their way.

May the insights gained give comfort and strength for your further, sometimes tedious path of life.

G Ch.

Belief

“Do you want to live only once,”
I asked my friend,
“or for all time?”
“I’d prefer to live for all time,”
he smiled,
“but it would have to be a better life.”
“That you can have,
even if you don’t want to believe it.”
“And how, do you think,
can I achieve that?”
“This I’ll try to explain to you in this book,
with the help of God’s angels.”

Meetings

The beautiful new house in the South of the Eifel region was sitting at the highest part of town. Just behind it was the large, still healthy mixed forest on the heights and the Moselle in the valley – a wonderful sight.

My friend Ingrid was stood in the driveway, waiting for me impatiently. I parked my car and then we hugged.

“Hi, my dear, finally! I’ve been waiting for your visit for two years and now you’ve finally kept your promise. But didn’t you want to come around noon? It’s almost evening now. I couldn’t calm down the whole day, I was so worried.”

“I’ll tell you later what made me late, right now I’m too tired, ok?”

In the large, comfortable living room, I let myself fall into a soft leather chair and began to enjoy the strange mix of calmness and life. A pair of parakeets was chirping in a cage and Blacky, the cute dwarf rabbit, was nibbling a carrot. The broad panorama windows lined up with ornamental plants allowed my view to wander free. On the horizon, I could clearly make out part of the Hunsrück. The sinking sun painted redgolden circles on the carpet. Baffy, the wire-haired dachshund, looked at me so innocently, I had to put her in my lap, which caused Boomer, the young shepherd dog, to jealously nudge me with his soft snout.

“The dogs belong to Heidi. She’s on vacation at the Mediterranean to cure her allergies. She picked the big one up from the shelter, he’d been somewhat disturbed“. “I so admire Heidi’s commitment in animal protection. How is she now?“ “As can be expected. By the way, I’m really looking forward to being a grandmother.“

“And I’ll be a great-grandmother,” said granny, who was setting the coffee table.

Ingrid’s mother lived on the ground floor of the three-story-house that was built on the hill of the village, while Heidi and her husband occupied the top floor. Thus, the house held three generations under one roof, at times even four, when the young ones were coming to visit. All were very happy about the expected progeny, even more so since the young couple had been hoping to conceive for years, but to no avail. And now this happy event nobody had been expecting any longer.

As if she had guessed my thoughts, Ingrid said: “If Horst could only still be here. We’d have such a wonderful life.”

Two years ago, Ingrid’s husband had suddenly died, only a little after they had moved into the house, which had then still been in an unfinished state. And now, Ingrid stood alone with a great task. I was feeling sad too, had been already as the two of them had to leave our home, the Ruhr area. Then Horst’s sudden death – it was a great loss for all of us. After all, I had much to thank him for, because he had accompanied me along my spiritual way. Since the time I had met him, a new courage to face life had been inside me, which had temporarily left me. What kind of doing of God’s angels took care of it then should only be explained to me later.

Ingrid was keen to make me feel comfortable.

“You know, it was so,” I began, “for almost twenty years, I’ve been driving quite determinedly, but never before did I feel so insecure as before this departure. You know that I have postponed the journey again and again, without good reason. But now, my intuition told me that it was the right time for our meeting.”

Ingrid immediately understood what I meant.

“I visited my brother and his family in Aachen and then took the route through the Western Eifel region. Monschau, Hellenthal, Prüm, Bitburg. Always state roads. Until then, everything was good. I contemplated whether I should drive by Wittlich or further in the direction of Treves and then past the surrounding village to shorten the way. It seemed crystal clear on the road atlas. But then, it had to have begun somewhere there. I suddenly didn’t know anymore where I was. I couldn’t find the place names on the road atlas anymore and the names that were written there were nowhere to be seen. I was in the middle of the woods, so who was I gonna ask? I had read something like *black man* somewhere and couldn’t shake the thought about a Genoveva cave. A friend from the Eifel region had told me about it a few years back, also about the old military roads and the battles concerning the border area.

I was feeling dizzy because of all the serpentine roads and above all because of the constant altitude changes. All of a sudden, the road went steeply upward, the woods became thicker and the road narrower. The red sandstone on the right side above the slopes

seemed to magically draw me to it. On the left, there was a precipice, nothing but a tree-lined abyss. I hesitated before looking down. I hadn't expected to find bluffs in this region. Mont Blanc couldn't be much higher, I thought. Deep down, there was a small castle or something...

"Ramstein castle," Ingrid said, turning pale.

"Do you know the route?" I asked her.

"Three years ago, when we were still looking for building ground, I was driving in the same region. Horst was sitting beside me and granny with Baff in the rear. You know that I have enjoyed driving since my youth. The road seemed broad enough and properly fortified. Suddenly, Baffy started whimpering. A while later, there was only gravel and the road became steadily steeper and narrower. Even a bike coming from the other side would have been dangerous. Horst told me to turn around, but there was no space for reversing the car, neither at the next curve, nor at the ones after that. Besides, we had already reached quite a height. Above us, the fir trees seemed to grow together and in front of us, stones and boulders started blocking our way. Horst got out of the car and carefully threw stone after stone down the slope. Then, all of a sudden, he had a skull in his hand. On the right side of the rock face, we could make out the hint of a dent, almost like the entrance of a cave grown over by plants. A strange feeling started creeping up inside me and there was sweat on my front. Baffy was making a dreadful whining sound and then crawled under granny's blouse. We slowly made our way deeper and deeper into the thick woods.

I can't remember how we found out of there, I don't even know what Horst did with the skull. Later, we noticed that the eight kilometers we walked had taken us almost three hours and that we had accidentally been on the old, shut down scenic route. Don't ask me how we got there, it was like magnetic attraction. It still gives me the creeps to even think about it."

Why we had both made the same experience should only be revealed to us much later.

On the upper forest track, only a few steps from the house, stood the *Joseph's tree*, a beautiful old oak tree. Ingrid had told me that it was dedicated to a deceased village resident named Josef, who had shown great commitment for his home town. The trunk was adorned with fresh flowers and a picture showed Saint Joseph smiling down from a branch.

I sat down on the inviting wooden bench and enjoyed the first rays of sunshine finally

coming through the clouds after many rainy spring days. The birds chirping and the bees humming both elevated my feeling of being on vacation. I still had the words of my colleagues in my ear, who had wished me a restful three weeks even if I didn't go to Spain this year. They were surprised that I was looking for repose rather than action as had been the case up until now. But they didn't know why I had changed my plans this year and how should I have explained it to them, if I wasn't even completely sure what the reason was.

“Why are you sitting here all alone?”

Ingrid's voice woke me from my thoughts.

“Should we take a walk to the cemetery? I'd like to bring your husband some flowers.”

“Look, you can see his last resting-place from here, over there by the hill. A peaceful place. I enjoy sitting here and often look over.”

Baffy ran past us, following the paths between the graves and stopped in the top row, just in front of the third hill.

“Imagine”, said Ingrid, “Baffy did the same thing when I was here with her the first time. She found Horst even though she had never been here before.”

I was baffled, but believed every word of it.

We went home by way of the glades.

I secretly admired how Ingrid was managing her new life. “Where do you get the strength for your tasks from? Isn't it a man thing, organizing, getting building material, negotiating with contractors and stuff?”

“The mental strength comes from beyond,” Ingrid said, “and the physical one, I get from the trees.”

I looked at her blankly. “What do trees have to do with it?”

“I look for a healthy, strong tree and hug it. Then I deeply inhale the pure, spicy air. I do the same with rays of sunshine, I let them influence me. Participating in nature means taking in its energy. It works, you should try it. It'll help you too, as an addition to a healthy diet of course.”

I wasn't so sure, but asked nevertheless: “Do you also believe that man was animal or plant before he developed? If so, you must have been a tree.”

“Maybe both of us. You have to see it this way: You can compare your life to that of a

tree. The trunk is your center, you're growing upward, always upward, toward the sun. The branches are like the years of your life, producing leaves and blossoms and maybe breaking in a storm. But the tendency to grow upward remains. Look at that basswood for example. The twigs are bending downward at first because of the weight, but their tips are all pointing upward again. Our path of life is like that of a tree, bending from the root's depth up toward the light. I'm not only thinking of our life on earth here, but of our whole development. Each year, the leaves die, but the trunk keeps on rooting, like man's life."

"Yes, the more I think about it, the clearer it becomes. You can only see it all in a cosmic context. Horst gave me a lot of instructive books when he was alive and above all, he showed me a source of power back then. When we first met eight years ago, I wasn't very well, as you may recall."

"It was nine years ago."

"Yes, of course you're right, it's been such a long time. And think of what has happened since then!"

"Are you still working with the engineers?" Ingrid wanted to know.

"Yes, the technicians are very nice. But when talking to them, you can only speak about concrete subjects based on factual arguments. Art, philosophy or fictional literature don't mean anything to them. Their view of the world is static. Most of the time, they're acting quite sure of themselves. All the more surprising that many of them are full of problems they can't cope with. It's difficult for them to talk about it and there are only few exceptions."

"You know, man don't have it as easy as we do when it comes to that, mainly because of their education. They always have to retain their composure."

"Unfortunately, you're right. They don't know that they're putting up obstacles for themselves when they're trying to not show their weaknesses. And their entitled to weaknesses, such as everyone else."

"Yes. Listen, before I forget, our old friends are saying hello. You remember the group? Robert, Marina, Thorsten, Friedrich and the others?"

"Yes, of course. How are they? What's Friedrich doing?"

"He's undergone the biggest development of all, he's improved his healing abilities and has received his doctorate by now. When you're coming over the next time, and I strongly hope that you do, we have to pay him a visit. He'll be happy to see you again."

Robert has become a whole other person as well, you'd be surprised. And he's married now."

"What? That old bachelor? I'm really happy for him, but how did he manage that?"

"He took another way. But I'll tell you more about that later."

"And Marina? During winter, she paid me a visit with her husband, Hartmut. How is she now? Has she gotten over the loss of her child?"

"Not only that, she'll find it again, but I'll explain later. You know how hard it is to get over the loss of a loved one. Marina almost fell to bits because of it. And that she met me during this hard time – can it be coincidence?"

"How exactly did she find you?"

"It was a beautiful summer day when I got an invitation to a lecture hosted by the *Anthroposophical Society*. The speaker was supposed to talk about life after death. Normally, I like going to this kind of event, but on this particular day, I didn't much want to. It was quite hot and I was exhausted. But still, I began to dress up, it almost felt like a compulsion. As I hadn't been in much of a hurry, I was almost late. The parking lot in front of city hall had already emptied, when I found a parking space at the far end of the lot. As I was making my way toward the entrance, a car pulled up on the other side of the lot and a young woman got out. She turned toward the entrance too. It was about ten meters in front of it, when we met. In fact, we were standing in exactly the same spot. She wants to go in too, I thought. I had eyed her briefly, tall, slim, with a friendly smile on her lips. Her black hair fell to her shoulders. She was dressed in white and seemed to me almost unreal, like an angel. Why do angels always have to be blond, was shooting through my head.

That was when she finally spoke. "Is this the right entrance? I've never been here before, you know."

We started talking and even sat next to each other. Her voice was comfortable and seemed oddly familiar to me. We talked about what was said on the podium and were a little sad when it was over already.

"Do you want to go get a drink?" she suggested. "I'm actually here by accident. My husband is out and I was wandering through town. That's when I saw the advertisement for this event in a shop window. I had been on my way home, because I was very tired, but then I suddenly knew that I had to go there! And there I am."

Though it was amusing to a certain degree, we still found it strange that both of us had

been brought there by some unknown force. We talked about books and noticed that we had the same taste, which made me suggest she borrow some of mine. We hadn't noticed the time flying by, until we saw that it was already shortly before midnight. We could have kept talking for hours on end.

It was only a week later, when she paid me a visit, that she told me about the fatal accident of her son Oliver, who had only been sixteen years old at the time.”

“Meeting her wasn't a coincidence, it was fate,” Ingrid said.

“Yes, and today we both know why it was supposed to happen.”

Departure

Every day, the dogs would accompany us on our walks through the woods, when we would search for acorns under the Joseph's tree and beautiful fallen leaves we wanted to dry later. When Ingrid was out, I came to my bank alone and enjoyed the peaceful surroundings. I embraced the recreative atmosphere and the world seemed okay for the time being. It was a beautiful feeling, especially because that wasn't always the case. Then and now seemed to be worlds apart.

Sometimes, I would remember conversations I'd had with acquaintances, friends and colleagues. Particularly those with Konny. Konrad had been living in my neighborhood for a long time now. Over time, we'd established a mutual trust and I'd enjoyed every mental exchange we had. I knew his story, naturally, the failed relationships, his difficult past and his incessant attempts to make the best of life. He was one of the few people in my circle of friends I could philosophize with now and then.

He hadn't gotten over his last crisis properly, when he surprised me with a revelation:

"I think life's pretty senseless. You work and you work and when you're finally able to afford something, you close your eyes forever and that's that." Konny hadn't been very happy lately, so I tried to distract him. "It's not the first time I'm hearing that. It seems the average citizen really sees earning a living as the highest goal in life. But where do you get the idea everything's over after death?" "Don't you believe that? Can you prove that there's something after death?", he asked. "Can you prove that there's not, because you can't, you can only believe. It's as foolhardy to just deny the existence of life after death as blindly accepting it. There are two possibilities. One: You've done everything you wanted at seventy or eighty and there's nothing left. Over and out. Then we can end this conversation, all the more so if you're not interested in what'll happen to you after death. We can close the subject and keep on living our day-to-day lives. Two: We don't want to make it so easy and accept the possibility that death is only some kind of metamorphosis, a conversion of our being and therefore an invitation to a new life. It's like the transformation of a butterfly – caterpillar, cocoon, moth. The physician and death

researcher Dr Elisabeth Kübler-Ross illustrated it just like that. What then?“, I said. Konny looked at me skeptically. “If it were so, we would have to ask questions about the how and when.” “First, you would have to be convinced that it goes on after death, cause then it all makes sense. For example the explanation of justice. There are a lot of hints. Let’s assume that man consists of matter. As is well known, this matter doesn’t dissolve, but transforms into energy, so it can be effective someplace else. You certainly know more about physical chemistry than I do, but for the sake of argument let’s assume that man doesn’t only consist of a body, but also of a soul and a spirit. Where for example do you think your feelings, the urge to cry or laugh or your ability to think come from? You can say that your brain regulates them. Maybe. Professor Sauerbruch once said that during all the operations he performed, he did not find a single soul. The body is visible to us, because it consists of concentrated matter. Yet spirit and soul aren’t, because they’re classified as ethereal, same as energy carriers like gas or electricity that are also part of invisible things surrounding us. Also think about psychosomatic diseases. For example, I could develop a stomach ache because I ate something funny, but also as the cause of anger. That’s the mental aspect coming in. Same goes for other diseases. So when the body is shed because we don’t need it anymore, what happens to spirit and soul? It’s unlikely that it dissolves into nothingness, because numerous aspects suggest otherwise. Thus, it continues to exist, in which form whatsoever. I told you already there are clues worth contemplating. You should check them out. Like many others, I already did.“, I said. Konny gave me a disbelieving look out of his dark eyes. “You really believe this theory of energy floating through space?“ “It’s not only a theory.”, I answered. “You know that I’ve been contemplating these questions a long time now and I’ve found proof, even though I don’t need it anymore.” “Proof? I don’t believe that.“, Konny said. “Belief often is the precondition to later knowledge.“ “And you were always able to believe?“, he asked. “Not always, only in my youth. When I learned to think for myself later on, I started to have doubts. It was more about knowing then.“, I said. “I only know that I can’t keep living like this. If anything doesn’t change soon, then...“ Konny trailed off. “Then your pain is only gonna get bigger, you’ll delve into it more and more.“ “Great prospect. But no one wants to feel sad or suffering.“ “Not consciously, no.“, I said. “Or are you aware of the reason you’re suffering or new strokes of fate keep coming? The death of your mother, your heart attack, losing your girlfriend to your best friend and now you’re about to lose your job, because your company is bankrupt. Most

people would break apart. We can't deny that much too many people on earth are exposed to mental and physical pain. I'm thinking about the drastic increase of drug deaths this month alone. And there were more than eleven thousand cries for help at the crisis line of our town last year. Desperation and hopelessness are increasing and there's a reason for it.“ “Is there a way to avoid it or come out of it?“ Konny asked. “Yes, there is. I'm living proof of that.“ “You?“ He sounded incredulous. “I can't imagine that.“ “Yes, I've experienced many lows as well. Now I know why it had to be this way and that maybe I could have shortened my suffering. But I was basing my thoughts on totally wrong conditions when I thought that early childhood belief alone was able to protect us from evil spirits. But I was wrong and that's why my ordeal began early, as is the case with many others. Today, I know that it was my own fault, but I didn't want to accept it then. The inevitable happened: bad health, unpopular job, failed marriage, loss of reality. Every time someone stated that I'd had everything and then asked what had been amiss, I couldn't answer them. Looking for help, I finally turned to other people, but they couldn't help me either. Even tenderness seemed like a drug, only comforting for a small amount of time. When it became harder and harder, I turned to church, but that made it even worse. I developed a severe illness, which made me go see doctor after doctor. But neither surgeon, psychologist, internal specialist nor cure physician could help me.“ I said. “And how did you get out of it?“ “When all else failed, I got over it with the help of inner awareness. After the sense of all the suffering had become clear to me.“ “Is this some kind of esotericism too?“ Konny asked. “As someone who went to university, you should know that.“ “Don't say that. There's no faculty for it at any German university. My boss doesn't know it either by the way.“ “If I told you I know that it's a path, then you'd ask me which one. But everyone has their own.“ I said. “I read something like secret knowledge in the dictionary. Meaning only for insiders, adepts.“ “It's been a long time since the subject was secret. In fact, it will soon be part of common knowledge. Now, people are more open than ten, fifteen years ago and on they're on their way to discover more and more of the dimensions behind the border of our knowledge. It's not only about the great questions of the future or the discussion about mythology and creation anymore. Esotericism is the introduction to advanced knowledge able to lead us all to a path on earth open to everyone.” I said. “And how do you get this advanced knowledge?“ “For example with the help of specialist literature, meditating and belief.“ “There you have it, specialist literature! For me, it's either not accessible or understandable enough. And some conversations seem to enroll

between those who know all and those who know nothing. If you belong to the latter, the others only seem to have a pitiful smile for you.“ Konny sounded angry now. “Those who are really superior wouldn’t smirk at you and there’s special literature for beginners“, I insisted, “you just have to truly look for it.” “I’m looking for an answer to all questions. You seem to have found them, so can you give them to me?” he said. “There can’t be an answer to everything, not in this world. But I have had some insights.“ “Will you tell me about them?” “Maybe later.” “That’s what you always say, later.” Konny clumsily lit up his pipe, something he always did when he was nervous. “Do you want to grab a bite? Maybe have Chinese food?“ I was actually craving for pizza this day and I told him so. “Okay, I’ll come pick you up.“

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The red candles on the white table cloth spread a mild glow making the southern red wine in the glasses sparkle a little. A strand of black hair fell into Konny’s face as he leaned toward me. I pointed out the spicy flavor of garlic and oregano to him, but he wouldn’t be distracted. He wanted to know about me and my transformation. I hesitated, because I doubted he’d believe me when I told him. What was more, I wasn’t even sure if I wanted to make my path serve as a rule. It seemed much too personal to me and who should have an interest in that?

“Can’t you tell me or won’t you?“ Konny’s words sounded like a cry for help. “I don’t even know how to begin. My whole life is in these insights. It was quite depressing, but today, I know how lucky I was.” “How am I to understand that?“ “It’s simple: Our alleged misfortune leads us to our luck.“ “Oh, that’s just great. I can only achieve a better life by suffering like this...” “It doesn’t have to be like that, I know that today. But by going through it, you’re learning to avoid future mistakes. I thought different about it once. Whether at times of war or others, I’ve never seen a life without worries. Today’s generation doesn’t have it any easier, the problems aren’t solved, they’ve simply shifted. That doesn’t mean that people who had to endure pain sooner or later in their life inevitably have to become miserable. But I’m thinking about those not able to bear their lot and there are much more of them than you’d expect. Almost everyone has difficulties now and then, be it of physical, mental or economic nature.” I said. “And when these become too great, when they’re threatening to smother you?

You'd been wanting to show me a way out, hadn't you?" "Yes, well, I can only tell you about my own experiences. I then believed in a carefree life, because I wanted an ideal world. Maybe it is during adolescence that we first notice that wishes don't always come true. Then, we have to fight fights with ourselves, because we don't want to accept it at first. Thank God my wishes didn't all come true, I gotta say. Even if the microcosm in me differs so much from that of the others, we all have something in common. We have to make our path, each of us his own. You can start with Adam and Eve or with your birth. Therein lays your fate, as we call it. One can ask oneself: Does justice exist at all on earth?" "But you had to have been happy, even for a time." Konny said. "Maybe if I had been content with everything. But there was always something missing, a void not wanting to close. It's like that for every one of us. We're looking for someone to fill that void. The parents are supposed to be a role model, the life partner needs to adapt. We don't ask why, we just wish for it." "Which relationship goes without conflict?" "On earth, we mostly look for it in vain. It proves that basically everyone feels lonely and that's what we're afraid of. Subconsciously, we're searching for our lost dual soul, which explains the secret desire, our infinite search for harmony and completion through the other." "What are we looking for subconsciously?" Konny asked. "For our dual, just like yin and yang. I'll explain that to you later. When it comes to the hunt of a better life, we have to ask ourselves when we'll know that it's better? It's never so good that it couldn't be better still, never the other way around. When will we be happy, where is the limit? In a sense, the answer lays inside ourselves. I only know that my striving for a better life was restricted to material things, like that of most people. And I was able to achieve quite a lot where wealth and reputation were concerned, but when I think back, then I remember the happiest moments of my life weren't those of economic success, but when people were all affected by the same misery and all stood together because of it. And when I compare my life to that of my parents or grandparents who had to endure two world wars and unbelievable hunger and misery, but nonetheless talk about the good old times, then I have to admire them. Maybe they knew how to escape the inner misery or they tolerated it, because they knew that nobody's really alone in these situations. But I got lost in the wrong way of life, I didn't want to accept my karma." I explained. "Your – what didn't you want to accept?" "My karma. I'll explain later what that means exactly." "Okay. But what you've just described, I can't imagine that about you. You're displaying such joy of life and you're so active. How can that have once been different?" Konny looked puzzled. "It all started with my disease. That was the turning point in my life.

Now, I can only see it as a stroke of luck, because it changed course.” “I don’t want to change anything this way.” “It happens automatically if you don’t accept in life what you can’t change. As much as you want to get away from it, you’ll always be confronted with the same difficulties. Only you can change that and with it your path of life. Why that’s so, I’ve only understood much later. If you overlook the good in your life and only see the things that seem to be missing, you’ll easily become sick or unhappy.” I said. “So you’re saying that our suffering is more or less our own doing?” Konny asked miserably. “Yes, it’s really always about karma. Many years passed before I was ready to acknowledge it. Gaining insight means looking into the inside, contacting your emotions, coping with wishful thinking and reality. It was a long time before I was ready for that. At first, I turned to my work and other activities, maybe in order to not have to think too much. I created my chronic lack of time subconsciously, probably because I wanted to drown out my conscience. It was like an addiction, similar to that unemployed people get, because they see their future as hopeless. But any disease blocks out energy and the body responds with resistance. Same goes for the soul. When my condition gave me nothing but discontent and I finally understood that you cannot run from yourself, I decided to change and get better again. I finally accepted my fate.”

“It’s as simple as that?” “No, it wasn’t simple at all. But wanting it is an important precondition. I wanted to recover, so I started looking for other ways.” “And what did you find?” he asked. “First of all I realized that I had to change my life, my thinking. That I wanted to be a happy person again. I left the same old path I’d been following for years and then my spiritual development began. I gained the insight that everything follows the cosmic order and I was suddenly certain that God, or whatever we want to name that power, is behind everything. First, I detached myself from my past, decided to burn my bridges. Because looking back is exactly what keeps us from going forward. I abandoned the search of the culprits responsible for my misery. Then I learned to program my thoughts into something positive. Material values weren’t the center of my thinking anymore, as they have nothing to do with luck whatsoever. I started praying again, informally at first, then more intensively. And every day, I felt a little better. I only needed half the energy as before for my attempts to escape. All of a sudden, I started to see all the beautiful things I had overlooked before. Every day a little bit more. I didn’t ask myself what was wrong with me or which riches did I possess anymore, but recovered my health and above all my inner independency.” “But I’ve

met sick people“, Konny said, “that possessed enormous willpower. They’d have loved to carry on, but they had to go anyway.“ “I never claimed that time was in our hands. But the freedom to do with it as we wish, is. My time wasn’t over yet, I could still make use of it. Still, all our diseases are linked to karma. We can learn to live with them and avoid contracting others, if we know the reason for our suffering. Never did I dream that life had so many good things in store for me still. I don’t know if I can call it luck, but it certainly is content, and that counts for a lot. It was a long way to that point and maybe I could have avoided it using karmic knowledge. When I met you for the first time, I was feeling better already. Or should I say, walking better? I had set the course for a new path, a more livable life. Many roads might lead to Rome, but nobody has missed this one yet.” “But something must have pointed you toward this new direction?“ “I don’t know, I must have looked for it subconsciously and was open to it. Suddenly, I met helpful people again. A stone thrown into the water makes a wave. And these waves for example reached Horst and Ingrid, who brought this courageous Luxemburg radio host and his shows to my attention. I heard many stories this way that sounded unbelievable, but were true nevertheless. This writer and journalist made many people rethink and thus helped them find a new courage to face life, as I heard later from friends and acquaintances.” I said. “You mean Rainer Holbe? I was listening to one of his shows last weekend. It was about spiritualism.“ “I don’t think it was a coincidence that you listened to the show. You know, certain knowledge has turned a depression into hope, made a grieving mother aware of the fact that her deceased child lives on and that even the greatest pain only lasts an instant compared to the infinity of cosmic processes. This comforting awareness kept coming to me through all of my initial doubts. It was a regular learning process that made me more farsighted. I met many people on that same road, when I went to the corresponding lectures. The right literature literally washed up to me, I only needed to fish for what I needed. Still, my transformation didn’t occur because of outer influences, those only gave me impulses. You have to look deep down inside for the possibilities that await.“ “I’d really like to believe you, Gisela, but I don’t know I can.“ “Look at me. I’ve changed from being sick and hopeless to a new person full of creative energy and vitality, without fear and worries. I can even introduce you to people who’ve made the same experience. Marina, for example, but more about that later. Everyone willing to can undergo the same changes.“ I said. “Didn’t you say that the path to a possible transformation included misfortune first?“ “It doesn’t have to go that far. But it’s a fact that the ones plagued by their

lot are more willing to convert to the right way of life. You can say that it is a blessing in disguise. To make yourself free from pain is to gain insights, let go, open yourself up. You'll be content and happy again, if you trust in God's guidance. This path can't be harder than the one you're on now. I'm sure you understand what I mean. Anyway, time to go now, they're closing up."

Encounter with a Phenomenon

When Marina told me about the misfortune of her only son, she seemed very calm, yet she couldn't hide the fact that she was becoming more and more depressed. Her husband Hartmut soon didn't know how to help her anymore. She didn't even find comfort in her belief. I was at a loss for encouraging words as well. Marina's poor health was becoming a concern. Not being able to eat and sleep, that's how it starts. I remembered that about my own difficult times. Then I remembered the spiritual way, maybe she'd be able to find new strength for life this way.

"With a little luck you could contact Oliver and see that he's well. Using tape – voices." I told her. She looked at me disbelievingly, although she'd already heard of this way of communication. I told her about the first time I'd come into contact with spiritualism and about my extensive doubts.

"I was at a yoga class when I came to talk to Horst. His wife Ingrid, a successful businesswoman, didn't participate because she'd deemed it useless. First we talked about books we'd read, books about yoga, meditation, positive thinking, self-experience, psychology and other related subjects. Then Horst recommended to me Friedrich Jürgenson's book about tape voices research. I have to say, I was deeply impressed. Horst told me that there were associations concerned with this kind of research and that he and Ingrid had been planning to participate in an event of theirs the next week. In the end, he invited me to come. It was a beautiful summer evening and I was excited about what was to come. The experiment took place in a class room, there were about a hundred people there. Loud speakers were assembled beside radios and tape recorders. The conductor asked for quiet and his assistant started a tape recorded during the last assembly. At first, I only heard noises and in between, questions asked. I was a little disappointed, but Horst explained to me that the person asking the questions was about to contact his protective spirit. I nodded, though at a loss as to what a protective spirit was. The answers, if that was what I heard, were very indistinct. Then the present technician said he'd put in a new blank tape. He invited us to control what he'd said. The audience was allowed to ask questions, though one after the other, not more than ten people, only one question each. After each question, there was supposed to be a short pause, to give room to the answer. A microphone was put in the center of the room. Someone said, I'm calling my mother. Mom, can you hear me? It's Erwin. Or: Dear Fritz, it's Lene. Please tell me the date of our anniversary, so that I know it's really you. And: Erna, can you tell me if my leg will be okay again? Nonsense, I thought. Why didn't they ask different questions? The woman sitting next to me, who'd apparently participated in these events before, asked: Hans, please tell me what day it is today. A man in the front row wanted to know if Hitler's journals, which had been found not long before, were genuine. The press hadn't released a comment yet. Then, the tape was reversed and played again. I heard a faint rustling again, embedded in coughing and harrumphing sounds of the audience. Then, after the question of the woman

next to me had been asked, I suddenly heard the clear answer: Death day! That's him, that's my husband, said the woman and there were tears of joy on her cheeks. He died one year ago today. It was his voice. I thought the voice had sounded a bit hollow and tinny, but I had understood it nonetheless. After the question about the journals had been asked, I heard a man's voice again, but this time it was darker, yet still tinny. It said: Fake. We all heard it loud and clear. On the way home, I was thinking intensely. That can't be, the tapes must have been manipulated, I said, but Horst calmed me down. Then Ingrid said: "You can look it up in Jürgenson's book and in others as well. The otherworldly beings are actively looking to contact us. They want to help us and have important things to tell us. Of course, they don't talk the way we do, seeing as they don't have a body, but they transform vibrations into sounds." That exceeded my imagination. Then Horst said: "Come over next Sunday. We will be a small group making recordings. I've got several interesting tapings, you'll be surprised."

I was waiting for this day as excited as a child on Christmas Eve. What I heard then surprised me to my very core. A young man named Thorsten, about sixteen years old, had brought some self-recorded tapes. He produced a real conversation with a protective spirit, there were dialogues comprising several sentences. The question-and-answer game continued. Finally, I dared to ask a question myself. I put the tape I had brought into the recorder myself, wanting to be completely sure. Now, I don't know how it happened anymore, but all of a sudden, there was singing, a women's choir almost like the voices of angels answering my question. I couldn't believe it. When I continued experimenting at home later, I received better and clearer answers over time. Horst, on the other hand, got us recorders that allowed for almost noiseless monitoring and Ingrid began to develop a good and reliable ear. With his youth, Thorsten possessed further powers, he was a writing medium. For me, this time was the beginning of a new view of life. I started thinking about the correlations. I've saved the tapes. If you want, I can play them for you."

Marina had been listening intently. Yet after she had listened to my recordings, she seemed disappointed of the replay. You had to strain to listen, in order to avoid interpreting something into it that wasn't there. "The cosmos is full of vibrations, acoustically perceivable, comparable to the pitches of a musical scale", I explained. "Today, there are better ways to record. And the questions we asked then, more out of awkwardness than anything else, weren't the most interesting. Now, we're working with another kind of transcommunication, we're writing on the *Westerwald table*, also called Ouija board. Thorsten is our medium. Of course, it's not the table that writes, but it's moved by invisible forces. They're only utilities, you know. And it's not some kind of parlor game either. Fact is that it's possible to contact the spirit world, because according to our experiences, it can't be anything else. First, you establish the mental contact to your protective spirit, until you feel the inner certainty that he's there. That is an important precondition to get protection. Later, you'll learn his name. It can be a deceased you've been very close to." "What kind of table is this?" Marina's interest quickened. "It was at Horst's I saw it for the first time. It was Sunday evening. We had unrolled a roll of wallpaper on the table, the blank side looking up. We put the wooden table

on top, it wasn't bigger than a bedside table, like a dinner plate in diameter. It had three legs, but we had substituted the third one with a long pencil. We, which is to say four men and four women, built a circle around the table. Some of us put their hands on it, just slightly. Ingrid didn't want to participate at first, but finally, we were able to convince her. There was a pleasant atmosphere and harmony in the room. Back then, we didn't know yet that that was an important condition for our plan. We fixated the wallpaper as if we were under a spell and waited, but nothing happened. We were ready to give up, when something moved. I remember thinking that maybe something had pushed the table, but then the table suddenly whirred all over the paper. When it came to a halt again, we could make out a large, clearly sketched grading key. Gerd jumped up, shouting: that's for me. It was his first time in the group, just like mine. The others had tried it before several times and had only gotten curls or waves. Gerd told us that he was lecturing at a musical college for a living. Now, everyone was convinced that the grading key had been dedicated to him by some spirit or other. That was the beginning, from then on we got together once a week. There was a young man in our circle who began developing into a speaking medium. He used to fall into a kind of trance and then the messages sort of broke out of him, in a different voice. They told us about the spirit world, about the beautiful, the good, the useful awaiting us in the hereafter and why we should aspire it. When he came to again, he couldn't remember what he'd said. The messages, which we recorded on tapes, still exist today and can be played anytime. I partly stored the rolls of wallpaper myself and we kept a log. Every time, somebody else would record the questions and answers and there really are meaningful dialogues there. If you're interested, I can give them to you to read. They're easier to understand than the voices on the tapes." Marina gave me a look that was disbelieving and hopeful at the same time. "The weird thing about development is that Ingrid, who had dismissed everything at first, has become our best medium. She and her skilled questioning earned us many elucidations. What's more is she possesses the necessary *od*. That's *Odem* in Germanic and means as much as vitality. The capabilities that had been buried inside her until then, are fully developed now. She's not only clairvoyant, but also *clairhearing and -smelling*, like she's proved many times. We missed her a lot when she moved away from here with her husband and daughter because of her bad health. Sadly, Horst died shortly after. Later, we established another group and kept channeling once a month." "Can you tell me why you conduct these doubtlessly interesting experiments?" Marina asked. "Let's assume that the messages, brought about in whichever nature, audible and visible, come from beings of another plane of existence, who are spirit-soul-beings now, but were spirit-soul-body-beings, that is human beings, once. Then this means that the deceased aren't dead, but live on. I know for a fact that what was written black on white on our paper has not been consciously produced by us, the writers, and cannot have come from our subconscious. Because some of the things that were written had not been part of the rational sources of our mind before, and thus couldn't have been in the subconscious either." "I need to see that for myself", Marina said, "if you really possess such a table, then you should show it to me." "Okay, but not on my own, it's much too dangerous. We'll ask

Thorsten or my friend Ingrid, when she's here to visit. Then we'll know we're dealing with positive mediums."

I showed Marina the logs and the original wallpaper copies. "The value of these copies is that they're first-hand, directly coming from the source, so to say. Even the Holy Scripture has been communicated by way of a medium. Do you know that the prophets cited in the Bible and those who lived before Christ were all mediums, just like Jesus himself?" All received their divinations from God's messengers this way. Spiritualists existed in all former cultures. Mostly, they were clairvoyant or speaking mediums, technology standards being what they were back then. Utilities like tape recorders or apparition on video tapes, which we use today, didn't exist yet." We bent over the wallpaper. "It's written here and where should it have come from? When we're sitting opposite each other while writing or are numerous, nobody is able to manipulate anything without the others noticing. Besides, we're not interesting in fooling ourselves. Our hands are hardly touching the board. You could say it's magnetism or telepathy. But then we receive statements nobody could have known about. For example the warning to drive carefully that evening. The person the message was for said he did so every time, but took the warning seriously all the same. The next day, he told us that there had been a deer in the middle of the road and he just managed to swerve around it." "Really?" Marina tried to decipher the writing on the wallpaper. "There," she said, "This is a clear *yes* written there, isn't it? Just like the big one there, it almost takes up the whole page. And the painted hearts in the middle. I have difficulties with the connection though." "It gets easier over time. If a *yes* or *no* or any other word is written in extra large print or underlined, it's particularly important." "Here's written: *LoveEmma*. But the writing on this paper, I can't read that, it's old German." "That's Sütterlin, Emma used to write like that when she was alive. Nowadays, we mostly receive normal writing, a few foreign words sometimes." "Do you know who wrote all that?" "I only know that it's there. We need universal trust to be able to explain it. It would be wrong to dismiss all this out of naivety, especially since it's much more naïve hoping to win the lottery. It's written in the bible that we should become like children, as they are closer to knowing than we'd believe." "There's something else here that seems coherent: *goodeveningguysending our regards*." Marina was completely immersed. "It's not", I explained, "that the sentences appear with correct punctuation, the table rather slides without taking off while the pen writes one letter after the other. When the line's full, it automatically starts another. The table slides from right to left, all the time resting on the paper and thus creating connecting strokes between the lines. If nothing else, the quality of the answer is down to how the question is put. Our knowledge is enhanced and sometimes, we even learn something of our previous life. Because we have all lived at least once already, sometimes more times than that. By the way, my protection spirit is called Emma and was my grandmother once, a loving and good being. We all have someone that protects us, we should have that in mind more often."

When Ingrid was paying me a visit a few weeks later, Marina met her for the first time and they connected with the spirit world. Marina was overjoyed that Olli made his presence

known and answered. To be sure it was really him, she asked him questions none of us could have known the answer to. For example, he offered a code only known to his friends of the youth club that was used as a secret sign, as they confirmed later. From then on, Marina had new strength. Deep down, she knew that her son existed and that he was well. We were able to hold up contact to Olli until a certain event occurred. We recorded everything. Thorsten was our medium and later, we learned that Marina too had a great talent for these contacts.

Imprisonment

Ingrid was very worried about my physical well-being, so she put only the best fruit on the table, organic, naturally. She purchased her eggs at a fowl run in the region, as she despised laying battery products. “Heidi only eats vegetarian food. By the way, I grew the garden herbs myself.”, she said proudly. “That’s wonderful, Ingrid. And I feel quite well physically, I feel I already built up some strength. I can only imagine it’s your good cooking.” I said. “It could also be the mountain air and the quiet. It’s imperative to us, you know what for.” “Will we be contacting our spirits again?”, I asked hopefully. “That means that you haven’t lost your medium skills?” “Not at all, communication has improved actually. We can try over the next days. And we have to go to Treves this week, it’s about time you get to know the city. There are many nice people interested in esotericism in Wittlich. We were planning to meet up and I was thinking you could come?” Ingrid said. “I’d love to. Do you know what amazes me, Ingrid? Your great development in this short amount of time. How did you manage that?” I asked. “I have to admit that it wasn’t easy at first. I wasn’t willing to be drawn into this, but Horst’s task was so fulfilling. Today, I know that he showed me the way and for that I’m really grateful.” She sighed. “Without my strength, I wouldn’t be able to cope with all this. But what is the most difficult is the work itself. First, you have to learn to control your thoughts as if the whole world was able to read them, it makes them purer. Pure od is the condition for a positive reception of high frequencies. We call them good vibrations. For example disposition control: there’s someone disagreeable to you. You automatically think negative of him, don’t you?” “Probably.” I said. “I’d likely avoid him or keep thinking how I don’t like him and hope he’ll disappear.” “There you are. These are our usual thoughts. It’s not enough to avoid that kind of people, except that it’s not even always possible in daily life. You need to change your belief and think that he’s only a man carrying his karma making his way through life. It may be that he’s been sent to you as a test or that he hasn’t yet understood his task or hasn’t gotten the handle of it. Same as we haven’t fulfilled our task completely yet, otherwise we wouldn’t still be here. There are always people not as far advanced in their development as others are. If we accept that, we can all understand one another better and develop the kind of love we are all in need of so desperately. After all, we have to live alongside each other despite all our differences. The good news is that we can learn to get along. For example, when we meet someone who’s

not as far as we are yet, we'll know. There's no reason why we should be damaged by him. We need to motivate him to be good or pray for him. That way, we're helping him and ourselves. In one of our former lives, we may have had the same task after all. We only have to be careful whom we choose to be our friends, as there is the danger of regressing to think of. Therefore, we have to apply our positive thinking to our daily chores. Nothing is as powerful as our thoughts, as they come before every act. An act is always as good as the thought preceding it. It's similar with our well-being. When you're filled with the thought of a wonderful day looming in the morning, then it will be so. When you're thinking, I am healthy and well, then you'll feel that way and so on." Ingrid paused and looked at me expectantly. "And if I'm standing in the rain, can I tell myself that I'm not getting wet at all?" I asked, which made Ingrid laugh. "No", she said. "But you can use your thoughts to make the rain count for nothing. Figuratively speaking, of course, in the sense that atrocities cannot harm you on a beautiful day. What I want to say is that thoughts are energy you can put to positive or negative use. I think you know what I mean. It's important for your future that you stop thinking about the past all the time, because then you'll never put it behind you. Forget about it and always make the best of the current situation. We should resolve to do so every morning. And pray. The power of prayers and the right meditation is often underestimated, unfortunately. Many people could free themselves of their problems."

How right she is, I thought and suddenly remembered the lot of a former friend. "I would like to know what became of Andrea." "Who's Andrea?" Ingrid asked. "I often think about her and her fellow sufferers." I answered. "I met her many years ago, she was a pretty young girl with long blond hair, intelligent and amiable. Maybe she could have been spared from the worst, but they just locked her up, because she couldn't cope with life anymore. She'd been left by God and the world." "Was she in prison?" "No, it was much worse. It happened like this: she was living in my neighborhood and I used to meet her every morning at the bus station. We almost had the same way to work. Her deeply blue eyes were quite alert, only her lips with the red lipstick she used to put on revealed a sad streak. One morning, she didn't turn up, nor the day after that. Then I met a colleague I was on a friendly basis with and I asked her if Andrea had changed jobs. She was surprised and asked me if I didn't know. "She's in the hospital. She just went mad. I never would have expected that of her. She broke down over her computer and screamed so loud the whole company heard. Yes, and then they took her away. She must have been overworked, the poor thing."

“Or desperate.” I said. „Have you been to see her yet?“ “No, of course not. Nobody’s allowed to visit there.” “That can’t be true.“ I said. “I think I’ll go on Sunday.“ “And were you there?“, Ingrid wanted to know. “Yes, more than once and what I’ve seen and heard there is almost indescribable.” “Tell me anyway.” Ingrid insisted. “Okay”, I agreed. “But I have to go way back.”

*

The multi-story admission ward was located on a small hill in the midst of the fenced park. It overlooked the long access road. The door was locked and all the windows had bars on them. I rang the bell and after a short while, I was asked inside. A young nurse sat behind a counter separated by glass from the rest of the small corridor. “I would like to see Ms Andrea Becker. Becker with an e.“ I said. “Ward A 2”, the nurse answered. The glass door leading from the corridor was also locked. “Just a moment please.” A while later, a male nurse appeared and let me through. “Second floor to the left. Ask for nurse Gertrud.” Nurse Gertrud sat in a glass office and was busy making notes. She barely looked up when she told me to take a seat in a small common room. There were only few people there. To shorten the waiting time, I concentrated on looking out the window which overlooked the park, slightly confined by the bars. I saw strollers, disabled children, who had to be rolled around in wheelchairs, flower beds and gravel paths and a little further away three or four rows of wooden and stone crosses beside a chapel. Next to the building opposite, where the windows had bars as well, I saw a cage, some kind of dog pound. It was empty but for a small wooden bench at the side facing the house.

Then I noticed a young man dressed in grey asylum clothes walking along the path, accompanied by two male nurses. All of a sudden, he broke free and started to run, but the nurses were faster. The man lashed about and was almost untamable. The other men had to use force to keep him at bay. A few minutes later, an older man in a white suit and lab coat hurried toward them and started talking in what seemed like a pacifying manner to the boy. And it worked, as he allowed himself to be led away by the nurses. I couldn’t see where they went, because just then I heard noises from the dog pound and turned my attention toward it. I heard a weird screaming sound and then I saw a red-haired girl of about fourteen years inside the cage. Her head was much too large for her lank body. She sat on the wooden bench and hit her feet against the wall in a dull motion. “That’s Rona“, a voice behind me said. “She’s sent outside for air once a day, after most of the visitors have gone. The rest of the time, she’s

retained, that's to say, chained to her bed. She can't speak, only scream." And then Andrea was there. She looked at me disbelievingly, then threw her arms around my neck. I was alarmed by her appearance. The long blond hair had been cut short and had lost all its glossiness, her skin was remarkably pale and her eyes looked at me sadly.

Meanwhile, the room had filled with people. Andrea led me through the corridor to another room, a kind of breakfast room. There were coffee pots on the tables and leftover pieces of bread. About a dozen women were there. Some were sitting dully in front of their plates without eating, others were stuffing their mouths with cake. "Don't look at them", Andrea said. "There's nowhere private to go in here. I'm so happy to see you. You're my first visitor." Someone had opened the side door and I had a glimpse into a large dormitory, which was separated by glass and plastic walls, so that even the smallest corner was visible. The beds stood in narrow rows, leaving almost no gaps. About hundred beds, I calculated. At the side of the room were the lavatories, unlockable, with only half a door in front. Apart from those, there seemed to be no doors at all. There was a woman in a latticed bedstead by the entrance with a bloody bandage around her head. She was banging her head against the lattice repeatedly. Most of the beds were occupied. Some patients were halfway dressed and walking up and down the narrow aisle. One of them shouted incessantly: "I want to talk to my lawyer, let me out of here! I want to talk to my lawyer." Another wanted her coat. "My husband is coming to get me, I need to get dressed." Her look was slightly glazed and she seemed to look through me. A young blonde had her purse under her arm, as if she wanted to keep it safe. "That's Leila, a prostitute. She experienced horrible things. There are several of them here, I get along fine with them. The schizophrenics are worse, you never know how they're gonna react. Or the manic depressives who want to kill themselves all the time. You know, every newly committed patient comes to this ward first. It takes a long time before they've sorted out who gets admitted where. First, you have to endure the examinations and tests. It doesn't appear to be that easy to get the diagnosis right. First they ask you if you feel like you're followed. Many here feel like they're followed or hear voices, day and night. The senior physician has a tape recorder inside his desk drawer and secretly records your interviews. They're observing you for several days. If you revolt, they sedate you with an injection. The worst is that I can't eat anything here. I always put some crumbs on my plate, so that they don't notice. Otherwise they stuff it down your throat. At the weekend, there isn't much surveillance, they're short on staff and some have their free day. It's been days since a

physician was in here. The other buildings have to be taken care of too and are hopelessly overstaffed. That's why the narrowness here. Only the addicts get to building five immediately." I was horrified and said much too loudly: "Andrea, how can you endure this?" "There are sleeping pills for the nights and tranquilizers for the days." she answered. "Soon, I'll be transferred to a half-open building, they said. Please come visit me again, if you can." Ingrid had listened to me without interrupting. Now she asked: "How can a normal person get into such a position?" "I didn't understand either back then. Today, I know the reason, the asylums are full of such "normal" people." I said. "Many shouldn't have to be there, but they incarcerate themselves into their thoughts, create boundaries of their making." I wanted to tell Ingrid more about the subject, but it was time for our evening walk. The sun was setting already and mountains and river were reflected in its brightness. I left the tragic stories for later.

What is Karma?

At breakfast I asked Ingrid: "Can you imagine that there are still people here in the Western world not believing in God?" "Well", she said, "there are atheists and people that haven't been brought up with Christian or even religious values and there are ignorants that just question everything not touchable or visible." "Do you think it's possible that Konny is one of them?", I wondered. "I don't know him like you do", Ingrid said. "But I don't think so. It rather seems that he has much good in him and people like that are always close to God, no matter what education they received or religion they follow."

I told Ingrid about the conversation I had had with Konny not long before. He had paid me a visit when he had been feeling lonely again. I had tried to explain to him that nobody is alone at all really. He had been depressed and I had asked him why. "Oh, it's nothing.", he'd said. "Well, about Herbert. I couldn't speak one reasonable word with him and that although we've known each other since school. He just walked away, just because I didn't believe in his opinion. He always knows better. Nina leaving me, that was my fault. But Herbert? Sometimes, you need to have a talk from one man to the other." "I'm sorry for you, Konny. It will be okay again, I'm sure of it, if you just let him have his opinion. It was always like that between you two. But I don't believe in your conversations really. It's always been difficult for you to talk seriously. You know that I've been working with men for years, I know the wishes of apprentices as well as directors. It can probably be explained as follows: a man who's frustrated at home or at work needs to let off some steam. And for that he needs balance. So at first, he goes out, preferably to a bar. To catch a break, hear and see nothing, change his ideas. But who'll he meet there? Men with the same problem as he with whom he won't talk about it, as nobody is capable of listening to the other. It's not much better if he has a close personal friend, because then they have gotten used to each other and like to rail against politics, women, their bosses or the prices, but the personal problems remain untouched. The reason for this behavior's gotta be the old stereotypes. A man has to deal with his problems. So who of you wants to make the first step? Nobody, because you're both thinking: What advice can he give me really when he prefers not listening to me properly and not asking how I feel. Better to just have a drink. A woman has it easier with a girlfriend. She just talks to her and doesn't wait for being asked how she's feeling. When she manages to talk freely and openly about her problems, then she'll almost always find understanding. Just tell me, whom of your many acquaintances from the sport's club, or your company or your other

surroundings would you really listen to? It would be nice for you men to develop the skill of opening up. In fact, it might suffice to use positive thinking for mobilizing your mental strength. And there is no reason to feel lonely, Konny, because we all have a protective spirit. It's gotta be comforting to know that." "Don't talk to me of guardian angels and the likes. Only very naïve people can take comfort in that.", he said. "Why is it that people only call to God and the angels when they're miserable?" "It just shows how great the human need is for spiritual help. Every one of us needs help sometime in his life. And basically, we know who to turn to then. However, we too often forget that praying doesn't only mean to beg, but also to give thanks." "You believe that there's a God, don't you? If he exists, then why is there so much misery in the world? Why are there wars, starving peoples, abused children and tortured animals? Where is the sense in that?" I sensed Konny was feeling strongly about this point, so I answered: "If there were no God, then everything would really be senseless. But the second possibility is that He really does exist. Then the question of why He lets all that misery happen is justified." "Yes, and why does He? Can you answer me that?" "There is an answer. In reality, it's the people that bring about the misery, when there disregarding God's laws we all have to live by. It's funny that in those so called good times, there are no less people suffering than in the years of crisis, when war, hunger and misery ruled the world. That God lets is happen has to do with karma. I'd like to advise you to read the bible, it's the greatest book of enlightenment of all times." "The bible tells us that God is just. But why are there suffering children then, when they're truly innocent?" Konny asked. "There's a reason for that too. Assuming you're interested, you should read books of enlightenment. You'll find them in every good bookstore. There are countless reports by those who've been reanimated..." "Whose reports are those?" „Reports of people who've been clinically dead and have been reanimated. Nearly all of them can remember what they saw and experienced when they were dead. And even though they're all talking about their own experiences, it's astounding that their testimonies coincide when they're pointing to a living on and the existence of God.", I said. "As far as I know no one ever came back from the dead," Konny said. "As far as you know. But what do we really know? Besides, the deceased are not dead, but they've only changed into another plane of existence. Why can't the intellectuals accept that our ability to reason does not go far enough for explaining everything in a scientific or physical way? You do know the quotation of wisdom which Shakespeare proved true at time, don't you? There are more things under the heavens and on the earth than our school wisdom

can dream of. Sometimes, we can understand more by some other way than science. Because science has its limits, as everything has to be proven by all means. It has to be corrected all the time and we talk about the up-to-date findings. God's laws on the other hand always remain the same. Sometimes, knowledge is more than science. And intuition is another way of intelligence. During the course of the centuries, it has been neglected and ultimately lost for the humanity. But it's a fact that reanimated people that have only been connected to their bodies by some kind of ethereal silver string during the phase of their clinic death, give astounding testimony. They all agree that they would have liked to stay in this other, more beautiful world. You can deny facts, but hardly disprove them." "Have you seen this silver string?" "No, but the reanimated ones have definitely described it. Plus there are people with the gift of foresight who can see it. Many of them possessing medium skills without knowing about it, I might add." "Or they only claim to see the silver string!" Konn was agitated now. "Who says they didn't make it up to make themselves seem more interesting or make money off of other people's good faith?" "There are always cheats and quacks, but I'm talking about people with experience who live completely separately from each other, yet have seen the same thing and verifiably couldn't have known about it some other way." "Okay, I'll think about it. But what about this karma you talked about?" „Karma is the lesson of cause and effect. No effect without cause or, to put it differently, every effect we feel was caused by ourselves." "I don't quite understand, what has that got to do with life?" "It means that we all have a task, a path, our own destiny programmed by ourselves. We can only understand that if we see it in correlation with our past life. Because, you see, in this life we're already planning our next..." "Assuming reincarnation is real and we are born again?" "Of course, just think about it, only then does it make any sense. Nearly all non Christian religions believe in reincarnation." I said. "And so you're contesting Christian religions? A short while ago, you told me you didn't go to church anymore." "That's true. And where am I to go? The different denominations are contradicting each other more often than not and each one claims to possess the one truth. I think that God alone knows the truth, not man. We can only receive it through Him." "And how do you receive it?" Konny asked. "It has been proclaimed millennia ago. And today, we're able to renew it, for example through those that are closest to God, the spirit world. Spiritual mediums are able to contact it." "Spiritualism, isn't that some mumbo-jumbo including the witching hour and Ouija boards and stuff?" He snorted. "No, it's just one possible way to learn something about our true existence, an accessible bridge for all those

that are searching into a domain exceeding earthly knowledge.” I said. “There have been messages through mediums as long as man has roamed the earth. The bible is a spiritual message too.” “You haven’t explained yet why there are children suffering.” “Justice cannot be captured in one lifetime only, because how short is a span of life compared to infinity? We can only see justice over the course of many lives. How can a crook enjoy life while a child starves? But we have to see it this way: maybe the child was a crook himself in his last life and wants to cleanse his karma now?” “And what are you basing your claims on?” Konny asked. “On the logic resulting from the correlation of many lives. But also on the source where the river is still clean, coming directly from God’s messengers. From there, we’re able to get answers to our questions.” I said. “Now you’re starting with that again.” Konny was very angry now, he seemed to doubt my sanity and did not want to continue our discussion. In the days to come, he was careful to avoid me.

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Ingrid’s terrace was located at the south side, so it was warm enough to spend the early afternoon out there. From time to time, sparrows would fly boldly into the living room, seemingly attracted by the parakeets chirping. That was when Ingrid asked about Andrea. “What was it like with her back then? Have you heard from her recently?” “Yes, I visited her a few times. That was very important for her, as she told me.” I said. “I can imagine. Sometimes, a friend can replace a psychologist, assuming he makes an effort to listen properly.” “Yes, but sometimes, a talk can also fail because the other is unable to open up. Cries for help that are too quiet are often overheard or wrongly interpreted. It took a great while for Andrea to open up. She spent many months in the hospital. She was transferred to a new wing and prescribed an occupational therapy. I met the professor who took care of her, it was the older man in white who had quieted the boy in the park. Andrea trusted him, but there was little time for private talks. They mainly worked in groups, which she didn’t like very much. “Nobody of them can help me, they all have their own problems. And what’s my inner life to anyone?”, she complained to me. “Don’t say that, Andrea.” I tried to reassure her. “The greatest understanding comes from those who’ve suffered themselves. And talking is always important, because it frees you and releases aggressions in a natural way.” I was allowed to take the girl with me into town for shopping or drinking coffee. Sometimes, we found a quiet place in the park to talk. “Why don’t you go to your mother, you seem to be

yourself again?" I asked her one time and she looked at me sadly. "You know, there are a lot of women here who could be sent home tomorrow, but they don't know where to go. Their old surroundings would provoke a relapse and some have simply been forgotten, nobody comes to get them. And my mother doesn't understand me, she only loves my brother." "You don't really believe that?" "It's true. If my father was still alive, then things would maybe be different. To him I could talk." I later visited Andrea's mother and found out that the woman had been completely overburdened with the education of her two children. There had been difficulties with the son, and now there was the burden of the, in her opinion, complicated daughter. The long illness of the husband before he died. All this had left her in need for help herself. I've been asking myself why they did not receive family therapy, as it would have been the case in America." "It's always the same," Ingrid said, "a difficult childhood with problems at home. Can it really always be that simple?" "That's what I used to think, back when I didn't possess cosmic knowledge yet. It's why I wasn't able to explain the context to Andrea. Maybe she would have taken comfort in knowing that she was just cleansing her karma. And that it is nothing else than karma when parents and children have difficulties with each other." "Right," Ingrid agreed. "And because nobody else is responsible for our destiny than we ourselves, we can only free ourselves from it on our own. With God's help of course. Nobody can do it for us, only show us the way. Sometimes we find a Simon to help bear our cross. But the real strength comes from the right thinking, so that we can find real life again." I nodded. "I've experienced it myself. I put my head against the wall and still couldn't change my situation. Resignation didn't help either, on the contrary, it all got worse. I was convinced that my surroundings were responsible. Did I get sick because of it? Only when I changed my life by thinking differently, by changing my attitude toward things, by realizing the causes of things and their correlations, did I find my life again. Before, I felt like Andrea, I was more dead than alive." Ingrid looked at me thoughtfully. She could have told me similar stories about people she had taken care of for years. "You have to be down first", she said, "like an alcoholic that isn't approachable anymore. You don't get up when you fall, only when you're really down. Then you accept a helping hand, when before you didn't. What's more, the time has to come when you have cleansed a certain part of your karma. When we find out why we suffer, it's almost over. Karma only occurs when we don't accept our task, when we don't want to change anything about ourselves."

Change of Course

Ingrid asked about Robert. “He’s still part of my circle of friends. Rudy and Heiko, the nice guys, too. I can only tell you good things about Robert.” Ingrid had met him as an amiable, positive man who was a master at hiding his own worries behind his helpfulness. It was about a year ago that he had reached an absolute low where his desperateness was concerned and he asked for my advice. Naturally, I could only tell him that believing in God is essential. Apparently, he was surprised at my opinion. “I’ve known you as a free, open, modern woman without a connection to church“, he said. “One doesn’t have to exclude the other,” I answered. “It’s about a woman, isn’t it?” “Yes, it’s always the same. I’m almost forty now, I have enough money, women generally like me, but still, every relationship of mine always ends in chaos.” “With your good looks it’s really weird. It’s probably always the same reason. I have an idea. My friend Marina is coming to visit me next week. She’s a medium and we were planning to get together with some nice people for a spiritual session. If you want, you can come too. Maybe we’ll be able to show you your path and find out the reason for your failures with the help of angels, the good spirit world that is.” I told him this quite spontaneously and didn’t think he would accept. I even wondered if I should tell him that a lot of people I know had already gained new impulses this way. Then he said: ”Okay, I’ll come.” It had been curiosity that made him accept and he was indeed surprised at the people he got to know at my place. Somehow, he had imagined them differently, not so normal, as he later admitted to me. At first, he sat a little apart, quietly observing the scene. Then we needed someone to keep the log and Robert offered to do it. So he came to write down what we were told and was surprised to find out that each of us was able to contact his or her own personal protecting spirit. He would have liked to do that as well. It happened one week later. He was given the personal certainty that he was being protected like all other people. He actually felt the presence of his protector and even found out his name. It took a while for him to understand what had happened to him. that he had opened himself up to help. “How

can I keep this connection going?" he wanted to know. "You only have to be sure that your protection spirit is always there with you when you need him. He is a messenger of God, he'll reach you even without aid." It was from this moment on that he nursed this mental contact very intensively and included it into his daily prayer, as he was himself surprised to admit. "I haven't been able to pray since my confirmation, but now it just works, it's just something I need. I'm very happy about that, because it gives me strength." And then one night, Robert received a message through our circle: You need to change your life completely! He was also given the details he had to change. Each word was recorded. But it wasn't so easy for him to change his life. The difficulties were not so easy to overcome. First he had to learn to face the realities, accept that conflict resolution is better than running away from your problems. It was his task to leave old behavior patterns behind. And he began to work at that. "My friend Ingrid will come soon," I said, "unfortunately, she doesn't live around here anymore, but in the Eifel region. She's the best writing medium I know, maybe she can give you some hints." "I'm looking forward to meeting her", Robert said.

"Yes, and then, you've been a positive influence to him, my dear Ingrid. It was only a few weeks later that he met the perfect woman for him. Before, he would have just overlooked her, but now, he was willing to abandon some habits of his, to give something of himself every day. And what he gained from that was simply a lot more important. Now, he's married to her and as happy as ever. Plus, he's a completely new man now, his charisma is different and problems in the job are long gone. Were it the protection spirits that helped him?" I wondered. "They're there when you work at yourself. Besides, it was his good will to turn his life around," said Ingrid. "Many of my friends have experienced such a turnaround, even without spiritual help, but only with change of mind. For example Carola. She had been overcome by deep desperation when she found herself compelled to live alone. After her husband had left her, she suffered from depression and suicidal thoughts. Then friendly reports told her that it's not a solution to run away from life, because one faces the same problems in the next incarnation. They don't disappear until we've accepted and overcome

them. She accepted that after careful thinking. She faced her destiny and tried to create a new future for her, to build up her new consciousness step by step. She learned to accept light and shadow, found a new task for her and understood that the positive side of suffering is development and that it was due to this process that she had learned it. She took the strength for that from inside her, not from her surroundings, which were everything but ideal.

Granted, that kind of reorientation takes some effort, but only at first. I suggested she take the following motto to heart: Life is a chance to live! Today, after almost two years, she is a happy person again, because she knows that there's always a way. Liane has experienced the same thing, when she lost her child and her husband in one year. It was hard for her, but she came out of her depression with help from above and found new courage to face life again. I have often seen how fear can block a person. The people from the youth group are a good example. We used to train together and they managed to overcome their fears, fear of the unknown, fear of life, fear of tests – by not avoiding it anymore. All passed their tests and are holding down jobs today. All but Mischa, who gave up too fast. It's a shame, but he needs to start again. Maybe, he'll succeed one day, when he learns to let go.“ “And Konny, is he changing?” “Not yet, the doubts are nagging him a lot. But he has good potential. Let's wait what the time brings. Our last talk must have taken him a little step forward.“

“You have to think of it like that,“ I explained to him. “we're not really at home on the planet earth, but we're guests rather. It takes us further in our development, because that is the reason why we spend some time here on earth. It's our *raison d'être*, so to speak. Our home is with God, where our life could have been once, without worries, sickness and war. But we participated in Lucifer's fall and we can only hope to get back to the source of our life. We have existed since primeval times and we're still living today. And still, we're always accompanied by the longing for perfection, peace, justice, an absolutely happy life, like we can never achieve on earth.” “Ok, if we wanna go by this theory, is it God's punishment that we have to live here under these hard circumstances?” Konny asked. “No, God doesn't know punishment. Some religions may think otherwise. but the truth originates directly from the

source and it says that our life on earth is a chance to get back up. It was our own fault that we moved away from our home and we can only get back there if we move on mentally. The earth is a planet of development. We are here to learn. Each of us has a mission, some kind of school task. If we can't solve it in one life, we need to take the class again, meaning, we have to go back to earth to finish the task. Only then can we stay at home." I explained. "So we're really alternating, one time we live here, one time in the afterworld, either with or without a body?" "A little bit, yes. We can compare the planes with frequencies or vibrations as well. The higher the more subtle they are. When we leave our dense body behind, we take a subtle one at first. And this one we develop further into total spiritualization. But first we come back to our development planet, because we want to learn. Because we have set the task for ourselves, which is to achieve the highest goal." The doubts in Konny's face didn't escape me, but I continued: "It happens through our lifestyle. We don't have to make it all at once, there are several steps (classes). The farther our development, the higher the plane we're allowed to be on. We have to learn to live in a way that we're as complete one day as to stay up high forever." "Forever?" "Yes, because life endures all time, now, before and later. It's up to us if we want to spend it on a good plane or not." Konny made a skeptical face and I believed to see a taunting glare in it. He asked: "How can we achieve that?" "First we need to achieve the knowledge about cosmic connections and understand the spirit of Jesus is behind everything. That everything has to happen according to his wishes and his laws. Try to think more globally and in a more complex manner, then it will all become clear. The key to this doorway is love. We can create all we do with love, no matter if it's a service or a mental task. Clean your shoes or your apartment with love and above all, prepare your food with it. Talk to fellow people with love. When you meet older people, imagine them as your parents, compare the young ones to your children and see your neighbor as your brother. Because love is contagious. Only keep away from the evil ones uniting with the lower powers, so that you don't become infected. Build up your love for God as a protective wall around you. In the morning. I try to think about my daily chores with love. so that I enjoy them. It doesn't always

work. Then I remind myself that it's all for my development. Love is the highest vibration of all and I can use it to my advantage. Besides, it is our task on earth to overcome materialism. It doesn't mean to banish it from our lives completely, we simply cannot let it become the center of it. Material thinking still rules over the majority of mankind. Existential fears, earning more money, achieving more than others – most of the time is used for things like that, almost our whole thinking is engaged in them. And all that for a seemingly better life. People become completely absorbed in it, let themselves be ruled by it.” “Do you want to leave it to others to support your family?” “No, you've got me wrong there. They say pray and work, not the other way around. Fulfill the task you've been encouraged to find for yourself according to your possibilities with enthusiasm. It's what you've been striving to from the inside. But don't let the accumulation of goods become your main *raison d'être*. Most people long for more possessions than they actually need. Honest, don't you want to purchase the newest model of your favorite car even if the old one is still doing its job? And are you not prepared to put more work, more strength into it? For a time you may enjoy it. But are you happier because of it? Does it solve your family problems, does it take away your worries about the children or your health? As a woman, I feel the same. If I feel frustrated, I go into the next shop and buy a blouse or some other item of clothing I don't really need. Or I go into a pastry shop and eat more than is good for me. Only to improve my self-esteem. A talk or a good book that could change our mind would be much better. But our behavior also extends to our free time. We look for distraction in what often turns out as self-deception. It's a vicious circle. The good life as we imagine it goes by without us even noticing for all the striving. We have not served the cause, but the profit arising from it. And soon enough we won't be able to see whether there is more quality of life in a materially high living standard or more free time with the family, more time for oneself and meditation. Then one goes from this world and leaves behind all the material things accumulated with so much effort. And now the question arises: Have I used my energy correctly? If I've come to the conclusion that matter in a certain form has no persistence for us and that physical needs are not all we need. then what should

be the center of my life?" "Yes, what should it be? Have you always used your strength correctly?" Konny asked. "No, unfortunately, I haven't." I admitted. "My environment and me probably would have suffered a lot less if I had. I have only seen that much later, I only changed my philosophy after a stroke of fate. I experienced myself that it's worth it to work at what you can take with you into the other world, that will always be valid for our own spiritual development. There lies the guarantee for our well-being. If I take that to heart, I will have my daily bread, as it is said in Scripture. Wealth will come for me, if I do not aim at it. Yet we have lost this knowledge in the course of evolution and now need to find it again by changing our thinking." "You said that we partly set our life's task for ourselves. I don't completely understand." "It's got to do with our karma. The new orientation is done on another plane of existence. Over there, I am spirit and soul, let both work for me. I can see further, because I stand on a higher look-out. Suddenly, I know what I still have to work on and am prepared to do it. When we incarnate, we are always attracted by our area of guilt, go there again to dissolve our karma and be able to move on to a higher plane. Or, what is the same thing, to take on finer vibrations. So before you go back to your earthly existence, you get an overview. You are the sum of all your lives. You see what you are still missing and want to achieve it. That is why you choose a set of parents important to our path of development and a date of birth exactly corresponding to your karma. Because you want to pay your debts. The seed is buried in your unconscious, you only have to bring it to fruition with your free will. Not only to reach a better life sphere, but also because of your love for God who has given you all this and whom you don't want to lose anymore. One doesn't automatically become a better soul upon dying. The development goes on, only slower than on earth. There is a time when we see all of that. But the memory of our past lives is erased for our path on earth, it would be too heavy a burden. Only small children and people with the sight remember them for a time. Thus, we choose corresponding difficulties to build a basis for solving our tasks and if need be, correct our path in life by sickness or other sufferings. And children become sick or orphans if they want to or should dissolve their karma as soon as

possible.” I explained. Konny didn't say anything for a long time, but made a face that seemed to suggest: I hear you, but I don't believe.

“You know, Ingrid, I tried to explain it to him, because he keeps asking questions about departure without going into the depth. He asked me for a book on positive thinking. He said he wanted to read it.” I told Ingrid. “He's not going to understand it using only his head, Gisela, no matter how high his IQ is. Only when the time has come for him, when he opens up, will he know. And now, if you're up for it, let's go for an evening walk. Baffy and Boomer are already waiting for us.”

Good and Evil Spirits

Surprisingly, Konny came over on a rainy Sunday to borrow new books from me. He didn't have any particular book in mind, so I gave him some protocols bearing witness to reincarnation to read. It was recountings of experiences of people who had undergone re-turn processes, which were so touching one couldn't forget them. When he gave them back to me a couple of days later, he said: "You know, it's quite an interesting read, but a little too obscure for my taste." "Why can't you be honest and just say that you don't understand it," I said. "Or that you're not ready to understand?" "I can't help it if I'm a down-to-earth and pragmatically thinking kind of guy, I only believe what I see." Konn shrugged. "And proud of it, are you? Don't you see how you restrict yourself, how you're building barriers? It's a shame that your intuitive source of strength is running dry. Even more so at a time when you need it." When Konny noticed that I was frustrated with the fact that I couldn't seem to help him, he tried to set me at a rest. "I'm just not ready yet to understand it all. I see my life before me as it is. I want to live now, be happy now. Don't you understand?" I understood that very much, as I had thought the same way not too long ago and had been as unhappy as Konny. I also understood it was a fruitless effort to try and keep any further pain from him, so I said: "You're right, we live in the here and now and I have to accept that you're not ready yet. But that someone hasn't come as far as he wanted yet only means that he didn't go at all. How can we advance without moving? That's why there is only one solution: we have to want to advance from our inside, nobody else can make us against our will, even if he means well." We continued talking about the question how someone can move forward. It seemed to me he needed to build up his strength first.

Ingrid would know what to do, so I asked her: "Can you imagine that even the most intelligent people refuse to believe in something not corresponding to their realistic ideas? Konny's like that, it's against his nature to give up his linear thinking." "It's the fear that's blocking him.", she said. "Nothing scares people more than the unknown, the uncertain. It's what builds up unnecessary barriers, that we don't want to accept that they're not really there. What's more, his well-established world view would crumble and he would have to abandon his points of view. Who would want to do that without good reason?" "In my opinion, the reasons motivating people to change are sickness, loneliness, desperation or the loss of a loved one. When I decided to change, it was because of one or rather all of these

reasons. I only ask myself, does one always have to suffer a stroke of fate first before we start to overthink our ways of live?" I said. "Perhaps we don't have to suffer, but we certainly want to. The chance to get moving becomes greater this way. So, really, we can see the reason to change as a stroke of luck." Ingrid answered. "As paradox as that sounds, but that's exactly how it was with me. And with Marina, and with you too of course. Would we have come to these insights otherwise? Not voluntarily, that's for sure. I don't know how I would have reacted to a lesson on changing one's thinking given to me by someone." "We only see the truth when we're ready to understand it. Otherwise we have to make our way and live with the difficulties." "And it's not as if godly people don't have worries, but they cope with them better. Many are looking for support in religion. Do you think that's right?" I wondered. "A man can look wherever he may find. And most of the time, that's inside himself." Ingrid answered. "Sometimes I ask myself, Ingrid, why the ones opposing us commit themselves so much to their cause before having looked into it properly. Young people are much more critical than before and curiouser. That could mean change and progression, but to press a firm point often also means standing still. What baffles me most is that the Christian churches in our region are not open to certain facts, for example when God reveals himself through His good spirit world. Wouldn't constructive education be better than prohibition?" "Of course, but that behavior has got to do with fear. Yet the church did once change their world view, after initial resistance. That was when they recognized that not the earth but the sun is the center of our cosmos. I don't think it's impossible for the church to correct its doctrine after having had new insights. Their hesitation can be explained by the great responsibility they bear like any other powerful institution with numerous followers. Not to forget the negative side of the spiritual path. There are too many profiteers, sects and black unions coming on especially to easily influenced adolescents and misusing their inexperience or their search for a role model. Other people are overeager and reckon themselves mystics because they once read a book by Murphy or Dethlefsen. But they don't know that you can't be a mystic, only on the verge of being one." "I can see that educators and RE teachers have to warn against certain experiments, but doesn't that also mean to destroy the good along with the bad, to rip out the crop along with the weed?" I said, which made Ingrid looked at me inquiringly. "Have you forgotten how it was for us at first?" she asked.

No, I hadn't forgotten. I vividly remembered, especially the Black Friday, which Marina

would certainly never forget. For a moment, I hesitated to tell Ingrid about it, but then I decided to do it anyway. “We had come together in my living room, because we wanted to make contact. It was a Friday night, the thirteenth actually. The weather was dreary and rainy and we had been warming ourselves up with tea and animated talks. There were new guests there who wanted to know as much as possible about themselves, their past and future. We used to take on everyone who was interested, because we wanted to provide help in all circumstances. Thorsten had to study, so he wasn't there this time and Marina was going to be our medium. She possessed the necessary od power and the writing mostly came in her direction. As the circle was too large, we were writing alternately by the twos or threes. Everyone had a lot of questions, for example: Will I stay healthy? Can I find the right partner? Will my wish for a house come true? Who was I in my last life? And so on. The answers came surprisingly fast. The writing was hard to decipher and it was much more uneasy than usual. Suddenly, our writing tool began to race. It started writing all over the place, the letters crawling into one another. It wrote so hard, the paper ripped. There was unbelievable tension in the room, it seemed to vibrate and the atmosphere felt charged. Stop! I said. Stop immediately! But the participants couldn't let go, they seemed hypnotised. Marina began to tremble. It took great effort to take the writing tool away. Hartmut gasped for breath and then tore open the windows. There was a stuffy odour in the apartment. The aggressions accumulated and filled the whole room. I was standing there feeling stunned when it came to me to say a silent prayer. Gradually, the group calmed down, but no one was feeling at ease anymore. That night, we all couldn't sleep and days later, the walls still seemed to crackle.”

Ingrid was deeply shocked. “Don't you know that it's not a party game? That we shall only ask questions serving our development? You were lucky nothing worse happened. Here's the thing. As there are good and bad sides in a human being, there are good and evil spirits in the parallel world. The latter are earthbound, they don't elevate us but get us down. I can tell you from personal experience about cases where that happened. For example my acquaintance from K. She wanted to be able to write so badly. I had warned her about the negative spirits, but she had brushed my concerns away. The main thing to her was to make contact. And she got that, but only with minor spirits. The beings took hold of her and in the end, she heard voices all the time. Now she's living her days in a mental institution.” I shivered at the thought, as Andrea came to mind. “And then I also remember some nice acquaintances from long ago,” Ingrid continued, “mother and son from G. The son started experimenting alone

one day. Keep in mind, these were nice, upright people. But it happened all the same. The son started drinking from one day to the other and became aggressive toward his mother, with whom he had always had a good relationship. A negative spiritual being had possessed him. It can go that fast sometimes. I don't know what became of them. And then there was this teacher from D. who is unable to process food because of her possession. And the woman in K. who was so attached to her dead husband. After contact had been established, he didn't want to let her go. Day and night he harrassed her with his presence, which he made known through weird noises. If an otherworldly being is earthbound, meaning that it doesn't want to let go, it cannot advance itself. Even for us, it took a while to make the really high contact. At first, there were only the so called hoax spirits. They pass themselves off as some high-ranking personality and make a fool of us. They promise us one thing or another, none of which actually comes true. The good spirits sometimes ask you to improve your life and you can be sure that their predictions become real. And they never tell you your dying date. If something like that gets through, we have to be extremely careful. Like I said, all these are cases well known to me. Do you remember the small café at the Ruhr river? We met there sometimes, because our apartments became too small for the group of participants becoming larger every time. This one night, there were about fifteen people, but you weren't one of them for once. First we set our pendulars into motion, without much success. Then we had the idea to bend spoons, using not the slightest muscle, but only our will power. But as much as we tried, nothing moved. In the end we were very disappointed and gave up. At night, when everyone had gone home, it finally happened. The owners sleeping above the café heard a loud noise. Scared to death, they began searching for what might have caused it. In fact, they saw that the heavy iron rods mounted at the bar and windows had been completely bent. The accumulated energy must finally have unloaded." I thought about Ingrid's words. "It's basically like this," she continued her explanations, "the minor spiritual beings can be contacted easiest. They're not so far away from us human beings than the higher spirits, because their od, which has to connect to the medium's, is similar to ours. It hasn't been cleaned yet. They're practically waiting for us to make contact with them, because they want to draw us down to their lower plane. Besides, they don't replace the od they take from us and thus, we gradually lose our health. It's the other way around with good spirits. They give us back twice the power, as a gift. Plus you don't have to ask many questions, they can read your mind. Unfortunately, the good spirit world can't be accessed just like that. The higher it

stands, the more difficult it is for us. But once you've come far enough to be able to contact it, it's a mercy, a veritable life aid. So if you ask yourself the question whether spiritualism is useful or damaging, you have the answer now.” “Is there a way to deactivate the evil spirits and just attract the good ones?” I asked. “The higher you're developed yourself, the purer your own od, the better and more fruitful your relation with the ethereal vibrations will be. They are the way to a higher world. Keeping in mind certain things before making contact helps as well. For example honest prayers before each contact, harmony amongst the participants, complete relaxation, absolute trust in our good spirits and the honest wish to work at your morally-ethical and spiritual advancement. Questions concerning earthly and therefore difficult, weighing-down things are not allowed and are not the issue here. But if we are working on our spiritual development, we may receive answers that will bring us further along in our path and provide us with strength for our current existence. You'll be able to achieve more, feel years younger and healthier than before. You'll cope with the difficulties of life better. The actual sense is the connection to ask for guidance now and in the future.” “How can I learn about my development status, seeing as I need an elevated one for making good contacts?” “That depends on the plane and level you're on. We can talk about that another time. I would rather like to press that it's not necessary for everyone to write themselves, because there are good mediums communicating to us the advice they get, so that we can all make use of it. Spiritualism is a great force that has to be dosed like drugs, alcohol, electricity and be controlled like fire, water and other elements. It can be a deadly weapon in the wrong hands. So, to sum up, in order to make useful medial contact we require an elevated development status. Which means that we have to get there first. And we can do that without utilities, just by praying.” Ingrid said. “I only see the good in things, the positive.” “That's not right. We shall not avoid evil, but accept that it's there. To hold on to it, we have to actively confront it. It's the only way to create a balance.” “We hadn't written since said night, Ingrid.” I said. “Actually, we wanted to quit completely, but then Marina and I continued, only the two of us and after lengthy preparations. In the beyond, we asked which of our friends would be allowed to take part and they answered, no one as yet. Later, one or the other was allowed to participate with short questions and we still hold to the rules today. We received further important instructions for which we are very grateful and follow closely. This way, we were able to reestablish our positive contact. The results are in the folder I brought you. You can look at them if you want. But it's obvious that they're beginners' questions.” When she heard that, Ingrid

gave me a look and picked up the logs.

Log Extracts

Adhering to all rules and extensive preparations.

Note-takers truthfully recording every word.

Contacts established in 1979 and withstanding, recordings since 1986.

May 8, 1986, extracts

Mediums: Gisela and Marina

Log: Hartmut (q = question, a = answer)

q Dear friends from the beyond, we're happy to make contact with you today. Which of you is ready to do it?

a Emma, Angelika and White Eagle as your controlling spirit here. We swear to love and cherish God and to help you on your path to higher development. First Emma.

q Dear Emma, how can I best advance in my development?

a Read a lot, pray a lot and surround yourself with positive people.

q Is there a deeper meaning in the difficulties people are facing sometimes?

a *Yes! You have to learn to cherish things more.*

q It is a good sign if all goes well for a person?

a *No!* (You have to dissolve your karma).

q What shall I change first?

a You shall lead a different life than before.

q Which one?

a Not so much work, go to a quiet place and meditate.

q Do I worry too much?

a *Yes!*

q Is it better to think less?

a No, but think correctly.

q Can you give us technical advice to improve the correspondence with you?

a Ask concentrated questions. The stars and moon are good for us. Talk to you soon. (*Three*

hearts drawn into one another appear.)

September 19, 1986, G. and M. Log: Hartmut

Hearty greeting, administering of the oath.

q Who can write to us today?

a Emma

q Dear Emma, how are you at the moment?

a Good. It's nice here, but it's even greater up above. That's where we want to go too.

q Can you tell me if people have destroyed a planet before?

a *Yes!! (The yes is oversized.)*

q Can we do something, so that it doesn't happen again?

a Yes, you need to learn to pray for the earth. If it's destroyed, it's going to be very dark for you.

q Dear Emma, is Aids a punishment from God?

a No, there is no such thing! It was caused by people that don't have developed enough love.

q Do fidelity and ethics play a role?

a Yes, a moral attitude is necessary to beat this disease.

q Will the disease let the ones suffering from it see reason?

a Yes, it's very important for people to see how important the connection between body and soul is and then live by it. Love is the most important thing of all! *Not love as you mean it.*

Good night. (Sketched hearts.)

February 2 Marina and Gisela

q Dear friends, we greet you heartily and ask for good contact. Who can answer?

a Emma, Angelika and White Eagle as the controlling spirit. We swear to love and cherish God and to protect you from negative spiritual beings.

q Dear Emma, were you my grandmother Emma before?

a **Yes.**

q Are you my sole protection spirit now?

a No, I'm still a guardian angel at the moment.

q Can you answer a few questions concerning my development?

a **Yes.**

q Is it true that we human beings all had a dual soul in the beginning?

a Yes, at the beginning of all existence, yes.

q We have lost it and can only get it back in the hereafter?

a No, earlier on earth, if the development is advanced enough.

q Are there two different people to it?

a Yes, two people in life completing one another. Completion of the souls!

q Will they become one again in the hereafter?

a As on earth too.

q Do they have to be of different sex?

a No, because the sex continually changes.

q Is it true that there is always a time period of about 200 years between incarnations?

a No, there is no time for us. All is flowing and nothing lasts as long as you think.

q Can a spiritual being that incarnates voluntarily come back earlier?

a Yes. (*A spiral is drawn.*)

q Can you explain this spiral to us?

a The spiral stands for endless life!

q Dear Emma, how do we have developed, tree, animal, man?

a No. You are men and were animals before developing.

q Did we also exist by way of plants?

a Yes, but long before.

q Is the transition from the fourth to the third plane the hardest?

a Each step is hard and requires strength.

q Does it get harder the further one comes?

a The task becomes harder.

q Understood, the final class test is harder than the one in first grade.

M How can we develop more love inside ourselves?

a Pray more and meditate and love all that is good.

G How can we achieve good meditation?

a By praying to God and Jesus Christ. Talk to you soon, God protect you. (*Sketched hearts.*)

January 22, 1987 Ingrid, Gisela, Marina

Ingrid commences.

I Dear friends, we greet you and ask your for good contact. Who of you can answer us today?

a Horst, Emma and Oliver. We're very happy, God protect you. Ask away please.

I Who can write to us first?

a Olli. Mom, I love you. Lots of greetings.

M Can you tell me why you weren't there last time, Olli?

a I am here now, it doesn't always work.

M Right, you have a task over there. What do you have to do?

a Tutor newly arrived children.

M Can you give me advice on my health?

a God is your guidepost.

M Will I be completely healthy again?

a If you help, I'll do too.

M I shouldn't start working, should I?

a Right.

M. Is my fear of physicians unreasonable?

A No, it's dead on.

M I don't understand. Would some other doctor be better?

a Yes.

M Maybe a non-medical practitioner?

a Yes, that's it.

M I thank you, Olli.

a God is helping you.

M Another question: Is writing too stressful?

a Afterwards, there'll be strength for everyone!

M Bye for tonight and have a nice evening.

a It's not like that here. Talk to you soon, we love you all.

April 14, 1987

Marina asking Oliver

M Dear Olli, are there several protection spirits for us?

a No, they change sometimes.

M Why?

a Because they're reincarnated upon a higher development status.

M When we're reborn, do we have to fulfill a certain task then?

a Yes, but you have a little say in it.

M Thank you very much for today.

a Wait, don't stop yet.

M Olli, do you want to give me another message?

a Yes. Dear Mom, I love you very much and want you to become completely healthy and happy again. That's why I'll come to you again soon.

M Does this mean that you'll incarnate again near me?

a Yes, I'll come to you voluntarily and we three, Hartmut, you and me, will have a wonderful time. I'm writing you for the last time today. See you soon, love. (*Three large sketched hearts.*)

G Dear Emma, when Olli won't be with you anymore, will you still keep supporting Marina?

a Yes, you'll be protected by White Eagle and me and you'll be well. Good night, my dear children, till next time. (*Hearts.*)

June 17, 1987

Psychoanalytic help for Heiko

M. and G. Log: Hartmut

Heiko isn't feeling well, he can't sleep at night, has nightmares. His parents have separated.

The usual greeting from both sides.

G Is Heiko's protection spirit there?

a Yes, dear Heiko, you're a good boy and I like you very much for that.

G Can you give him advice for the future?

a Yes. Heiko, trust in your instincts, you'll be guided in the right moment.

H I have nightmares where my father appears to me, it's awful.

a Yes.

G Did something happen with his father in the past?

a Yes.

G Can you give us a hint, Heiko doesn't remember?

a Watch.

H That's right. I believe I broke his watch once.

G Heiko, when was that?

H I don't remember.

G Dear otherworldly beings, can you give us a hint? How old was Heiko then?

a Seven years.

H Yes, I remember now. It was a pocket watch that meant a lot to him.

G And then?

H I remember having it in my hand and giving it to him.

G What did he say?

H I don't know, I was so sad that it was broken.

G Were you looking for his help?

H Yes, but he swore awfully at me.

G Have you hated him since then?

a Yes, no, I don't think so, I don't know.

G Dear protection spirits, can we let Heiko's father know?

a No, Heiko must let go.

G What can he do?

a He shouldn't see his father before he'll be able to forget.

M How can the two of them accept one another again?

a Heiko shall pray for him, then he'll become calmer.

G What can Heiko do to sleep better?

a Use the time to dream, pray and breathe calmly, it'll get better then.

G Can Heiko find his basic trust again?

a *Yes! (Written boldly.)*

G How can he manage to forgive his father?

A With imagination and prayer. The end.

From that moment on, Heiko was able to sleep again, the nightmares disappeared. The relationship with his father improved considerably.

May 31 M. and G. (extract)

G A question: Is the controlling spirit White Eagle the same one that dictated the valuable books to a medium?

a Yes, he is.

G Dear Emma, how does it work exactly with the changing of protection spirits?

a If one ward evolves, another takes over the work.

G Must a protection spirit who still has an ethereal body undergo development at the same time?

a Yes! If a protection spirit refuses to learn, he's replaced. There are protection spirits and guardian angels here.

G and M: Thank you for the information!

May 10 M. and G. Log: Hartmut

Greetings from both sides, the usual measures taken.

M Who of you is here today?

a Emma, Angelika and White Eagle as controlling spirit. (Oath).

M Where is Olli?

a Olli is inside you and will be reborn through you.

M But – I've been to the doctor today and he didn't say anything.

a Yes! It's still very early.

M Who's protecting us?

a Angelika. Your child'll be born in January. It loves you very much and comes back to you because of it. You'll be completely healthy again. *(Hearts.)*

June 17, 87 M. and G. Log: H.

M The usual greeting. Administering of the oath.

M Dear Angelika, how is my child?

a It's well with you, it has a good time inside your womb and wants to love you when it's born.

M Is its soul still up there with you?

a Yes, but it knows about everything that happens with you.

M Can it think?

a Yes, but the soul is only incarnated when it's born.

M What do I have to do to keep it healthy?

a Nutrition! Pure vegetables prepared affectionately. We're helping, but you have to build the basis, important!

M Can an embryo be influenced already?

a Yes, by praying often.

M Do babies and embryos know about their future destiny?

a Yes.

M Is that why they cry?

A Yes.

M Does that mean that babies that cry a lot have a difficult path ahead of them?

A Yes. Good night for now. Till next time. Much love for you. *(Two sketched hearts.)*

August 15, 1987 Marina, Gisela, Erika log: Hans

G Good evening, dear otherworldly friends. Who can make contact with us?

a White Eagle as the controlling spirit, Emma and Angelika.

G Is August 16, as said on the radio, going to be a day of transition?

a Yes.

G Will the Messiah be born?

a No.

G Is August 16 the beginning of a new world era?

a Yes.

G How will we know?

a There will be developments.

G What kind?

a People will advance in their belief in God.

G Does the coming Sunday have another meaning?

a It's going to be a special day for the earth.

G Can you specify that?

a No, not now.

G Will we be able to feel the transition?

a Yes.

G Dear Emma, does the transition have to do with the 2000-year rhythm?

a Exactly! (*Framed.*)

G Will it happen just like when Christ was born, only on the spiritual plane?

a Yes.

August 19, 87 (extract)

a Sunday, August 16 has reached many people. You too, but it's hard to explain. It's physically hard, but very good! Valid for you too! (*Hearty goodbyes.*)

October 2, 1987 M. and G.

a We swear in the name of God whom we love and cherish that we'll protect you and guide you to the path and that thee path is good and right. A little thank you for your love and the

good prayers.

M We thank you. Who is here today?

a Emma and Angelika, good guidance by White Eagle.

G Can you make karma recognizable?

a No. (It's in the subconscious.)

G Do we have to endure it or work through it?

a Both.

M When someone doesn't want to change, is that when karma happens?

a **YES!** (*Written in bold font.*)

M Does everyone bring his karma with them?

a No, not everyone.

G Is karma the same thing as a task?

a No.

M What does karma really mean?

a It means to pay off debts.

G Do we have other tasks on earth besides dissolving karma?

a Yes, the task for the people in order to develop.

G So karma is paying off debts and the task is development?

a Yes.

M Can I help other people to dissolve their karma?

a Yes, by giving them love.

G Is it generally true that in the hereafter, it is our main task to control our thoughts, as we should do now with our behavior?

a Yes, you should start now.

G Does it influence our development?

a Yes, good protection by the controlling spirit. Good night, talk to you soon, my dears, your Emma.

October 9, 1987 Present: Marina, Gisela, Erika, Hartmut, Hans note-taker: Hans

After the meditation exercise, there is especially great harmony in the room today.

G Good evening, my dear otherworldly friends, we ask you for good contact. Who can give us messages?

a Welcome, my dears. We're happy that you're all here and hope that you all honestly believe!

M Do you swear that you're protecting us in the name of God?

a We swear that we love you and protect you and lead you to the right path. We are Angelika, Emma and White Eagle as controlling spirit and the dear angels of harmony surrounding you.

G My first question. Is it true that one doesn't feel well during a development phase?

a Yes, always.

M Does one develop best on the astral plane?

a Yes. (Depends on the deeper penetration.)

G Is the interpretation of the vibration levels as earthly, astral, mental correct?

a Only partly, there are also the heavenly spheres.

G Is it true that we go through 13 stages after our death on earth, which are 7—6—5—4—3—2—1—2 —3—4—5—6—7, one being the final stage of the astral and the first stage of the mental plane at the same time?

a Exactly!

G Dear Angelika, is it bad to have people with us here who haven't developed far enough while we're writing?

a Yes, if they don't believe firmly enough.

G Hans says that the angels of harmony here today have a protection task?

a Yes, that's right.

M Can children be born in your world, as is written in a certain book here?

a No.

G What can Hans and Erika do to develop better?

a Pray and read, meditate, work with feelings more.

M Why are plainness and dullness often seen as the same thing on earth?

a Because people don't have enough love inside them.

G *What should we read?*

a Only a few important books.

G Is education of the heart better than education of the mind?

a No, it's better than intelligence.

M Is awareness through love the same thing as education of the mind?

a Yes.

G What is the sense of intelligence?

a To divert you from your feelings.

G Should intelligence and feelings balance each other out?

a No.

M Should feelings outweigh intelligence?

a Yes.

H Can feelings and belief be seen as one and the same thing in this regard?

A Yes.

M Is the Lord of darkness the ruler of intelligence?

a Yes.

G Can it be that the inventors of harmful substances have been influenced in a negative way?

a Yes.

G But technology is useful, isn't it?

a Yes, but only to a certain degree.

M Has today's materialism been prepared as such?

a Yes.

M Are feelings and intelligence opposite poles?

a You refuse to understand.

G Can Emma tell us something about it?

a You should get behind it yourselves, it's very simple.

M If there is enough love inside a person, does he or she automatically feel right?

a Just so, bravo, my dears.

M Another question. Can the feeling of our dying hour be captured instinctively?

a We're not at liberty to say, because it's not good for you.

G Is it true that people concerning themselves with the good spirit world develop faster?

a Yes.

M Does our good music make the harmony vibrate?

a Yes, it does, the angels of vibrations are coming to you closely and bring you harmony.
Good night, we love you all. Talk to you soon, Emma. (*Hearts.*)

December 18, 1987

I., M. and G. Log: Hans

Greetings from both sides.

M Who's coming to us today?

a Angelika, Emma and White Eagle as the controlling spirit.

M Are you willing to swear?

a Your caution is justified, great dangers lie in making contact. (They swear.)

M Good evening, Angelika.

a All okay with you and Hartmut?

M Yes, thank you for the smooth course of my pregnancy. Should the vibrations of mother and child coincide?

a Olli is your twin soul, that's why the good times. He's the total completion of your other side.

M Does the twin soul only develop once the same status is achieved?

a Yes.

G Our longing for harmony, is that the subconscious search for our twin?

a Yes.

G Can we achieve the luck we so strive for only by development?

a Yes, the highest level on earth is absolute harmony.

G How does the yin and yang inside us work?

a It's the light and dark side of a person.

G Should we fight the dark side (the yang side)?

a No, you should develop.

G And the light side?

a That should be developed to, but to the other side.

G Does that mean that every person should develop the male and female side of him or herself?

a Yes.

G Were yin and yang once one inside us? (Statement from the Akasha chronicles.)

a Yes, they were split up by the fall of mankind.

G Shall they become one again?

a Yes, by development, you can achieve a union inside yourselves.

December 18 II M. and G.

M Is it important to have children baptised on earth?

a The souls are baptised in heaven.

M Before being born on earth?

a Yes, and when they come back as well.

G Are denominations superfluous?

a They're not honest.

G Is religious education important for children?

a Only love and believing in Jesus Christ. If the parents believe in God, the children will be religious too.

G What about the people who can't believe?

a Those people carry hell inside them.

G Dear Angelika, aren't there differences?

a People who don't believe are empty and dead from the inside. They don't want to learn and remain on the lowest level. That's what I mean when I say hell.

G Can I ask about astrology?

a Ask White Eagle the next time. Good night and God's blessing.

March 30, 1988 M. and G. (Extract)

M Thank you for the high contact and the good controlling spirit. Dear WE, my first question: Do the lines on our hands mean anything?

A Yes, they show us our life course.

M Is it the same thing with astrology?

a Not exactly.

G Can you answer some questions about astrology?

a Yes.

G Are our books on the topic good?

A No, only few of them.

G Can you tell us which?

a No, that's your path.

M Is the position of the sun still accurate?

a No.

G Did it shift by a month?

a 24 degrees.

G Are our ephemeris out-dated?

a Yes!

G How can we correct them?

a Subtract the birth number from the angular degree.

G For example: $26^{\circ} - 19^{\circ} = 7^{\circ}$?

a No, the zodiac isn't correct anymore.

G When does the zodiac begin?

a Aries at zero degrees.

G When is that according to your calculation of times?

a February 21. More soon. Talk to you soon, my dears. Amen. (*A sketched seven-level fir tree follows.*)

May 31, 1988 M. and G.

G Dear Emma, can you tell us about the meaning of names?

A Yes.

G Is it valid for every person bearing the same name?

A Yes.

G What is the meaning of, for example, the following names?

September 3, 1988 I Questions: M. and G. Answers: Emma, Angelika
Control: W. E.

M Hearty greetings as usual, administering of the oath.

a Angelika: I want to thank you for committing yourself to the well-being of your fellow human beings.

M A few questions concerning development: Does awareness only connect to the heavenly ghosts after the development stages have been crossed?

a That's a good question, important for you.

M Can you tell us something about it?

a You have to cross all stages in order to be born there is heaven.

M Does death mean birth in the spiritual world?

a It's the release from matter, even the ethereal one.

G What about the different spheres and planes? Are spheres for the high-minded (guardian angels) and planes for the ethereal (protection spirits)?

a *YES! (Written in capital letters.)*

G How do you count the stages on your planes?

a Seven ones, backwards.

M From which stage on do we have to incarnate?

a Stage four.

G Not stage one to three?

a Only voluntarily.

M So upon reaching the first stage, one goes to the first to seventh sphere?

a That's right, because seven means before God.

G How does it feel for us earthly beings?

a The earth is a path of development.

G Do we develop faster here?

a Yes, because it's harder.

Laws

With these protocols, I tried to explain something to my friend Konny. “You can learn more from these recordings than from my explanations. There's more wisdom in it than in manuscripts coming from solely human comprehension.” “Why?” he asked me. “Why is there still evil on our planet earth if the spirit world has existed for so long already?” “We've been told repeatedly that we're living on a development planet. When a great part of mankind has advanced so far that they don't have to go back down to earth, then it doesn't mean that people will become extinct. Many many spirit beings are still on the lower planes and we've been told there are seven of those. The negative helps us to see the positive. You can also call it black and white, destructive and constructive, if you like, which might be more accurate. So, above and below are the same thing. We are all subject to the laws of polarity. Can you imagine that the so-called bound souls want to be freed? Therefore, we'll need our mother earth and for a long time still. That's why we're obligated to preserve it in a justifiable form. But instead, we're busy destroying it, mainly by chemistry and technology.” “Didn't it also give us many useful things?” Konny said. “That's true, look at the masterpieces of technology. But on the other hand, danger increases and may well lead us straight to a catastrophe. The numerous traffic deaths, the so-called technical faults brought about by the failure of some facilities, human failure to operate a machine or lack of wisdom in the use of chemical elements, those are the triggers mostly. These inventions have one thing in common with feelings, they cannot be left unrestrained.” When he heard that comparison, Konny could barely suppress a grin. “Yes, it's true. It goes back to the fact that the mental development of human beings cannot keep pace with research and technical and elementary inventions.” I insisted. “We could compare it to dangerous toys in the hands of children. Science can be proud of the discoveries it sometimes makes. Yet the balance cannot be kept if our cosmos, to which man belongs too, is only developing to one side. Thus it would be necessary to do anthropogenic research first. If the developments concurred, we'd be able to make use of the achievements of modern technology, instead of having them harm us. Or we'd be able to leave the things bearing possible harm to us undiscovered or just ignore them, at least not let them control us. Let's take air traffic for example. A useful invention, as we are now able to get from one place to another in a very short amount of time. But there are hardly any means of traffic discharging as many harmful substances as airplanes. What do you

think, how much toxic residue is released into the air per minute? The air that we breathe? A lot more than with cars. And chemical plants? Not to mention nuclear power plants getting out of control. So on which level do you think our general development is? The law of duality wants us to use everything in moderation, not to go to extremes, in order to keep the balance. But we've long since crossed that line and if we don't hurry and get the balance back, the earth, the cosmos, creation, they're all going to retaliate. There's already an example in our flora and fauna.” Konny knew all of that as well as everyone not closing their eyes did. I confessed to him that I had ignored the facts for a long time. Then I had to think of Heidi, who had opened my eyes. “You know, my friend Ingrid's daughter is a great model. She's not only a committed animal rights activist, but she's also preserving our earth and other people, meaning the whole creation, with utmost care.” “What made her do it?” Konny asked and I told him: “One day, I asked Heidi what had motivated her to commit herself fully to animal protection and she told me she had already loved animals when she was a child. She said:”Later, when I visited an animal shelter, I was overwhelmed by unutterable sadness. It wasn't that the animals weren't being fed enough, but the captivity was bad. Five dogs in one small kennel. They had just been dropped off there and never been picked up again, the director told me. And there wasn't enough room unfortunately. The sad eyes followed me for a long time. Then I got some documents on animal testing into my hands that shocked me deeply. I don't think I need to go into detail, I'm sure you've seen films and images before. And I thought, something needs to be done in the matter! Then I made a personal experience that startled me. I had just been for a long walk and wanted to pick some field flowers on the way home. That's why I took a turn from the main street and crossed the great meadow between the edge of the forest and the first row of houses to look for a nice bouquet, when I suddenly heard a pitiful cry. At first I thought it must be a child crying, but there was no one to be seen. Then I felt a set of eyes on me, so full of fear that I will never forget it. A fawn was laying in the grass, motherless, helpless, completely exhausted and possibly hurt. As was my duty, I contacted the forest official, whom I thought to be gamekeeper too. I called him from the neighboring house. Meanwhile the fawn was crying louder than ever and I hoped he'd hurry. Yet when he finally arrived, I was surprised to hear him say that the property wasn't part of his jurisdiction and he couldn't take care of it. The responsible gamekeeper was in charge. Besides, the animal was blind on the left eye. I couldn't believe that he didn't want to do anything and tried to convince him to at least administer a coup de grâce if the fawn

couldn't be saved. The forest official seemed reluctant and said that he would have to go get his rifle first. I told him to go ahead and that I'd wait. I liked him less and less. When he returned he said that the animal was blind on the right eye and was damned to die anyway. Can you imagine my rage? First it was the left eye and now suddenly the right one? On top of that he had forgotten the projectiles. What were we to do then? He ripped a picket from the nearest fence and started beating the animal with it. Again and again. I can still hear the appalling, pitiful screams it gave. Finally, I couldn't take it anymore. On my way to work the next day, I went by the meadow. I was stunned to find the fawn still laying there whining. I asked the people that had let me use their phone the day before to help me do something. But they claimed to not have heard nor seen anything. Do you think that was a singular case? Far from it, there are so many abuse cases like this. And that in the age of technical progress. When an animal protector wants to make a difference and help, he or she often has to be overly discreet. So I decided to join a society for the prevention of cruelty to animals. At first, it was hard for me to get rid of my cosmetics, but were they worth costly animal testing? Next I reduced my use of spray cans and articles made of plastic. Our environment, the animal world, they're all a part of us, the earth, the cosmos. Why would we want to destroy ourselves?"

Heidi could tell us many more incidents she experienced herself and that mostly aren't known to the public. Recognizing that the world gets out of balance if even the smallest part of its substance is eliminated, made me live my life more consciously, especially where the handling of chemicals is concerned. After all, we still need our planet with all its animals and plants, water and air. Our offspring will be grateful to us and who knows, maybe we're going to become this offspring ourselves." It was one of the rare times that Konny agreed with me, even if he studiously overheard the last sentence. "The other day, I talked to one of the colleagues from the water administration", he said, "a biologist. He explained to me that more than half of the waters in our area are acid, meaning they have a pH value of three to four. Eight to nine is normal, it's alarming." "It's a sign that no life can arise from it anymore. Suffering that kind of damage comes from the lower spirit world." Konny gave me a look that basically said: Now she's starting to phantasize again. "I'll try to explain it to you, ok?" I insisted. "The energy of the good world makes our constructive strength vibrate, while the energy of the lower world unleashes the destructive powers. When my thoughts have the right vibrations, you can also call it frequency, then they produce valuable inventions.

Otherwise, they turn into harmful realities. Buddha once said that we're creating the world with our thoughts. Thus, the destructive powers inside us are getting the world off-balance. I can only prevent that by changing my thoughts into finer vibrations, into a higher ph value or a brighter source of light, however we want to call it. That way we can contribute to balancing out the polarity, as the micro cosmos, meaning ourselves, and the macro cosmos, meaning the environment, connect with each other like the north and south pole in order to keep the balance. Yet it's a fact that not even a third of mankind is choosing the positive, godly, constructive path. The majority lets themselves be drawn into the harmful things and be controlled by destructive powers. And these are the lower spiritual beings. We can hardly recognize them because everything seems to be so attractive and promising at first. But in the end, we're the ones that get hurt, so we should activate the power created by better, responsible thoughts, the power that lets us lead a modest life. In some German Federal Lands, people still greet each other with the phrase *Grüß Gott*, meaning as much as greetings to God. Yet it doesn't mean you should say hi to God when you see him, but that the godly side inside me is greeting the godly side inside you. You're already carrying it inside you when you don't harm your environment, yourself, your fellow human beings or the flora and fauna.”

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We kept discussing paths of development and the laws of polarity and karma for a while, but we couldn't seem to agree in the matter of conviction. “My points are boring you, aren't they?” Konny asked me. I had noticed his increasingly defensive demeanor which slowly began to change into aggression. Without noticing it, he used it to suppress the fear of uncertainty arising in him and because I wanted to avoid egging it on, I refrained from pointing it out. Instead, I said: “As long as a question hasn't been settled yet, we can discuss about it as long as we like. But if I have proven something and accepted it to be valid, it's not an issue for me anymore. Then I can only repeat the result to you, including my reasons for it of course. Everything else would be polemics. The discussion might become boring to you then, in case you cannot accept it just like this.” Konny contemplated this for a while and then said calmly: “But couldn't things be completely different than the way you're seeing them or the books describe them?” “Like how?” I asked. He fell silent. “How do you think things could be, if not the way I see them? Tell me.” Konny didn't have an answer. “You

know”, I confessed to him, “I have asked myself the same question a hundred times over. I pursued many leads and found them to be confirmed. It doesn't mean that all my questions have been answered, but I don't relay the things I haven't figured out for myself yet. And even if we have, we can only compare our knowledge to a few drops of water in the ocean. On the other hand, I give you an explanation for all I have learned so far and what'll finally concern you too. My sources have been above all my spiritual teachers and aside from books and tutors people I know personally who've made experiences in this area. I can only learn through my own experiences and with the help of teachers, who can be any people knowing more about a certain area of expertise than me. I can prove their wisdom, accept it or decline it if I learn that it holds no value for me. In order to find out, I listen closely first, reserving a healthy distrust, yet refraining from abnormal doubt in what I don't know or understand yet. Goethe, who was one of the greatest mystics of his time, said in his work of Faust that we're accustomed to people mocking what they don't understand. In order to understand we need belief, primal trust, self-confidence and trust in God, no matter the order.” Konny sighed. “Yes, the ones that are able to believe without question may be better off. They go to church on Sundays or into their attics, pray and then the world's a better place again. But I belong to the people who think.” “Is that the arrogance of a certain kind of intelligence talking? Do you really think that an intelligent man isn't able to believe? It's rather the other way around, belief has to do with wanting something. It's tied to imagination. Not being able to believe therefore means failing at imagining something, the lack of imagination. But if I were to steer my thoughts into the direction of positive imagination, I can draw strength from that.” “And what if it's all different after all?” Konny asked. “Basically, everything is as you think it is. Good or not good. Everything created by man has been thought of by him first, but you know that. There are different names for one and the same thing, used by different people in different languages. I, for example, like to speak of vibrations when I mean different states of existence. It's easy to imagine existing in a realm of higher or lower vibrations. We can also compare this form of existence to higher sounds or light, brighter, not so bright and very bright light. We mostly imagine angels as luminous beings of light, the way they're often depicted in images, but in the end, it all comes down to the same thing. And that explains the many antagonisms in different books. Which doesn't mean that all oppositions can be solved, I'm afraid we have to live with that for a while. Thus, the brightest of all lights would be what we call God. You're free to give him another name, but he's real! Actually, it's not that you

wish for one thing and get it immediately. If, for example, a person needs a table, he first needs to work at a certain piece of wood or some other kind of material to manufacture one. If he wants to go from one vibration plane to a better one, he needs to change his shape, which can be achieved by his mind-set. That's what trumps all earthly intelligence in the end." I said. "Sounds like very intricate paths." "It's not as complicated as you think. My path to this awareness led me by suffering, reading and learning." "Don't we suffer enough?" "Yes, but we probably don't want to have it any other way." "Oh come on, I really need to object here. No one wants to suffer." Konny said stubbornly. "Yet we still program our sufferings ourselves, even our diseases. Look at incarnation and karma, these laws have been extensively explained in accordant literature. I'm not saying that you should catch a disease in order to find a better life next time, but I'd like to tell the ones suffering now to fight it. Don't seek more, then life will get better, the one on this earthly plane and on the ones we go to next. We don't accumulate new karma anymore if we recognize the cosmic laws and abide by the karmic ones, meaning we should show more respect for the Ten Commandments." I paused and sighed. Then I continued: "But you can read all of that in the protocols, which are taken from the spiritual world that led me as well. I'm a so-called living example for it, because I used it to recover from a severe disease that left all of my physicians powerless and became a happy person again. My old friends can confirm it. And this way, this help is open to everyone."

Making the World a Better Place

The following days in June were the sunniest I remember. We were able to spend much time outside and the wonderful forest air, which I missed dearly at home in the big city, gave me strength for body and soul. I got to know Ingrid's friends, nice and open-minded people. Men and women, young ones as well as old ones, coming from higher education or other professions – as different as they might have seemed, they still had something in common, they were on the same path. Our discussions often lasted well into the night. We all agreed that something needed to change and everyone was planning to start at him or herself. We weren't content with our accomplishments at all, especially since experience had taught us that self-satisfaction can sometimes make a person lethargic and lazy and is all but a motor for progress. It means fighting, not with the force of arms, but with particular means against particular enemies. I remembered a poem I had published a while ago. The weapons we need are prayers and exemplary conduct. If ninety-nine people want peace, the one hundredth can't help but join in. We all agreed in this point as well. “You know what I still don't manage?” I said. “Approaching dislikable people. But isn't that somehow human?” The answer I got was that I hadn't thought right. “It's the human traits we want to overcome, as we're spirits with a body. Human should mean compassionate, then it's okay. Besides, the whole mankind needs to develop and everyone is obligated to do all he can to help others with it. If they let him, of course. Think about Galater 6.2 where it says: Bear one another's burdens, and so fulfill the law of Christ. And in 1. Timotheus 2.4, it says: who desires all people to be saved and to come to the knowledge of the truth. I'm not as well versed in the Bible than that, but I do know that only when the last sinner is converted will the world be okay again. Don't be fooled, the earth isn't the world. So when others make mistakes, don't make them yourself by refusing them. They learn from their mistakes and you've been down this road too.” “I agree with you.” “There's even a party that calls itself New Consciousness or something now”, someone said. “Maybe they can change something.” Voices were raised. “What does that have to do with politics?” “Well, I'm thinking if the top management rules with the right spirit, then the majority, meaning the people, will be led in the right direction. We should never forget that many people are easily influenced. Some of us even experienced the negative example of misdirected leadership on their own. In order to rise from misery, we need believable role models. The leader's awareness needs to be shaped by the Christian

faith, so that people are led from all up above. The theory behind that is that when the people's karma is improved, the country will be well. It's similar to the ghost of the classes. If it's a good one, a few bad people cannot destroy it." At this point, the doubts were very perceptible. "Isn't it enough if everyone starts being a role model him or herself? If we all take that to heart, there'll be more good in the world." "But we know that collective positive energy like collective prayers or concentrated thoughts carry more weight and leave more room for light to come down to earth. The opposite is mass hysteria or something like it." "Before you said something about the right thinking for managers. But the precondition is that our leaders possess the necessary skills for this task, isn't it? And it doesn't only go for politicians, but also for lawyers administering justice, for physicians wanting to heal and for priests trying to lead people to the right path. In the past, it was the case that those who had received a special healing gift by God's mercy and were allowed to pass it on, stood at their fellow people's disposal. There are still some people today who have fully developed these skills. Before, they were mainly priests. They taught what knowledge they had received about God's spiritual path through his world. It was a consistent doctrine, because it hadn't been made by human beings. In 1. Corinthians 1.10, Paul says: I appeal to you, brothers, by the name of our Lord Jesus Christ, that all of you agree, and that there be no divisions among you, but that you be united in the same mind and the same judgment. I keep asking myself why there are so many opinions about religion today? Which one should we follow?" "Follow God, because he is what they all have in common. As divided as they are, the denominations can't deny that."

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The circle Ingrid served as medium was one of the few lucky enough to be able to contact the highest spirits. The secret of how these average mortals could communicate with the spirit world is as follows: They were aware that the good powers, which represent God, are always close by. They only needed to open up, admit them, offer to serve as a channel for the messages of the angels, the embodiment of God's spirit world. They also knew that the power didn't come from themselves, but from the angels and that they only needed to take it in and transmit it. Ingrid knows these paths very well and there are many of them. At the beginning, there are prayers. Those lead to purification, abiding by God's commands and inner silence.

Then comes meditation and finally, a high spiritual contact. I was happy to be able to benefit from Ingrid's experience myself. She explained a lot of things to me. "The spiritual world is the world parallel to ours, only much more beautiful. Everyone has his or her task there too, like for example welcoming newly arrived souls and looking after them, taking the role of a protective spirit for certain people, for instance handicapped children, helping poor souls, taking care of the earth, delivering cures and much more that helps people or souls. Over there it's similar to here, they told us, only that the matter, another form of energy, is finer, more spiritual, more ethereal. Twin souls are together there. If your development is equally high, you'll get to meet your spiritual family, your soul mates. This eternal bond remains throughout all incarnations. When I talk about the world today, I mostly mean the one enlivened by the good spirits. But there are also beings of lower stages living in the beyond. It doesn't always change immediately when someone with a negative attitude leaves the earth. We have to keep developing all the time, here and there, constantly vibrate higher. To be exact, we want to do that, even if we might not be aware of it. It's the same thing with mutual help. Imagine a flight of stairs and you're standing, let's say, in the middle. Now you can offer your hand to someone standing directly behind you, sometimes you might even reach the one two steps behind you if he stretches toward you. But you cannot reach the ones on the lowest steps, your arm's too short. It's similar with those standing before you. You can't directly reach the ones all up above, only by connecting with those standing between you. By building a chain. That's what we've been told. The help from our protective spirits comes from the light. You have to think of it like this: There's someone standing on a high mountain looking down on the houses in the city below cloaked in darkness. The night engulfs all apartments, but in some windows there's light, which makes them visible to the observer. If we turn on the light in our houses, meaning our hearts, we'll be recognized by our "mountain guide". So once the spark of Christ is ignited in us, we'll be seen and directed better. Looking from dark to light, one sees everything. And the other way around? It means that the angel accepts me if I accept my destiny. We all want to get up to these heights. If a tree has taken root and directed its top toward the sun, it'll be attracted by the light. Works like a charm. And there are more examples like this." Ingrid said. "But how can we explain the amnesia, why don't we remember our past lives? Wouldn't it be an advantage for our current task?" I asked. "No. Memories of past lives could be harmful to our development. For most of us, the pressure would be too great. Our angels hold the memories of our past lives for us

until we'll be able to do so ourselves. Until then, we'll be connected to him with love, which also means that he won't always spare me from the bad. That's real love. Sometimes, a child only learns that fire is excruciating by touching a hot plate. It's a little bewildering for me where the concept of time is concerned. Over there, time doesn't exist as it does here, it all happens simultaneously. We have asked many questions in that regard, but it's difficult to understand for some of us. We look at time as a kind of aid to orientation, but the quality of time is actually more important. Take a meeting at the right time for example. Yet until we can understand it completely, our time needs to mature first. And we don't receive new awarenesses from beyond whenever we want them, we need to advance a little, work at us. If we do, it means that we have corrected a mistake or done something good for others. I noticed that many of my acquaintances read a lot, but still aren't on the right path. They just don't implement their knowledge, don't live it. It's as if someone only studies maps without ever taking off. How will he achieve his goals then?" "Maybe some of us need a little longer. It's just a shame to let our time on earth go by unused. The other day, I read an interesting article on sick people. In the US, in Big Bear City, they conducted a study in the intensive care unit for cardiology and Dr. Randolph C. Byrd reports in the Southern Medical Journal that the course of disease with patients regularly taking part in church service was more positive than that of patients refraining from religious activities." I said, "You know, Gisela, that's actually like a confirmation of all the statements we've gotten so far." I asked Ingrid for her logs. The messages were important to me and I was looking forward to reading them. Partly, they were similar statements to the ones Marina and I had received, but some seemed more like an addition.

Challenge

We're on this earth
in order to fight
against our enemies:
parsimony, resentment, envy
greediness, sluggishness
carelessness, arrogance
pride
striving for power
jealousy, lies and deception

extravagance and vengefulness
egotism, indifference.

The difficulty is:
the enemies don't
stand before us
but can be found
inside us.

Horst for Ingrid

A Horst here. Greetings, dear Ingrid. I've been so looking forward to tonight. You see now that it's possible and the contact is only getting better. I'm working here at improving between the hereafter and the here and now, because of the contact as well. I'm happy. My spiritual leader is a being from the choir of thrones. My home is the second plane, where we'll meet again. It's a wonderful world God has made for his creation. There are no words to describe the colors, the sounds, the beings. The transition was beautiful. It seemed like I was floating. I wanted to stay in the room I was in, but some kind of air draft made me float higher and higher, until I couldn't see anyone anymore. But it wasn't a painful goodbye, because we'll meet again, you can be certain of that! The contact between the spirit world and the earthly one isn't quite what it can be yet. Birth is our Nativity trail. We, meaning those that are seeking the path to the people or trying to improve it, are together. Our task is important to us, even more so for you human beings than for us, because you'd be lost without the good spirit world! Proof of the existence of good spirits also proves the existence of evil powers!

Questions concerning technology (q = question, a = answer)

q How can we improve our contact?

a Love God and each other! If you open up (inner calm, prayer, meditation, releasing thoughts), it's better for us. Then you can understand us. Separate reason and soul! When you're writing, it's important to not break the chain. You know, we need too much power to protect you then. Many spirits are writing, but the planes aren't good. Harm! Often, we can't deem to make you understand.

q Can we invite guests when we're writing?

a Many would like to, but it's not a board game! The high plane is not ready then.

q Should we also talk less about it?

a Yes. (Learn to cope with feelings, joy is a feeling too.)

q What can I improve when working with the video recorder to better capture the voices? Is there another method?

a Yes, UV light. Each of us has their own way to come to you, through a table, a video recorder etc.

a Is it possible for us to visit you in our dreams?

a Yes. At night, once the lights are turned off, you need to turn off your thoughts as well, otherwise we can't get in. There are no good vibrations during a storm. Many are lurking in the dark!

Questions about the hereafter

q Can you tell us about the hereafter?

a Much to do, you'd say. But time is different here. You can't understand it, but love helps. When we come here, we're not with God yet. We need to learn. We help others, that's how we advance. And we'll see each other again! We also learn to create our environment with the power of our thoughts.

q Does God know our future, does he know which decisions we're going to make?

a You can make some yourself.

q Do we get together with you on astral journeys?

a Yes. The little death, we call it.

q What is the meaning of karma?

a It's so important you have to work with it. Time for example. Imagine you'd all want to do good. That doesn't work, there'd be no earth (the planet of development). Imagine, it's the stretch of way you go. It's a chance, but be careful to do good! All we learn on earth can later be used for our spiritual task. Horst was quite advanced on earth. Here, it is much better and more beautiful than we learn on earth. Here, God is a person. Each morning, when you look at yourself in the mirror, you see a person loved by God. Cherish that! Many things are taught wrongly with you, some of them deliberately. I've been surprised by some beautiful things here that are denied by church.

q Can you tell us your cause of death?

a Death isn't the right word. You see, I'm the opposite of dead. I've been called by way of my heart, which was so happy about it it stopped working for the human body.

q What's your task now?

a I accompany a higher spirit being to lives bound in stones, which can be found everywhere, but mainly in waters. These poor souls need comfort. They're happy when we

come to them. Good night to you all.

Questions for Horst

q Dear Horst, you're on a higher plane now. Do you fulfill the same task as before?

a Yes, only it's more difficult.

q On earth, you were concerned with pyramid research. How do you proceed now?

q There are more pyramids than you think.

a Can you explain that?

q Remember, there were no hospitals, no churches before. But it's not easy to understand for you. There was healing and meditation in the pyramids, you'd say.

q How many stages and planes of development are there?

a There are seven planes and each of those has seven stages. The divine number has always been seven.

q Would you please explain duals to us.

a You need a dual on earth. Then after seven stages, another dual. You know, when we change, we all get back together again. But not always immediately. We're not allowed to say everything. When we receive explanations from the highest plane, it's difficult to understand for us as well.

Questions for the high plane

q We're happy to welcome the high guests. Questions concerning the solar system: How does it look during a nuclear war? It's said it would be bad for you too. Is that true?

a Yes. The nuclear tests have already strained the light very much. Everyone needs light, even we.

q Will you be destroyed too in such a scenario?

a You have to see it this way: we live forever, but not in the light then. Imagine living without light! Light means life, so there'll be only lower beings. Good beings of light help the lower ones. We'll need a lot of strength to provide help (strength by the light of God).

q Are there similar beings of light on our planet?

a Yes, but other beings have other relations. Many and very hard.

q So light and hope will be destroyed in a nuclear catastrophe. But you need light to develop, to advance to higher planes. Is it true that without light, you'll be stuck on one plane?

a Exactly. You finally got it.

q Is it negative spirit beings driving people toward destroying everything?

a Yes. The signs are right there!

q On which plane will we be safe?

a Seven. Church has contributed to it.

q Because they're doing nothing against nuclear weapons?

a Yes, they're even making profit with it.

q So, because the church keeps quiet, Rome is supported by different countries?

a Yes, yes! (*Capitalized.*) Even the Third Reich leaders have contributed to it by their concordat with the churches and the introduction of church taxes. We've experienced the consequences. We're helping from here, but there are enemies causing us difficulties here too (negative planes).

a We're happy you understood us. But it'll all be okay (for the people who help), as the highest being said. Our mutual father that is God.

q How has it come to evil?

a There's a certain bible providing answers. It has been changed a lot, but much is still valid today.

q Could a fall of the angels, like in Lucifer's case, repeat itself?

a Yes! (*Underlined.*)

q Are we also in danger of falling again?

a No, only certain beings who don't want to change. You're on a good way, but pray and beg all the same, then you'll be helped.

q Does that go for our current life too?

a If we improve life, our karma will be influenced as well. Good night. We wish you much strength for today.

Log extracts of January 26 until October 11, 1988

a Horst provides protection.

q Is it true that relatives can be strangers and strangers are related to each other? (So called spiritual family.)

a Yes. The otherworldly ones are trying hard to contact you. But it only works if you open up.

q When are we in danger? (During contact.)

a When there's not enough protection from above.

q How can there be more protection?

a It's bad at the moment. Be careful, careul, careful! Try to reach us without aid!

q What is the menace like?

a The protectors need to come down to reach you and that's when they're in danger. The environment for example. There's still hope, but it's high time! Open your eyes already, we can still help, but the environment is in grave danger! It's bad, bosom buddies are fighting, friends are separating because evil beings are interfering! Praying is always good. It's a hotbed of sin, sad and evil at the same time. The force field is disturbed!

q Shall we try to find our more about our protection spirits?

a Yes, we can make better contact then.

q How can we open up?

A Autogenous training.

A You have the high plane now. Much has happened in the last time. We've been wanting to open your eyes for a long time. Look at the logs (environment). First, the forest dies, then the animals. And when is it over? Each spray can is an atom and our world keeps on being destroyed by trials. The eyes are closed, just like we've written. Open them again! The time's come.

q Does that mean that nothing can be saved? Can we do nothing?

a Abstain from some abundances. There are many possibilities, just think about it. Strong will!

q Is it even responsible to bring children to the wotrld in this day and age?

a If the path is corretcted, then yes. Protect the environment!

q Is there still hope to stop the dying of seals?

a Yes, but you have to hurry.

q A substance has been invented which gives people hope.

a Invented. But the wave'll come back!

q Does that mean that the vaccine is only effective temporarily?

a The sea!

q Is the virus causing the death of seals dangerous to people too?

q There are people going into the water because they don't see any dirt.

a You can say that again!

q The sudden state of exhaustion, the fatigue.

a Many people suffer. We've written environment because of it. Enlargement (of awareness) by meditation!

q You've written God wanders the planes and the earth, but isn't recognized by all. How can we see him?

a Goodness! In the goodness of people.

q Can the sun become a danger to us?

a Yes. In order to develop, you have to start with nutrition first.

q Does that mean we need to go back to simple natural products?

a Yes.

q Why do you sometimes have so little time? I thought there was no such thing as time in the hereafter?

a There is, but different then with you. We have always light, you have days and nights. Our time is for God.

a (*The drawing of a house emerges.*) The house needs blessing! Put away the atomic clock, radiation!

q But none of our deceased has lived here, or did they?

a They did, but not well. Bound spirits.

q Does that have a negative influence on us too?

a (No answer.)

q We ask you for protection for the house and for us.

a Thank you. You see, we're fighting.

q Does it have to do with the former owners?

a Yes, cold!

- q Shall we light candles, open the door?
- a The lower ones are very strong, believe it already!
- q What about radiation from quartz clocks and TV sets in the bedroom?
- a Avoid them.
- q The ozon hole, was it caused by airplanes too?
- a That was the main cause. Please don't think you can abuse the earth for all time and please remember what we're saying now: Don't eat animals! Don't destroy the earth!
- q Why are churches against contacting the hereafter?
- a Because of their money, naturally. Churches are power, God is love. Love is the highest thing.
- q Why are churches against women?
- a Churches and power are money. That's why they don't want women, they're more highly developed most of the time. They'll never let them join. The Pope could do better in his role as spiritual head of the church.
- a Everyone shall have done something until the next session. The end.

Questions about health

- q What can I do against the unbearable itching?
- a Cleanse the blood from inside, blood cleansing tea.
- q Can you also advise me on tea for my husband?
- a He needs to pray himself, then he'll have more strength.
- q Do depressive episodes have to do with hormones?
- a And nutrition.
- q Can we do anything against multiple sklerosis?
- A It's going to take some time to cure it. There is a drug, but it hasn't been tested on human beings yet.
- q Do you know what it's called?
- a Soon. Help will come by prayer.
- q If I make a decision (problems on the job), will that make my headaches dissipate?
- a Yes! Free yourself from it.
- q Will St. conquer his disease?

- a If he makes changes in his life, then yes!
- q Can you tell us how?
- a Pray and maintain a healthy diet for the hereafter (soul, valid for all diseases).
- q Which tea can I drink against stomach aches?
- a Rose hip and bindweed.
- q But bindweed is a pest plant.
- a There are no pest plants, only wild ones. For the other things, you should see a doctor.
- q What can we do against sleeplessness besides pills?
- a Throw the pills out, that's not the way. Ask for one night first and it'll be okay. When going to bed, open your hand and ask for sleep. Drink melissa water. Elderberry leaves against diabetes. Stones, the miracles of nature, give much strength.
- a There are support groups for a wide range of diseases with you. Adresses can be found with the Hamburg medical association.
- q Is it okay to let the water diviner come?
- a Good for all of you. Earth rays are bad for you, especially where calm and sleep are concerned.
- q Is it true that fern is good against earth rays?
- a Yes.
- q Can we just pick it and then keep it under the bed?
- a No, with the roots. From the forest.
- q Is it still effective when dry?
- a Yes, but only for a while.
- q Horst, can you tell us about new herbs for K.?
- a Need to pray myself first. I'll ask about tea later. Take an herb bath, less showering, it's for relaxation. Eat apples!
- q You wanted to recommend tea for my child?
- a Cowslip tea (*framed*), elderberry juice and tea against colds. Tea's always good. Why did people get by without chemistry once? Yarrow tea is good against migranes. Your doctors aren't always the best. Tea and herbs are the best medicine for you. And joy is better, grief makes sick. (Positive thinking.) Pain is no punishment, you need them for your karma. Otherwise even children that are born would have to expiate already.
- q Horst, my infection. No drugs have helped so far...?

- a Elderberry, honey and lemon.
- q Thank you for the good advice.

Nutrition and health

- q Which are our greatest mistakes concerning our chances of survival?
- a You yourselves.
- q What can we do better, exactly?
- a Read yor logs. No pork! (No meat at all would be best.)
- q If everything has a soul, then what's the difference between killing plants or animals for my healing process?
- a You still exist in a away today that you have to eat. But you don't need some things, in fact you'll get sick from them.
- q They say pork is toxic?
- a Exactly! Good groups refrain from it, bad waves. Otherwise, there'll be no more good statements sometime. Important for healers: dead bodies inside the stomach are bad for healing. As long as there are slaughter houses, there'll be battle fields as well!
- q Do you expect that we become vegetarian in the future?
- a We don't expect anything, it's your decision. Kill animals in order to live, the plants are yours. For example: A cat kills a mouse, never the other way around.
- q Why did dinosaurs become extinct?
- a So that you can live (change). You can't always understand the laws on earth. Now a healing. Hold out both hands. The hands are getting very warm now. Put them on your hurts. Warmth and light. Horst's advice: many many many vitamines.
- q Can we also take vitamin pills?
- a Yes. Bath tea: medlar, coltsfoot, yarrow, tea in equal parts. Add oil, always together. Bathe. Lime-tree blossom tea with juniper for relaxtion. Horst goes to the pyramid soon, then you'll receive new advice. Horst is a miracle.
- q Can you tell us something about your task? Dear H., what do you do now?
- a I have received the task to show the high lights to newly arriving children.
- q Is it a beautiful task to be a protection spirit?
- A It's very high. It's very bad for you when our chain of light to you is extinguished.

q Dear N., what is your task?

a Admitting the beings from below. Some don't know anything about here.

q What happens to children that die early?

a Children that come back have double protection.

q A stroke of fate like for example the plane crash in Ramstein, was that foreseen for everyone there?

a Yes, it's a mosaic like everything else. Very difficult for you to understand.

q Is it true that Atlantis was a planet and not located on earth?

a It was all in one solar system.

q How do we even know about Atlantis? Does it come from the knowledge we possess as spiritual beings?

a Yes, we always take something with us when reincarnating.

q Do you have other important messages for us?

a The signs of the times are showing more and more, please do good! Money!

q What about money? Shall we use it more wisely?

a Yes. Hunger, misery. Do good. We're learning things too.

q The sense in writing is to advance, isn't it?

a Yes, finally! Live according to that. Give love to others, love is light. Everything is God's love. Love heals all wounds. Pain is love too. We all want you to advance, but it's not that easy. Do good!

Proof?

Ingrid told me about some encounters she'd had with her contact group.

“We'd laughed a lot lately. Our protectors wanted us to be happy, because when we're suffering, they do too. Exaggerated grief for our deceased is out of place as well. They're rather committed to making our life on earth more beautiful. Unfortunately, we don't always notice and oftentimes carelessly walk away from good things. In the hereafter, they laugh and have parties at special occasions too. It's a mirrored world after all. Sometimes, we cry in our group, for example when we receive reprimands and we have to recognize that we need to change things immediately. Because they love us, they let us go through disagreeable experiences, so that we finally see our path. But our protective spirits are also led by a divine power, so that they don't mislead us. How good and in what way depends on their state of development. Our mediators come from different levels of education too, similar to us humans. The only difference is that they're able to absorb and impart more than we do, just like someone having a wider view when standing on a higher mountain. Mind you, I'm talking about God's spirits, the ones already advanced to very near him. Some helpers experienced in this field direct our attention to nature's cures again, which have been almost completely substituted by chemical products. The old custom of gathering herbs and berries has become old fashioned for most of us, which is a shame. But I can tell you about a case concerning Ms B. and her child. You can read it in the logs. For years, the child had been suffering from a persistent kind of allergy accompanied by difficulties of breathing, which often made it impossible for her to go to school. In spite of the desperate parents consulting all sorts of doctors and trying different medications, the suffering became worse every year. Nothing helped. The days and especially the nights became ever harder for the family, the child's condition worsened. To rescue them from their misery, we decided to ask our good spirit Horst for help. He told us to brew cowslip tea. The parents weren't entirely convinced due to the many setbacks they'd experienced, but felt a little hopeful and gave their daughter the tea, brewed exactly as they'd been told. What shall I say, it only took a couple of days and the girl's skin visibly cleared. And then came the first night in years she slept without waking a single time.”

Unbelievable, I thought, but then I knew my Ingrid and was sure she was telling the truth. "All that were present," she said, "can confirm it. And there's also the daughter of our acquaintance Hildegard. Our group had come together one night for our monthly contacting and Hildegard, who desperately wished for a grandchild, asked questions to the matter. The answer came quite spontaneously, already on the way! We all looked at each other, surprised, and Hilde said that that couldn't be, her daughter would have told her during her visit the day before. To cut a long story short, the next day I got a call from her, telling me she'd just heard she was going to be a grandmother. Her daughter had been to see her obstetrician that morning. She and her husband were very happy and she was sure he wouldn't be able to doubt the existence of the spirit world anymore now."

Ingrid told me about other cases where the spirits gave her a message and it came true. Everytime she mentioned the witnesses present, even though I wouldn't have needed that to believe her. "And why do you think is it that our daughter Heidi is finally going to be a mother after several years of effortless trying? Because she switched to a vegetarian diet and became a serious animal rights activist. Horst has explicitly confirmed that the child is her reward." At that moment, Granny started in on our conversation. The old lady was a miracle of nature. Over eighty years old, she was still constantly on her feet and fulfilled her household chores with enthusiasm. She also took part in the spiritual things in life. "Ingrid," she said. "Tell her about the thing that happened the other day." "You tell her", Ingrid said and they both started laughing. "It was as follows," Granny began. "Ingrid and her friends were sitting around the living room table, because it was writing night again. I didn't want to intrude and so I took the dogs out for a walk. But then my bladder was bothering me. I told myself I'd hold out a while longer, even though I was at the door already. But I didn't want to disturb them and the air was still very mild and Baffy started pulling at the leash. Finally, the pressure was getting stronger and stronger and I didn't know what to do anymore. Then all of a sudden, the door opened and Ingrid stood before me. "Why don't you tell me you need to go to the toilet?" she told me in a strict manner. "Yes, why...? I didn't even ring the doorbell." I was confused. "Come in and look at what's written on the wallpaper." Ingrid said. Yes, and there it was, written between all the other answers, black on white: "Granny has to go!" I didn't know whether to laugh or just be surprised. "They can read our minds. But I still need to tell you about the case with the stairs. We were asking general questions as usual, when we suddenly received the following

warning: stairs are a deathtrap! We didn't know what to do with that, until Gerda said: Maybe they mean our spiral staircase? It doesn't have a handrail. The next morning, our neighbors' little daughter came over. "I was so lucky," she told me. "Yesterday, I fell down the stairs. Nothing much happened, I landed in the flower bucket." I could only marvel at these stories. "The statements concerning our health are the most valuable." Ingrid continued. "It's rare that an infection gets to me, but if it does, it's really bad. That was the case four weeks ago. I was taking medication the doctor had prescribed, but I didn't feel any better. Actually, I got worse, which made me up the dosage. But even those pills, even though taken according to instructions, didn't help. Finally, we asked our spirit leaders and Horst wrote: Take hot elderberry juice with honey and lemon immediately! So simple, I thought. But I still took his advice and after two days, I was completely healthy again. Even more astonishing was the case that happened two months ago. It was Tuesday night again, our contacting date. Sometimes, it's announced to us beforehand by our loved ones from the beyond. This time, we had invited guests that were miserable and who we wanted to ask for help. They had driven 30 kilometers to get to us. I was just preparing things for the session, when I suddenly got strong stomach cramps. "You can't do anything tonight in that state of yours," my worried mother told me. "You should lie down." But I didn't want to cancel on my group. The pain became worse and worse and I didn't know what to do. Heidi suggested briefly asking Horst if it would make sense to continue with the evening. The others were depending on my od power after all. And then we received the message: Remedy against stomach cramps: yarrow and melissa tea, half and half. Let it steep for five minutes and drink while still hot. Then lie down for half an hour. And if you believe it or not, after drinking the tea and resting for 30 minutes, I was as fit as a fiddle and the evening became a success." Although I always look at things with a little distrust, I had no reason to doubt Ingrid's statements. After all I knew her to well. "Our granny could be helped too." She continued. "For months, she had been plagued by her open leg. I went to see a doctor with her every day, as the leg had to be looked after and bandaged. It seemed to be a longterm illness and her condition didn't change. Until one day, a simple natural remedy was recommended to us by transcommunication, bathing in chamomile. And look at granny's leg now, it's almost closed. Allergies are different though, there are too many kinds. Not everything works for everyone and so we received different answers for different people. An acquaintance of mine for example received the recommendation to bathe in corn

flowers with sea salt. And we were also told that black tea is good against iron deficiency. Children in particular were to drink only freshly pressed fruit juices and refrain from industrial products. There were many hints for teas and healing herbs. I'm sure I don't have to point out that all of them worked. Our health is the most valuable good we possess and it lies in our own hands to keep it – first by a healthy diet for our life in the here and now and second by moral conduct for all our further life paths. We're grateful to every small hint from the beyond, it is self-help for us. The gravest case was the severe allergies of our friend's child. I've told you about it and she can confirm herself that it was the cowslip tea and only that which helped.

When we asked what we could do for our health besides the hints we'd already received, we were told to be happy, because happy people are rarely ill and that goes for everyone. We had difficulties understanding that, as some of us were quite unhappy. So we kept asking. Think positive, they answered then. It wasn't so easy, but we learned to do it step by step. Certain books were a big help and we found confirmation that with controlled thoughts, we're able to improve our condition. Following the law that positive things are attracted by positive ones and negative things by negative ones. That goes for our thoughts as well. We also wanted to prove the theory that music can support the healing process. Naturally, it has to be harmonious sounds causing certain vibrations in our body. Disharmonious sounds can even contribute to releasing aggressions in certain cases. We've been much warned of emerging hate, as it's a form of violence that has a corrosive effect, especially for the originator himself. Positive thoughts can help in these cases as well. There are many books on how to achieve them.” “Interesting messages. I've noticed that you don't ask for much yourself.” I said. “I don't need to ask a lot anymore, as I can achieve answers by meditating. Sometimes, I write with Heide in order to learn something concerning her. She's coming back from her trip the day after tomorrow. I hope the ocean climate has helped improve her allergies she's especially suffering from now in her condition. Otherwise, we'll ask for help for her as well. And if Horst doesn't have advice for us sometimes, he asks the higher planes. We have to wait a while for answers then.” “He has to love you very much. What do you think, “ I asked hesitantly, “could I ask him for a suitable remedy against pollen allergies for my children?” “We'll try. Allergens have enormously increased over the last years. But I can't guarantee we'll get an answer.” Ingrid said. “That would be too easy, if we could just ask for help with every illness we have. But it's nice that you're able to get help

this way. What I wanted to ask, are you sure that you always get answers from the good spirits?" "We've learned to distinguish them. The lower ones are not interested in our health. They're trying to lure us with promises of happiness, sometimes they even announce a sudden death to frighten us. Real help doesn't come from them. We have to check all the time. Besides, we're aware that some sufferings are designed to help us dissolve our karma. When you know why, it gets easier. Although we've caused it ourselves, we still received the necessary strength on the way. We only have to add our will. You know that if we change our life, our karma does too, don't you? Yet doctor's appointments won't become superfluous because of it. We see it as comfort that everything will certainly be over sometimes, even the greatest pain. We can shorten it by trusting in God and praying for help, no matter how different our denominations might be. Prayers are mental energy that is transformed and becomes effective somewhere else. The sense in suffering is similar to the meaning of life, it serves our development. And we're able to influence our karma by believing." "The other day, I told my friend Konny about your abilities. He said you could become stinking rich." "Then he didn't understand a single thing. The moment I'll make a business out of it, my ability to help will be lost. Besides, those aren't my abilities, I'm only the mediator, the channel if you will." "That's what I told him, Ingrid." I assured her. "Only in some cases do the high spirits allow us to pass on knowledge to the public. Many things are universally valid. The one who shall have it, will be guided anyway. Because the good can only be found by the ones looking for it. And now I'll go get eggs from the chickens and start baking. Heidi likes my apple pie so much." "Can I help you?" Ingrid shook her head and I went outside to the Joseph's tree to collect my strength. The dogs were making rustling sounds in the fallen leaves and were happy to be off the leash for a while.

The Message

We were very happy when Heidi returned from her trip. Beside some stories, she'd also brought back small presents for all of us. Boomer and Baffy were beside themselves of joy and even Blacky moved excitedly in his cage. She looked good, a beautiful mother-to-be. I told her about Marina and that she was going to have a baby too. We were all looking forward to the upcoming events. Heidi's allergy had almost completely vanished, which seemed to appease Ingrid. Overall, we had much reason to celebrate. The nights were almost summerlike and during the day, Ingrid showed me a lot of the beautiful well-wooded landscape and the romantic Moselle towns in the vicinity.

One day, when we were standing in front of a fashion store, I told Ingrid: "Guess which personal desire I fulfilled for myself last winter." "No idea." "My whole life, I've wanted an ocelot coat and now, I could finally afford it. It suits me excellently." "I can see that, you're the type for that." Ingrid said. "The next couple of days, we should visit the city of Treves. Not because of the fashion stores, but because it's the oldest city in Germany, not to mention the numerous sites from the Roman age." "I'm looking forward to that. I've been wanting to visit the city forever and I'm also interested in the rich historical past." "We'll look at everything. And I also want to introduce you to my dear friends living in Wittlich. They have a lot of spiritual experience. Now that Heidi takes care of the pets again, we could start writing together. What do you say, tonight? It's one of the reasons you came, isn't it?" "Yes, absolutely. I mean, I do write from time to time with Marina and Thorsten, but it all started with you and Horst. Do you remember?" I said. "Yes, in fact I recall that I didn't want to hear anything about it at first. But then Horst convinced me and I'm very grateful that he contacted me now. It's important to us, I keep hearing it from the beyond. And I know that I didn't lose him, he contacts me once a month." "Before, we wouldn't have dreamt of having contact to him now. Now we know that life goes on perpetually."

After dinner, I hurriedly cleared the table, so that I could roll out the wall paper and hope to get a good connection. We also wanted to keep a log again this time. Ingrid was very bent on the necessary precautions and I was astonished how her skills had improved since I'd last seen her.

June, 23, 1987, Tuesday

Ingrid and Gisela

(after thorough preparations)

I Good evening, dear friends. We ask for protection and good contact. Who of you can talk to us tonight?

A Horst, of course, and Gisela's Emma. Good evening and thank you, my dear Gisela, for being here with Ingrid.

G Hello Horst. Dear Emma, do you like it here?

A Yes, the woods are good, the waves are helping a lot.

G I want to write a book about our connection, what do you think of that?

A Wonderful. It's going to be your life's work.

G Can you help me with it?

A We can, we've already prepared it for you. Imagine, he's doing the task for you, you just have to pass it on. It's a great gift for you. We wanted to tell you tonight, but, please, keep it a secret for now. You'll have envious if you don't (*Three hearts drawn into one another.*)

G I thank you!

A We're all very happy for you.

G May I ask questions concerning the matter?

A Yes, we're allowed to answer them all.

G Dear Emma and dear Horst, you know I already have the beginning in mind...

a It's not only Emma and Horst, the chief helping spirit is assisting you too.

G I'm astonished and happy at the same time. Can I ask him directly?

A Through the high light, that's him.

I Can you write down the name for us?

A Call for Raudive, then the frequency'll be raised.

G Is Raudive a mediator?

A Yes. You're the highest that has ever been for you.

G Can you tell me the name?

A Alliwolges, meaning: up above. You can ask for it tomorrow, then he'll be there for you alone.

G Am I still allowed to ask questions tonight?
A Yes, and write everything down for tomorrow.
G Can I use the title I have in mind?
A Ask about that tomorrow. The title's going to get everything vibrating for you.
G I'm very happy and want to say thank you.
I Thank you!

June, 24, 1987, G. & I.

I We greet you heartily. Can you pass on our questions?
A Thank you very much and good evening, we're shifting up.
A You were told my name yesterday. I was a pastor in my last life, lived in the Eifel region and was called Greber. Lastly I lived in the USA.
G Greber or Grebers? I can't read it properly.
A Greber.
G Did you write in your past life?
A Yes! And I'll write again through you.
G That makes me happy. But I'm surprised. Can I use my title?
A Please wait.
I How long shall Gisela wait?
A Two days.
G What is it I have to watch out for?
A It shouldn't be too scholastic, but easy to understand for your friends. We'll pass everything on to you. You always need proof. One foot has to hurt when two are growing, the great proof!
I Does that mean we should refrain from proof?
A Correct! Meditation is always important.
G Will I receive the text word for word or shall I phrase it myself?
A You'll use your own words, we'll tell you yes or no. And a message from Wittlich.
G Shall I interlace my own experiences into the text?
A Yes, it is your path and should be included.

G Will the book be a success?
A A great one, but the way won't always be easy. You have to do it nevertheless!
G How is it that I receive this honor of all people?
A It's because of your good spirit! Use your own significant words for esotericism.
It can't be described in two sentences. Talk to you tomorrow.
G Thank you very much!
A Horst here. We've been waiting a long time because of your great task. I was allowed to look at your book already. Tell you more tomorrow. Sleep well.

June 25, 1987 I. and G. Thursday

In the afternoon, Ingrid and I went to Treves. We visited all the sites, Porta Nigra, the basilica, the amphitheater and the imperial thermae. All of a sudden, however, a strange feeling came over me. That night, when we were back home, we made contact to our protective spirits again. Ingrid introduced the session, there were greetings on both sides and I was allowed to ask questions of my high spirit.

G Which title should I choose?
A You have to use the words *life* and *all times*. These'll be the basis, they say everything, you just have to extend it.
G Is Alliwolges there?
A I'm here, otherwise it wouldn't be the foundation.
G Shall I use your name?
A Yes, in the last chapter. I already told you you should write it in easy terms, so that all who want to read it will understand. You need to start with the word *life* and then in the center shall be *all times*.
G Shall I mention esotericism?
A It is esotericism. Yes, you and your words. You'll be surprised at what you'll learn about and through me.
G Have we met in a past life?
A Yes, you'll know soon enough. You can't believe it yet, but it's very high. Dear Gisela, I'm very happy to have you again. I was with Horst at the thermae (in Treves)

today.

G Were you connected to me in love once?

A Yes, still am in fact. (*A heart is drawn over the whole page.*)

June 26, 1987 Friday

Today, we were invited to an energetic circle in Wittlich, good friends of Ingrid's who were very nice to us. We debated about spiritual writing, tape recordings and specialist literature.

In the evening, we went into a quiet room in order to record paranormal voices. This group of people, who were all experts in the field, had registered the greatest success until then using this method. After a while, I was allowed to listen to their newest recordings and I was sure to hear Horst's voice telling me that I was directed by... The rest was absorbed in static. I didn't quite understand the meaning of this.

Finally, I was offered gifts by the host, a small table, a pendulum and some documents written by him about the use of spiritualism and the table.

Ingrid had received some of the documents as well and we were planning on reading them together later. On the way home, I asked her: "Weren't we supposed to receive a message today?" "You're right," she said. "But I'm not sure we got it." "Me neither." The whole way back, we thought about it, but didn't seem to reach a conclusion.

June 27, 1987 Saturday

Ingrid, Gisela, Heidi, sometimes Granny. In the afternoon.

I (The usual greetings.) Who's there, please?

A We'll all be there later, but for now, it's only Horst. Hello.

I Dear Horst, what was the sense of our visit in Wittlich yesterday? We don't quite understand.

A There was a message for Gisela from Greber. We know each other from before. Gisela's husband.

G Was that your voice on the recording yesterday, Horst?

A Yes, yes, yes, yes, my dear! Talk to you tonight.

In the evening.

I Good evening, who of you is with us now?

A We're all here (Emma, Horst, Raudive, Alliwolges, forming a chain).

I What was wrong before, in the afternoon?

A We had a great task and needed to regain our strength. You needed our help!

I Were we in danger?

A Yes, all of you, you can't even imagine!

G to I: Who knows, maybe another failure in the French nuclear power plant?

A Emma here. My dear child, I congratulate you and am very proud of you. It's an honor to have contact to such a high being.

G It's unbelievable!

A Grab a hold of it, otherwise you'd miss a lot. I need to go, orders from above. Raudive – we've raised the frequency.

G Who writes to me now?

A He does.

A You'll get the help I promised you. You want it, but the task isn't easy. You can only do it yourself with our help... (*The writing becomes unclear.*)...willed by God. Ever uphill. Short pause, stay prepared.

It was well past midnight already, but it was my last day with Ingrid and further important messages seemed to be coming. Heidi and Granny went to bed already. We had contact again after fifteen minutes.

A First, we help you by telling you which task I fulfill here, then your path'll be clear.

G to I: Maybe he looks after all writing ones....

a Yes!! (*Written almost over the entire page.*) When I was on earth, I wrote for earthly beings. I don't do that anymore. I help from here now, see to that you make your way.

I Have you skipped a few steps in your development on earth?

A Yes.

I On which plane are you now?

A Just before God's light, the seventh plane.

G How did I lose you back then, did I do something wrong?

A No. We were happy in France, then our paths separated. More on that later.

G Shall I continue your work here?

A That's what we keep telling you.

G Is there still one of your books here on earth?

A Yes! (*The word appears in an oversized way.*)

G What is the title?

A Your path to find me.

I Does Gisela's journey to the Eifel region have something to do with it? (We're thinking about the magical experience.)

a Yes.

I What was the message in Wittlich?

A It's your task to find it.

G Does the black man have something to do with it?

A Yes, you're almost there.

I Does Treves have something to do with it? Have we lived there before?

A Yes, part of it was the meeting (in the thermae).

G Did we live to do good then?

A Yes, causal.

G Did we die there?

A Yes.

I Did we fall?

A Yes.

G By Napoleon's troupes?

A Yes.

I The tour three years ago with the skull...

a That was bad.

I to G: What could that have been?

A Leave it be. Good night.

I Another question for Horst, please. Heidi's suffering from hay fever again. Can you help?

A She should drink more, it's fluid loss. Tea, bee tea. And fresh juice in the morning.

I Is bee tea good for all of us?

A Only for pregnant women.

G My son Thomas can't drink it then?

A It doesn't help against his pollen allergy, I'll ask around.

G Thank you. Thank you all for the good answers.

I And for this evening rich in contacts.

The Gift

June 28 was a wonderful and sunny Sunday. It wasn't easy saying goodbye to Ingrid and her people. I hadn't been able to process all of my experiences after all.

The drive back home went by uneventful until I reached Aachen. I hadn't needed to ask for directions once and the time seemed to pass a lot faster than on my way there. My brother Hans and his wife Erika, both very far along on the spiritual path, were expecting me. A few weeks ago, I had told Hans that I had the strong feeling to have to write something on our matter. "Isn't there enough literature on the subject already?" he'd said. "Yes, but people keep asking me about its practical significance. How shall I answer that in just a few sentences?" When I showed him the logs then, he was very surprised. I asked him if he'd heard of Greber before. "No, not that I know of. Although I read this sort of literature a lot, as you well know. Do you at least know his first name?" "Unfortunately not. When I'm back home, I'll search through the book stores." Hans promised me to do the same in Aachen to help me find my ghostwriter. I gave him the documents I'd received from the nice people in Wittlich to make copies. I hadn't had the time to look at them myself. Erik wanted to know about the bee tea. "There's only pollen tea in the pharmacies, that's not the same thing. But we need the right one for Heidi, anything else would be unbecoming in her condition. I'll keep trying." Erika wanted to ask around in her neighborhood as well. It should prove quite hard to come by. After a couple of days, I finally spotted it at a beekeeper's. It was an extract given to the bees during winter.

I also told Hans about my stay with Ingrid and underlined that there I had been able to make the greatest experiences in communicating with the other level of existence. Ingrid had felt that way too. "She lent me many hours of her time, oftentimes well into the night, believe me. And she always kept her good humour. The most difficult is to read. The writing goes into her direction and all the words are written in a chain. One time she asked me where on earth the USA might be located. When we finally saw that USA was meant, we all had to laugh. It was the same thing when Ingrid read out loud so that I could write it down and I didn't understand the words." Hans and Erika laughed too now. Together, we decided to start looking for the mentioned literature.

The next day, I had just come home and was thinking about the last days' events, when the

phone rang. It turned out to be my brother who asked me if I had understood my task. “Yes,” I told him. “all but the message I was supposed to receive. I just didn't get it.” “Then look at the documents. The author, your host, quotes a certain Johannes Greber, a catholic pastor. Are you still there?” “Yes, but I'm speechless.” “I also found the publishing house”, Hans continued, “there are two books, *Communication with the Spirit World of God* and *The New Testament*, in German and English. I ordered two copies for you.” I was so surprised I hardly heard what he said next.

*

And then I finally held it in my hands, the gift from heaven. Books of such a simple design they were easy to overlook. Plain font on blue and light background, the author's name written in small letters, as modest as his bearer, Johannes Greber. Nevertheless, it was the tenth edition already, which could only be explained by the powerful, yet easily digestible contents of the work. I first noticed the handwritten mission statement printed beside his protrait: “Not the Christendom of the churches, but the Christendom of Christ makes us free.” Why that's so is explained by him and by God's messengers throughout several hundred pages. He'd been chosen as transmitter in a wonderous way. As became known later, he was able to heal sick people by laying his hands on them. Even severely ill people recovered completely after a short time. Naturally, a simple human being is not able to do so on his own accord, only if he or she is chosen to serve as a tool of God. In much the same way that someone is chosen to receive and pass on messages, one can be elected to heal. Similar successes, known as miracles, have been achieved by Jesus's disciples in their time. Thus, the connection between our world and that of God has outlasted for many centuries, but unfortunately, this fact has been made a taboo for so long that secrets, ambiguities and misunderstandings came up and stayed with us till this day. Elucidation about use and misuse of the spirit world were replaced by prohibitions. Now, the people of the New Age are finally able to know about God's spirit world and the sense and laws behind it through Greber's book. He published a new translation and overdue correction of the New Testament from original documents in ancient Greek. Every new interpretation had caused too many errors and changes over the centuries, for example concerning the Holy Spirit. Yet the corrections were not made by the pastor himself, but by the heavenly spirits. They helped right all the

misunderstood statements in Scripture, which makes Greber's book a newly announced bible giving us enlightenment. Those still held back by their doubts will find proof here as well as with Grebe's progeny and the members of his prayer group. It took me a while to achieve absolute certainty too. Even before I had finished the books, I had to call Ingrid. Now we were finally able to explain the connections. It was a bit strange that although Ingrid had received her messages from the same hand than me, she couldn't find the name Greber anywhere in her logs. She had gotten different messages than me or was that a coincidence? “We have to get together more often. I'll get to work as soon as possible.” I said. What I didn't know then was that I had to pass some tests first.

We were astonished by what we were able to find out about this man we had never met and never known as an author before. He was made accessible to us in a very generous way. Should I see it as a miracle or as confirmation of what I had always known, that the good spirit world has been sent to us from the beyond to provide help?

Although I had already come into contact with the good and the negative spirit world, I now had to realize how little I knew about the purpose and the laws involved. Never before had I gotten hold of a book that provided answers – not like the one so precise by Johannes Greber. He had received the messages from a high-ranking spirit himself and written down every detail. Later the book became known as the pioneer's work containing the most important messages from the beyond in the 20th century, as it exposes long lasting misunderstandings and errors.

Why, I'd ask myself in the beginning, would a catholic priest contact the spirit world? Here, it has to be underlined that it was the spirit world of God Greber had communicated with. That's the way it was, not the other way around. What I learned now, brought clarity to my thoughts and confirmed my up until then only latent assumptions.

Johannes Greber lived at a time, 1864 to 1944, in a rural area, where belief was still widespread. There was a farmer's boy in his village through whom a spirit was said to pass on messages. As the parish's priest, Greber was called to expose the alleged fraud and after certain doubts, he finally accepted to hear the boy out. What happened then is described so thoroughly by Greber in his book *Communication with the Spirit World of God* that there is no doubt he experienced the old phenomenon of having contact with the other world, too. The boy's statements, which weren't his at all, came from a higher place and were meant for the priest whose task it was to make them known to the world. The value of these instructions

doubtlessly is that they're not commandments and prohibitions, but enlightenment, which mankind needs more than ever today, and proof that life doesn't only exist on earth. It seems natural that the tested man needed to start a new life built on the new and profound findings he had made. Yet at that time, there were many obstacles. Until then, it had been his main objective to help the sick in his parish in Germany and take special care of starving children. With great detail, Greber describes how he found enough courage to give up his crisis-proof position in life and take on other, higher tasks in his books, his most important legacy.

Ingrid and I were happy to be allowed to have continued contact to him. We learned a lot about him and his work, even the things not mentioned in his books. By coincidence, I stumbled upon a third book of his, which unfortunately isn't published anymore today. I therefore saw it as a personal gift. *The Writings of the Farmer's Boy*, wonderful hand-written poems and stories, are once again proof that contact to the messengers is God's own will. It must have been very unfortunate for the courageous priest to have constant obstacles put in the way of his work by the church. People often have difficulties to accept new findings. Is it a lack of moral courage, convenience or fear of being laughed at or losing one's material status? It seems likely that the ignorance of the connections in life comes first. Where shall enlightenment come from, if not from those standing on the top, the ones that know about all that is still hidden from us? My friends and I are grateful that we were able to benefit from it. That all comes as it should come has once again been proven by Johannes-Greber-Alliwoiges, who confirmed to me, same as other high spirits speaking through mediums, that where he is, everything is exactly as he'd been told before. Ingrid and I were very happy to have found this enrichment for our lives and that we're allowed to make use of it for us and others. From time to time, we would meet to channel spirits, always focused on documenting everything for all those interested. And other useful statements were supposed to follow.

Other Log Extracts

August 19 and 21, 1987

Ingrid and Gisela

The usual greeting.

G Dear friends, who can get into contact with us?

A Emma, Horst and Love, the high spirit. (*Two drawn hearts.*) May you have strength!

Your od is very pure and your path has been predestined.

G My questions. Shall everyone accept their destiny?

A Yes, disease purifies. Imagine eating with clean hands. Disease isn't always punishment.

G A difficult path. Does one advance faster with it?

A Yes! And you should write that in your book, please!

G Does it apply to the desperate too?

A You got it.

G Another question: Who is God, Christ or Jesus?

A Christ is God like your soul, think about it!

I Is it the same thing?

A Yes! You still have to understand so much. Just think: soul, spirit, body. (*Framed from three sides.*)

G It's all embedded, like the grail.

I Was that supposed to read grail, like Gisela thought?

A Yes! (*Written in capital letters.*)

G What's more important during transmit, underlining spiritualism as a source of power or pointing to the search for truth?

A Both, but when the source of power is there, it's equal to spiritualism and God.

G How can we connect to the really good spirits?

A By being pure and open on the inside.

G Does open mean what it means with us (intro-extroverted)?

A People who don't have to lie much are open.

I Do the others use their power the wrong way?

A Yes, very good. Thank you!

G A control question. Have you found everything you've been told down here and you've

written in your books confirmed up there?

A Yes! A control question. Important for your book. Blessed be, good night.

Later, Ingrid asked me about my brother Hans. "He advanced quite a bit since you last saw him. Erika discovered her medium skills as well. Soon, they'll be able to help others." I said proudly. "The next time, we can invite them again, if that's okay with you. I think they're both very capable of development." "Maybe we'll meet at my place again? Former friends are expecting you." And then Ingrid said in a casual tone: "I heard you coughing really bad that night. Can't you do something against it?" "Oh, you mean my bronchia, it's chronic, I hardly notice it anymore. I'm afraid I have to live with it. Let's write again soon, you'll come by my place, say next month, okay?" I said. "It's a date." Ingrid nodded.

November 5 Ingrid, Gisela, Hans, Erika, Granny and Heidi

I We submit ourselves to your protection.

A We're happy you're contacting us. Hans is allowed to ask questions.

H You told me my task is the path of awareness. What shall I become aware of?

A The gift of God! Pass it on to others.

H Is my task to teach others?

A Yes!

H How do I become aware of the right thing?

A By praying and asking us questions. You see, all aids are just a small help to make your way.

H Shall I leave out the literature?

A No, it's very important.

H What exactly?

A The Biebel (new spelling).

H You mean Greber's?

A Yes!

H Where's my field of activity?

A It's coming soon. But you need to open up before you go to sleep. Pray and meditate.

A light switch can be flicked off, you need to do that too.

H Can I fulfill writing tasks with my wife Erika?

A Records first. Your way is good, just a little patience.

H Thank you!

November 5

II Horst for Heidi

Heidi, the animal rights activist, had just been called to her neighbor, whose shepherd dog was brutally killed. She asked Horst for advice.

H Dear Horst, can you tell me something about Hasso?

A Yes. You had to help. Hasso is with our Ferro now.

H Is he better now?

A Yes.

H Would you like to say something according to his violent death?

A We're not allowed to judge.

H Shall we lay it to rest?

A Pray for Hasso.

H Was it karma?

A You finally understood karma!

H Was it right to give the body away?

A It was only a shell.

All of a sudden, the small table turned to Erika, which means she was allowed to join in. She put her hand on it.

E May I ask questions?

A Yes, I'm a very good being. But not the nails, please! (E. uses nail polish tested on animals.) Hans'll help you advance. Good night.

November 6

Gisela and Ingrid

I Introduction, the usual greeting.

A Good evening. Horst first.

G Dear Horst, can you tell me if I've been an animal in a past life?

A Yes.

G A cat maybe? (Great affinity to cats.)

a Yes, a big cat.

G Can you tell me what kind?

A An ocelot.

G Thank you for telling me. Are my reports on positive spiritualism correct so far?

A Yes, yes, and the opposite! I've experienced it myself! By the way, there are still witches today, you'd say.

Emma's tuning in.

A (*A large painted stone.*) The light is bright, Alliwolges, God's child, I welcome you and all in the house (a sketched house with waves above it appears.) Protection! My love is with you. Our country was called France, but that's where the book is important for everyone.

G You've passed through many levels here on earth...

a Correct. The word of God, Biebel stands for the New Testament.

G Shall I contact my pastor on the matter?

A It's already in motion, you'll hear about it!

G My story...

a I want to draw you the way. Tree, animal, God's love. The tree is your life. I'm looking into your room. The animal has been clearly described by Horst. Fur trap and still God's love.

G Is the fur supposed to be a warning?

A You have to see it that way: An animal is noble, whereas man often becomes impure. An animal is never false, it only cares about the preservation of its species. We were all animals once.

G Could I become an animal again?

A No, you can never go back.

G Another question. The line of the Lord's Prayer that says lead us not into temptation, does God tempt us?

A No, you do it, that's what's meant there. You should think harder.

G Shall I listen more to my inner voice?

A Yes, we want to be like a bridge. Open yourself up.

G By meditating?

A Yes, finally! Alliwolges is grateful for Gisela.

G A few questions concerning the book. Is it correct like this?

A Yes, introduce the angels that have led the way.

G Shall I mention our déjà vu experience with the mountain?

A Yes, please.

G The one with the dog, the grave?

A Of course, it's the truth! The one truth. An animal always finds the right way.

G The thing with my friends?

A A small aberration, because they don't have God yet.

G Does that mean they're not advanced enough yet? Do men have to...

A Go back and back again!

G Can I tell the stories of the friends?

A You only want good things that don't hurt, don't you?

G And the impressions I got in the mental home?

A Yes! Being mad is a door that can open wide, because what you interpret as being mad is often something completely different!

G Are the mad ones already on the way to you?

A Yes. Think harder. Good night. *(A large painted heart appears.)* AW

November 15 to 22, 1988 G. and I.

I Dear beings in the beyond, we greet you heartily and ask for good contact. Who can be there?

A God's protection for you and us, Horst and Alliwolges. Good evening.

I How should we understand time?

A AW will say more to that.

G Should we see the notion of time more logically? Is it because of that that we sometimes don't understand your statements correctly, because we feel time in a different way than you do?

A Yes! My beloved Gisela, your questions, because the time has come. You'll be open soon. For a little while, you'll still need help, but not for long. Love makes you strong.

G Is it true that you founded the helping union?

A Yes, but you know that.

G What do you say to the annotations to your newly edited books?

A It was falsified, you need to make that clear (later).

G Are we lost without the good spirit world?

A Yes!!

G Is the connection to the spirit world of God the only way to the truth?

A Yes!!

G Can your lost manuscript of *The New Testament*, which contains the corrected paragraphs, be retrieved?

A It was destroyed.

I Does the church still support the manufacturing of war weapons?

A Ordered by the Vatican. The waves will be better tomorrow morning, good night.

I didn't sleep much that night, as I suffered from severe body pains. Maybe we had eaten too much before or talked too long? I didn't tell Ingrid about it, because we had planned to make contact again the next morning. Later, I learned that she hadn't told me about her headache either.

So we sat down, ready to write and as soon as we had put our hands on the table and even before we could ask the first questions, it started moving.

A Healing powers for you first: open your hands, receive the powers, apply them to where it hurts, shake it out. Three times. Horst and Alliwolges with you.

In spite of our surprise, we did as we were told. The pain was gone immediately. "Ingrid, we can never tell anyone, no one is going to believe us." I said. "You know that Johannes Greber was a great physician in his time?" Ingrid reminded me.

We continued to make contact.

I You've noticed that we weren't well today. We're okay again now, thank you so much!

A Honey, cloudy, with elderberry tea for the bronchia, Gisela. Healing is important for you. You're allowed to ask now.

G Thank you again. Is there only one truth?

A The truth of God.

G Has the holy bible once been passed on by mediums?

A The holy bible has been passed down to saints, but much was changed.

G Were you there then?

A As long as I was on earth, yes.

G Did you help back then too?

A You can experience it yourself. You want to help, but when your help is misused, it's not good for you.

I Shall we go see an alternative practitioner? (health – development)?

A Yes. Help to help yourself! (*Framed.*) You need to get a clear head.

G Open up and send out an aura, are these two different things?

A Yes. Opening up – receiving.

G In the sense of meditation, opening chakras, embracing them?

A What did we sent you first thing today?

G Yes, understood. But how can I close the chakras?

A By leaving them out, quite simply. For example, opening the door, closing it!

G Should I only write for beginners?

A Simple style.

G Do you have other examples?

A Yes, we want to get your attention where animals are concerned...

I Can you explain?

A You won't advance when you forget them.

G Is it because we were animals once that we shall remember? Or should we, as we're more developed, protect the animals, which are lesser developed?

A Animals are often further advanced than people.

G Does every animal become human some time?

A There are exceptions.

I What about the Berlin monkey? (It was abused for research, has contacted animal rights activist Heidi from the beyond.)

A A highly developed being! The monkey created a scandal. Look at seals, money, pig.

I Is a pig noble?

A Yes.

G Is there anything else important?

A Polarity. Money – bad things - hunger – misery. Don't ever forget that!

G Is it your task to keep the balance between the connection of positive and negative things?

A Yes.

G Someone said there was no matter, but only frequencies. Is that true?

A No. Matter is never lost, it is only changed.

G Was the fall of mankind real? (The fall of Lucifer and part of the spirit beings.)

A Yes!!

G Was and is our home with God?

A Yes. (*The upper yes is underlined.*)

I I took in the strength of the sun yesterday. Should I only work with that in the future?

A Yes, without other help, only with light.

I Are the people abstaining from alcohol, nicotine and meat further evolved? (Better waves – better contact?)

A Yes!

I It's a fact that people live longer today than before. But why do so many young people die at the moment?

A You can answer yourself.

G Can every disease be influenced by praying and meditating?

a Yes. Except for broken bones.

G Was the connection between spirits and human beings first initiated by your side?

A Yes.

G Can you tell me anything about karma?

A You've understood it correctly until now. Your path is the right one, you just have to follow it. Many are doing it wrong. Switch the light on in your heart, then all will be clear!

I The priest (in the TV) said that the church has failed where animals are concerned. He also said the cross of Christ symbolizes suffering. (As a pendant for a necklace etc.) Is it dangerous to have a cross in the apartment?

A Good, very good. You can draw strength from it.

G What about the stones inside my room?

A Very powerful. Put them under your cross, put the candle beside it, be aware of it. The positive ones glow. Good night, God's protection. (*Two flowers and a heart are drawn up.*)

March 1, 89 I. and G.

A God's protection, Horst. Dear Ingrid, you need to write down messages for Gisela, from your group. Much of it is important for all of you. Receive strength. Now Emma.

G Dear Emma, I greet you.

A Your brother Klaus is here with me today.

G That makes me very happy. Can I ask him?

A Yes. He's not far enough to be writing on his own.

G Klaus, how are you?

A Good, thank you.

G What happened back then when you had that accident?

A There was a slope.

G Was it very bad?

A Not for me.

G Did it make you advance?

A Very much so!

G Are you also Hans's protective spirit?

A Yes. I want to write with Hans, too, he's being trained.

G Klaus, are you writing yourself now? Your writing's different.

A Yes, but not without Horst.

G Since when have you been my current dual soul?

A My being a spirit, I was allowed to choose you, a wonderful wisdom. It's the Wichtotos feast today, which means mother's honor (the mother of God). Chain. Good night.

A A new and great task for Gisela by Emma and Alliwolges. More on that later.

G Dear Alliwolges, you've been wanting to tell us something about colors?

A White = life, yellow = healing, green.

G What about green?

A Green means nature. All herbs are natural spirits, use them. But keep away from red.

G More natural colors?

A By all means. Thank you.

I Is seven more than just a number?

A Make it into your own lucky number. Please kneel seven times tonight, then put your hands on your body seven times, then give away seven times. You'll be come happier.

G How exactly?

A Put it on the parts that hurt, then give it away first (the universe is so big), then shake out your hands.

It's good protection against harmful influences to put on a coat of light. Stand with your face turned into the sun (or some other light source), holding your head straight. Then start

with your left foot and mentally put the light coat around you just to the right foot. Repeat that seven times and make the circle of light bigger every time.

A God's protection, talk to you soon. (*A flower and two hearts are drawn up.*)

New Findings

If I'd believed to have made my wishes come true, accumulated enough knowledge and fulfilled my task, then I was wrong. I was still making the same mistakes I was sure I had overcome by now. Thus, I went through new developments and accepted many a set-back until I understood I was changing more and more.

Yet first I had reason to be happy, as the tea I was drinking daily now had rendered my bronchia medicine superfluous. The quiet nights I now had even had a positive influence on my everyday life. I knew that we're only burdened with whatever we're strong enough to bear, if we activate our strength.

Then winter came and my contact to Ingrid lessened. Shortly before our last goodbye she had asked me what I had been dodging to answer until then. "What about your children? I never even met them. You're surrounded by so many friends, many young people, too. But you don't talk much about your children." "I told you I worry about them, didn't I? They're okay, they have well-paid jobs and are good people. But unfortunately, they haven't been healthy, not since their childhood. I regret it very much that they don't live near me. Besides, they're rejecting every kind of spiritual help they could get." I told her sadly. "Why don't we ask for them to be better?" Ingrid suggested. "But all I do is pray for them. Maybe they need to work at their karma, maybe I made mistakes when they were growing up?" I said. Ingrid wanted to know more, but I was reluctant.

Now that the weather was getting colder, I thought a lot about spring and the beautiful Eifel forest and the Joseph's tree that gave me so much strength. One day, I wanted to do my Christmas shopping and was just putting on my much loved fur coat, when a strange feeling came over me. Fourteen dead animals were standing in front of me, small ocelots all of them. I put the coat down immediately and that was the last time I ever wore it.

Similar things happened at lunch. Suddenly, I wasn't able to eat meat anymore. I had never been a meat lover, but now I abstained from it completely. My friend Marina felt similarly at that time. She abandoned several old habits, the child growing inside her being one reason. She was about to give birth in a few weeks, same as Heidi, I guessed. Our young friends Heiko and Rudolf were determined to advance as far as possible in their mental development. We knew they'd already come quite far for their young age, but they were

still missing the awareness that everything needs time and that it doesn't all go according to their will. They wanted to become writing mediums more than anything, but they needed patience for that.

Then came the day when Ingrid and I and other groups I knew received a warning. We were told that channeling was very dangerous for beginners at the moment and that a good intention and the belief in God wasn't enough to provide the necessary protection. Our own protective spirits are sometimes surrounded by negative forces they have to fight. At times, these forces are more numerous, which means everyone involved is in danger. When we asked where the beings from the beyond were, they told us they were everywhere, even among us. I passed on the warning as good as I knew how, because it seemed to be my obligation. But not everyone understood at first.

During the next full moon, Marina and I tried to find answers.

Marina and Gisela

G Dear friends from the beyond, we greet you heartily and are happy to make positive contact. We ask you for answers.

A Yes, Emma, Angelika and White Eagle as the controlling spirit are here. We swear in the name of God, whom we love and cherish, that we'll help you and protect you on your path of development.

G Dear Emma, we worry about our friends!

A They're in danger of becoming dependent on spiritualism.

G Can they write as mediums?

A No, they shouldn't!

G What can they do to advance?

A Pray.

G Can we do anything to keep them from harm?

A They want to write by all means.

G Can talking to them help?

A They won't listen to you.

G Is it Marina's and my fault?

A No! They don't want to listen to you because they wish to set the time themselves and

be independent. They don't know what'll happen to them and the lower spirit world will soon have control over them if they don't go back immediately.

G Do you have any advice?

A The protective spirit is positive, but he alone is too weak for providing enough protection.

G Can they write together with us?

A No! Just observe. Until next week, good night, my dears. Emma. (*Three drawn hearts.*)

Marina and Gisela

M Greetings, calling.

A Good day to you, my dears, Angelika, Emma and White Eagle are here (they swear).

M Dear Angelika, can you give me advice for Hartmut, who wants to go to India for business?

A Yes. You don't need to worry, he'll come back safe and sound. (There is other advice for Hartmut that is important for his working environment and his health. The number of his future colleagues, which is five, had been foretold correctly).

M Thank you. Dear Angelika, you said that alcohol makes for bad vibrations. Does that go for all people?

A It depends on their development.

M Which levels are the most dangerous?

A Five and up, especially six and seven.

M Can you give me further advice today?

A You should get out more, to relax and close your aura.

M How can I close my aura?

A With complete quiet and harmony.

M Does nature play a part in it?

A Yes, nature is the whole cosmos.

M Is wishing for death really the wish to relax?

A Yes! But first, you must accomplish everything, then it'll be better. Your time will be better soon. You just have to believe! (*Angelika draws a butterfly from the G, with a spiral in its wing.*)

M Will time be better for Gisela as well?

A Yes! She needs to believe too. *(The same butterfly appears.)*

Goodbyes to Angelika.

Emma is called upon.

A Emma swears that it's her and she's with White Eagle as the controlling spirit.

A My dear children, you've been given a great gift by Angelika. The butterfly is a symbol for change and change comes from believing in God. The spiral is a symbol for the unity of the whole cosmos. You're just polishing off the last edges and then you'll be free.

G We thank you.

A We want to see you happy, it's a real gift for you both. It needs to be written down in a book and we want to explain further, but not just now.

M When?

A In four weeks, because vibrations will be good then.

G We're looking forward to it and are very grateful.

M Dear Emma, another question, are you with Angelika?

A Yes and she's a good fairy.

G Are the parents of handicapped children favored or disadvantaged?

A Disadvantaged, because it's harder.

G Does it give more development chances to parents and children?

A Yes, they want to learn a lot. Good night, my dear children. *(Three hearts).*

The butterfly is a symbol for change and change comes from believing in God. The spiral is a symbol for the unity of the whole cosmos. Emma & Angelika

G Good evening, dear friends, who can make contact?

A Emma, Angelika and your controlling spirit White Eagle.

G How are you, dear Emma?

A Good, thank you.

G Can you tell me what my dream meant? (In her dream, G. was under water drawn into the depths by a swirl, but without fear, just curious to see what would happen next. Then she suddenly stood at the shore, but duplicated. One G. was wet and naked, the other one dry and wearing a cloak. She put it around the wet one's shoulders.)

A The dream was a development of your old self, you're advancing.

G Am I on the right path?

A Yes, but you need to let the truth through more.

G I don't want to compromise anyone. Does it apply to my story?

A Not only.

M Is everything Gisela writes in your book?

A Yes!

G Dear Emma, are you on another plane now?

A Yes. The second one, level one.

G Can you go to the mental plane from there?

A Yes, if I advance.

G Can I contribute to that?

A Yes, if you advance, I do too.

G Is it your task to help me with it?

A Yes, among other things.

G Don't you have to be incarnated anymore?

A No, it's voluntary now.

G Do you die on the astral plane in order to reach the mental one?

A Yes!

G Will it happen to me at the same time?

A It's not important for you to know that.

G Will the transition be hard for you?

A No, it'll be easy.

G Can I still reach you afterwards?

A Yes!

M Christmas is coming. Does it mean the same thing to you it does for us?

A Yes. *(Drawn star.)*

M How do you spend Christmas Eve?

A We celebrate in the name of God and his son Jesus Christ. It's a feast of love among all beings of the beyond and we're all happy when the Lord comes to visit us in the high planes and levels. It's the Lord Jesus Christ. Our Lord in heaven is a beaming star of love.

M Is the way we're celebrating Christmas the right one?

A It's beautiful how you celebrate the feast of love amidst your family, accompanied by all the angels of love. You have a lot to give and everyone can sense that.

G We say goodbye for tonight and thank you very much.

A So long. Love, Emma. *(Four drawn hearts.)*

Angelika for Marina

A I'm Angelika and I love God and his son Jesus Christ. I want to tell you that you don't have to be afraid, your child will be healthy.

M Will you be there during the birth?

A Yes, Emma, I, White Eagle and the angel who paves the way for everything when it's time. It will be a celebration for us all and you'll advance a step.

M Which level will my child have here on earth?

A Plane two, level one.

M Is that the same level as in the beyond?

A Yes, but it's different on earth. Hartmut will be there and be very happy about this miracle. Good luck, Angelika.

Emma for Gisela

G Dear Emma, do you have to tell me anything else?
A You need to describe your path of development, it's important.
G Did my development progress the way it did because I rejected my destiny?
A No, because you accepted it.
G Was that the reason for my long illness?
A You were afraid of what was to come (subconsciously).
G Did my children also choose their path before their incarnation?
A Yes, it's a chance, they're advancing a step because of it.
G Was my illness my path?
A Yes! You should describe it this way, so that people will draw the courage to make their way from it. It's a chance, they'll advance a lot further this way!
G Thank you for today. (Goodbyes)

December 18 M. and G. Log: H. (Extract)

The usual introduction.

G Good evening, dear protection spirits, we ask you for good contact. Who can be with us today?

A Emma, Angelika and White Eagle as the controlling spirit. We swear...

G A question that's been on my heart. Shall we give our love to negative people too?

A Yes, only love, nothing else.

G Can the ones thinking negatively cause us harm?

A Yes, if you're not stable enough.

G Is it true what has been said on the radio that karma can cause two people to meet who need to make amends from a former lifetime? (So-called revenge partners.)

A Yes, it's true.

M When we're writing, how do we know when the answers come from the subconscious?

A Good question, but you can believe us that we're the good spirit world. A message for you as proof. Olli's soul will soon come to earth and it will remember the contact to you, but it'll take a while. Love, talk to you soon, Emma. *(Three drawn hearts.)*

Good News

When Marina said goodbye and wished me a happy Christmas, she also reminded me of our next date. “We need to make contact again at the end of the year. I have questions concerning the birth. It'll be the last time before it happens.” I agreed. Marina had quickly been overcoming her sufferings and felt better and better over the last few weeks. She was looking forward to having a purposeful task again.

On Christmas Day, I received a sad message, which would also hold good things, as I should find out later. It was about my son Thomas. His long-term illness, about which I only knew little because of the distance between us, had taken a turn for the worse. Unfortunately, my children didn't know about the spiritual connections I had yet and wouldn't allow any discussion about the subject. Their thoughts were solely encompassed by mathematics and technology. I thought about ways to help my children, as traditional medicine couldn't. I remembered my good protection spirit, whom I wanted to ask for advice. Marina immediately agreed to help and be my contact partner. In the course of the evening, we learned that Emma had guided us again. Worried, we called upon her and got answers.

December 30 M. and G.

A Here are Emma, Angelika and WE as the controlling spirit. We swear in the name of God, whom we love and cherish, that we'll protect you and help you stay on the right path.

G Which kind of advice can I give to Thomas, so that he'll be saved?

A He should change jobs! (*Underlined heavily.*)

G Does that mean he should stop working?

A No, but he should ask for a transfer.

G Shall he suggest himself where to go?

A It will work itself out.

G How can I make Thomas understand?

A When he can't find a way out and is miserable enough, he'll believe you.

G Dear Emma, did you follow the message?

A Yes, I'm always with you when you need me.

G Did you help me finally finding out ?

A Yes, because he would come to great harm and that'd be bad for his development on earth. He needs the time here for himself to get into a good sphere in the beyond and he'll succeed, believe me.

G Will he make it in this lifetime?

A Yes, he'll need some time until he finds the right way, which is love.

G We're happy about this message and thank you.

A It gives me joy that you're happy.

Heartfelt goodbyes.

January 10, Marina gave birth to a healthy baby girl. It was very quick (as the hospital confirmed) and almost completely pain-free. She wanted to write with me then to give room to her joy and gratefulness.

January, 30

G.,M., H.

The usual greetings from both sides. They swear in the name of God to help us advance.

M I want to thank you for your help with the birth that went so smoothly.

A We thank you for believing in us and want to tell you that you'll be okay, as well as Olli. (*The word Olli is underlined twice.*)

M Does it mean something that Olli is a girl now?

A His soul shall learn about the female element on earth and already has many typical characteristics inside him.

M Can a being decide for himself which sex to adopt?

A Yes.

M Can you explain that further?

A It's difficult to understand for you, because you're trying to explain everything with logic. And that's not always possible.

M What can I do to raise my Tina (Olli) well? Keep her healthy?

A You can help by providing closeness rather than too much food. She needs to acclimatize herself first, but she knows that she's loved.

M Is Tina still with you sometimes when she's asleep?

A Yes, she's still here and has a lot of strength too. She'll have a great task.

M I thank you!

Heartfelt goodbyes from both sides.

March 2 and 3 (Extracts) M. and G.

The usual greetings.

G Dear Emma, how can we protect ourselves from minor forces?

A You don't have to be afraid, because you learned to live and love correctly and as a consequence, you're positive.

G Is it true that they sometimes meddle?

A Yes, but prayers make them go away.

M How can they use your words?

A They listen and then answer respectfully.

M Can you tell me how we can make them out?

A The message is different (and they don't swear).

M Can't you describe it more thoroughly?

A They're evil and mean and want to destroy things because they're unhappy.

G May I write that down in my book?

A Yes.

M Is it good to meditate in the water?

A Yes, because water has a calming effect on the soul and loosens up emotions. Water is the symbol for soul.

G How can I become more complete?

A You don't need to, because you people on earth are not able to become complete.

G Another question, is Olli really identical to Tina?

A Yes! (*Underlined several times.*) You should know that she has a great task and will achieve her goal. She won't need to come back to earth then.

M Can you tell us more about her task?

A She's got a long way ahead of her and you'll learn a lot about God and the world. She reads a lot about the story of Jesus Christ, is very religious and possesses clairvoyant skills and the right feeling for the people close to her. Listen to that! Good night.

March 30

M. and G.

G Good evening, my dears. We hope you can make contact?

A Yes, we're here, Emma, Angelika and White Eagle. (They swear.)

G Can we also write to W. E. personally?

A Yes, you can ask him, he's waiting.

A Welcome, my dears, in the name of God the Almighty, I greet you. You shouldn't write too much now, because it's a bad time and you need too much od.

M Is it connected to Easter?

A Yes, it's the crucifixion of Jesus Christ and the world is going through a transformation. You felt it already, because there are catastrophes at your side.

M Dear WE, can I make practical use of the healing powers you described in your book?

A Yes. Actually, you've been using them for years (family).

M Is the alternative medical practitioner my mother was seeing positive?

A Yes, he knows you. He was your teacher in the spiritual world. He recognized you in your mother's aura and wants to meet you. He'll make you very happy when he's telling you stories from the past. You've been led to him.

M Does he know Gisela too?

A Yes, she should go to him. He was a friend and will become important to her in the future.

G Dear WE, do you also have contact to Alliwolges?

A Yes, he's here too. He'll guide you in your work.

G How can I achieve more internalization?

A By letting go of your thoughts.

G Is it better to quit my job?

A Yes. There's a great task waiting for you.

G Shall I serve more?

A Yes, that way you'll dissolve your karma. The end.

April, 30

M. and G.

Log: Hans

M My dear friends from the beyond, we greet you heartily and are looking forward to having you.

A Good evening, my dear children. Here are Emma, Angelika and WE as the controlling spirit. We swear in the name of God, whom we love and cherish, to protect you on your path. The time of development will soon be over for you two.

G Thank you. Dear Emma, can you tell me if there are cures for certain illnesses?

A Yes, there are different kinds of tea.

G What can Hans do against his neurodermatitis?

A A certain twig from a hazelnut bush.

G From the woods?

A Yes, the hazelnut pits have to be cooked, strained and then brewed as a tea.

G Can I also buy the nuts?

A No!

G So I have to collect them in the woods. Is it the same with other illnesses?

A Yes. For all of them.

G Can we do something against Hartmut's headaches?

A Yes, make a tea from the roots of the mulberry tree.

G Can I buy that in the wholefood shop?

A Yes. It's good for all of you.

M Can we also talk to White Eagle tonight?

A Yes, I'm tuning it up. Good luck, so long.

White Eagle answers.

A Good evening, my dear children, I greet you. We'll make it short this time, you're tired, difficult times lie behind you. Keep at it!

M How can we notice it when negative forces are at play?

A The words, it'll get cold in the room and the writing will change.

M Is Easter the highest feast with you?

A No, Christmas.

M When can we write to you again?

A Soon. It was very nice with you, very harmonious. I'm looking forward to the next time. W. E. (*Drawn Christmas tree.*)

June 30, 88

Questions for Emma

G Dear Emma, four weeks ago, you prophesied a message for us. Can you tell us now?

A Yes. Thomas will be born again inside you, because you must finally know that he'll get better soon.

G Can you explain more?

A Child, you've paid the debts for him without knowing it.

G Thank you that something like that is possible. That means that we can take over someone else's karma? Was there a link to my illness, which started the day he was born?

A Yes. I want to tell you that you're on the right path and that you will feel much luck and peace inside yourself. That's why the disquiet before, because it was a time of development and you can relax now, my dear child. Good night.

From then on, Marina solely committed herself to her new task, raising her child. "It's good that I know things now I didn't before.", she said to me one day. "That way I won't make the same mistakes again." "If I could go back in time, I'd do a few things differently, that's for sure. But I still believe that our mistakes were important. They corresponded to our state of development and that of our environment back then. We could only learn the things we know now because of our mistakes." I said. Marina believed in the necessity of mistakes too and we knew why we'd met so coincidentally then. The mission had been accomplished. Marina had found her way, her destiny and was finally allowed to be happy with her family.

*

It made me very happy that Rudy and Heiko had finally found their way too. Both worked in the service department for needy children.

In the meantime, I'd been contacting Ingrid more often than before. I saw that she was able to further develop her healing powers. She told me that spiritual healers should refrain from alcohol, meat and chemical products. "Only then can they receive and pass on healing powers. The training has several steps, depending on the medium's purity. The path is not always easy and that goes for healer as well as spiritual teachers, writers and other receptives." she explained. "The passing on of spiritual forces becomes successful when the recipient is also willing to accept them. Only when he opens up, will the power be able to unfold. Several times we were told that the healing of body and soul is more important than great knowledge, which doesn't contribute to our development at all, strictly speaking. You can imagine that some in our group would want to ask questions on scientific matters or receive information about their past and future, but that's not how it works. It's only a supplement."

When we began to make contact together again, we learned that the time had come for certain tasks for Ingrid, Gisela and Hans, who was supposed to pass on his experience in his home town of Aachen. At the same time, the groundwork was being laid for freeing Thomas from a long-term problem he'd had. Ingrid asked about the matter. "You have to know," I told her. "that I've been very ill since Thomas's birth. It started with a childbed neurosis, then there were several organic operations until I couldn't go to work anymore. It was only thirteen years ago that I found healing, you know how. At the same time, Thomas became ill, exactly thirteen years ago. And now he's going to be healed the same way, by dissolving his karma. You can't imagine how happy that makes me." "In fact, I can imagine and I believe you."

We received confirmation when we made the next contact. Ingrid asked Horst.

I Can physical pain be influenced by asking for healing?

A Yes, I can give you an example. Look at your body as if it were a car. You can repair it, but there's more to it than just the material. Your soul is important. You can also repair yourselves, by auto suggestion.

G By thinking positively?

A Yes! Stones are good for that.

G When asking something for someone, I'm not allowed to influence their karma, am I?

A Not at all!

G Am I doing it right, asking for body and soul?

A Yes, can't be improved.

G I get the impression that Thomas is much better.

A That's right. Soon, he can write with you, then your problem will go away. Horst and Alliwolges did that, because you asked them for it.

G Thank you!

Reading these words was the greatest gift I had received in a long time, even though I still had difficulties believing it. After all, Thomas had been very reluctant until then. Ingrid tried to calm me down. "We've always been guided well, haven't we?"

She was right, the time to come was very quiet for me. I liked my work and was doing better with my bronchitis. I was well all winter and the following spring, until things picked up a pace in the summer.

Warnings

One day, Ingrid felt like seeing her old home again and therefore told me she'd come to visit. I was very happy, because I'd been having the same sinking feeling I was going to need her for days. It seemed like I was stagnating, standing still with my spiritual inspirations. One time, I wasn't sure if I was developing the right thoughts, the next time slight annoyances and or too much work prevented me from advancing. I didn't know yet that that was all part of my development and that I was going through a purifying process. Maybe Ingrid would be able to explain it to me.

We had a lot to talk about. I was especially interested in Heidi's baby, who had been playing the main part in the house for a few weeks now. I had to go see it soon, but made do with the cute pictures Ingrid showed me. A sweet little boy with big eyes that seemed wide awake. Very usual for his age. "The birth went very smoothly", Ingrid told me. "We were very lucky. Heidi had almost given up on children. But Horst helped." "I believe you. But I guess it only happenend because she took on a spiritual task?" "Yes, correct. If we provide help to others, it is given to us in return. We've been told over and over again and now we've got proof." "I'm so happy for you and the new life in your family." I said. "All our friends say hi, by the way", Ingrid said. "Unfortunately, our rabbit Blacky died and we're very sad. It was part of our family, like Baffy and Boomer." "I'm sorry, especially for Heidi." "But it's well," Ingrid said. "It wrote to us." "What?" I was baffled. "Yes, it's true. Our former dogs are with our dead in the beyond too. When we asked about Blacky, the writing that appeared was tiny. It said: I'm well. I can show it to you, I have the original with me. And six people witnessed it. By the way, we were told something else, thumb-sucking babies are supposed to have good contact to the beyond. Heidi said that our child doesn't do that and they said something about a contact thumb. And when Heidi went to look inside the little one's bed, he had his thumb in his mouth, for the first time. What do you say now?" "I'm surprised. So you're still writing with your group?" I asked. "Yes, but not very often. Still, we have success and receive important messages. There are only few, but well-developed people with us. It's not good for the ones in the beyond when we cling to them, especially the ones that only arrived shortly. We have to let them go, so that they can advance over there. It's different with our protection spirits, they come when they're needed." "I'm happy you're here now. We'll have a nice week. I'm sorry that you can't stay longer, but maybe we can go out into nature, the Ruhr valley is

all green now. Or we could go see our friend Friedrich. He'll be happy to see you again.” “I thought I'd take a look at my property first thing tomorrow and in the evening, I was planning on making contact. Care to join me?” I did want to, very much indeed. It was only with Ingrid that I was able to ask questions to the high planes and my guardian angel Alliwolges. Our connection was destiny, I was sure of that.

Ingrid still owned housing property in the city and among other things, a beautiful garden. She had planted the trees together with Horst when he was still alive and I remembered the different medicinal herbs and spices she kept and always shared with me. Now, the house and the yard were let for rent, but the garden was still in full blossom and Ingrid was able to draw a lot of strength from it when she was there. When we started to make contact that night, I noticed how much.

Ingrid made thorough introductions before she called upon Horst.

I My friends, good evening. We greet you and count on your and God's protection. Who of you can write to us today?

A Horst and Emma and Alliwolges, who's so important to Gisela. *(Drawn hearts.)* Horst first. It needed to be this way, Gisela. Often, you can't understand. *(A drawn, wavy line appears.)*

G Are you referring to the ups and downs I've been suffering from lately?

A Yes, Gisela, they are waves. You've come far, you'll understand.

I Horst, I experienced something today, when I was in our old garden. Under the great tree, I suddenly felt you close by. The scent of your tobacco seemed to envelop me.

A Dear Ingrid, I was there with you today, but the smoke is attached to the tree. You're a medium, that's why you noticed.

G Have you found a tea for Thomas yet?

A Yes, lime blossoms with elderberry, because it opens up the spasticity. The mixture should be half and half.

G Thank you for the message, I'm happy for it.

A I'm happy. It was a long way until I could give you advice on medicinal herbs. Allergies are bad illnesses.

I Is the tea also good for Heidi, now that she's breast feeding?

A Heidi should drink elderberry with fennel. And juice.

I Does that mean juice in the winter and tea in the summer?

A Yes, correct.

I Thank you for the message.

A We need to learn too. We don't always have time. Alliwolges is on now.

We were both happy to have received help for our children. “We'll get the tea first thing tomorrow.” we told ourselves. But we still had a lot of questions.

A Alliwolges. My beloved one. *(Three drawn hearts.)*

G I'm very happy to have contact with you again. May I ask questions?

A Yes.

G Is my behavior correct, can I continue like this?

A Yes, your heart is wide open.

G Is it true what I wrote about Napoleon's troupes?

A Yes, but the time is not quite right. You have to see it this way, Napoleon was incarnated.

G Then everything happened earlier, maybe when the Romans were the Emperors? Is that it?

A Yes. You need to do more research on the subject.

G Were we once rulers and suppressors?

A We've been suppressed too.

G Can you tell us in which century?

A The 11th. That's why the book is no coincidence for you.

G Were we together then?

A Yes. The time had come for advancement.

G Was it also about burning witches at the stake and occultism?

A What wasn't finished then is now upon us again, only worse. Look at today's youth!

G Did we fight against it back then?

A Yes, yes, yes!

G Did we achieve anything?

A Yes, quite a lot for the time it was. I need to warn you against the color black. Ingrid brought you the newspaper. You need to protect animals, not sacrifice them!

G Were Horst and Ingrid with us too?

A Yes, the soul doctor. In your eyes, we were two souls in one.

G Does that mean you were my dual soul back then?

A Yes.

I Are there seven duals over all?

G Is the question important to you?

A Yes, very, because your books are wrong. Think about it, it's a long way until seven. Seven planes, seven duals.

G Will I finally find you again?

A Yes and more.

I Is it true that children receive the greatest protection until they're two years old?

A Yes.

I Shall we also, as we've been told, record baby talk because it contains the truth?

A Yes!

I Is it true about the contact thumb?

A Yes. Do you need more proof? Please let me tell you today: The new time has to be about the children. No meat! This message is very important, because the environment and the animals will retaliate. Thank you, God's protection. Good night.

Right then we didn't know about the calves scandal that was detected August 8, 88. I asked Ingrid about the newspaper articles and she told me:" It's not always good what the spirits tell us. For example, catastrophes and bad weather periods are supposed to pick up now. Something is happening, believe me. Not only on the other side is the danger great, but here too. More and more people, especially young ones, experiment with all kinds of tools without knowing the rules. They contact the spirit world and aren't aware of the fact that only the low planes answer. They see it as a hobby and don't know they're walking on thin ice. But it's much worse that others, and there are more and more of them, turn to black magic. They read black messes, abduct or convince people that are still almost children and make them do their bidding. Black cats and other animals are sacrificed and the devil worshipping goes as far as people being killed. The victims' blood is supposed to give them power over others and create the character traits of rulers. Teenagers looking for friends or support they don't get at home or school or church are in particular danger. I've brought you different newspapers, you can read all about it." I was deeply shocked after having read

some of them. Not that I hadn't heard about it before, but these reports were worse than I had imagined. The so-called members were drugged and thus deprived of their free will, put under surveillance and influenced in the worst way. They had to abide by specific rules and for example swear a loyalty oath saying that renegades were punished by death. "Oh my God, how can there still be worshipping of witches and the devil at a time of illumination and scientific education? How can bright young people attach themselves to such groups? What kind of promises were made to them? Did we adults fail them? Don't the parents, part of a seduced generation themselves, have influence any longer? Is it because there are too few purposeful training positions? Or is the good, the Christian life, too stressful to strive for, too hard to understand or don't they know enough about it?" "There are missionaries, but people don't believe like they used to anymore, so it escapes them most of the time. Plus there are more and more negative forces at play in the here and now, as we've been told during our transcommunications. They're caused by the movement set in motion by our age of Aquarius. Evolution on the good side, resistance on the other. These are the polarities. What can we do against that? Young people are often distrustful about tradition and want a better life, to get it they use violence if they have to. And who can promise them that in the short term? Teachers and church representatives are overstrained. And how can someone communicate something he doesn't know enough about himself?" Ingrid said. "But haven't we received messages giving us hope for a more positive future if we all work at it?" I asked. "Like I said, something is set in motion, not only on one side, but on the positive and negative one. You know that Aquarius is dominated by Uranus and Uranus stands for change all along the line. Much is going to change, one way or the other."

Tightrope walk

The next day, the sun was shining and we decided to visit our friend Friedrich. He had made a name for himself as a healer, was known as an expert on that field and had already helped many people.

“Let’s surprise him, he only lives a few minutes from here”, Ingrid said. I wanted to call him before we turned up at his door, but we looked him up in the directory in vain. Finally, we just went. “I don’t think he’s gonna be home in the morning.” I said. “Someone will surely be there. He’ll be pleased to hear from us.”

His property was located on the brink of the city. Two shepherd dogs guarded the old farm house and the well-kempt lawn, which looked more like a park. We were surprised to see Friedrich, who had been raking the garden path, coming toward us, his life partner Rita by his side. It had been a long time, so we were very happy to see them. We learned that Friedrich frequently traveled the world, held seminars, wrote books and above all, had been able to augment his medium skills. I had always been quite impressed by him and his never-ending creativeness.

While they set the table on the terrace, I wandered off to look at the property. I walked between the tall, old trees. The property ended with a small forest. A gardener was mowing the lawn and everything looked beautiful, but there was this odd smell. I contemplated where it could come from, but neither cats nor cattle were held here. I walked on and on, but the smell seemed to follow me. Finally, I thought I’d imagined it, particularly since the others didn’t notice it.

At the table, we said a prayer and Friedrich explained why they didn’t serve meat and alcohol. “Animals are living creatures, partly even mammals similar to the human race. They have a right to live. Besides, no man on earth would have to starve if the land was used for growing crops instead of fodder. It’s a lot more effort to feed slaughter cattle from the land than to provide many people with bread coming from that same land. Not to mention that contrary to popular belief, a meat-free diet is completely sufficient and healthier even. Alcohol corrupts the inner vibrations and the ability to judge between positive and negative is restricted. You’re exposed to dangers and doubts between body and soul. The polarity regulating our balance is

prone to disruption.” Then he added with a smile:”Although there’s no law against a good glass of wine.”

We understood what he meant and had been informed about this before. I confessed that I drank alcohol from time to time and wasn’t choosy about it. Suddenly, I became aware of my inconsequence and decided to not drink a drop from that day onward.

Friedrich told us about his latest successes as a medium. Seeing as he was a channel for positive messages, we knew that he could give new strength and hope to many people.

Suddenly, he looked at me. “Your aura doesn’t radiate, you’re completely sealed off. You’re not well.” Then he asked me to come into the house with him. “You’re gonna feel better in a minute.”

I was a little surprised, because I had been feeling okay that day, but I followed him into a room all the same. Maybe he wanted to talk to me, I wondered. He called for his secretary. I had absolutely no idea what he was planning.

“Take a seat here”, Friedrich asked me, “and try to relax. Stay calm and loose. Close your eyes and say a silent prayer.” The secretary sat down behind the piano and played a hymn. Take my hands and lead me...I can’t go alone, not one step... Afterwards, she sat down at the table with a short hand note pad in her hand.

Friedrich, who had stepped behind me, held his hands above my head. I felt a comfortable warmth flow through me. Then he started to speak, quietly and monotonously. I immediately had the impression that the sensation wasn’t caused by his words, but that he was acting as a channel, passing on inspiration. The secretary wrote everything down.

During my relaxation exercises, I typically felt my body mentally. I was in my head, my shoulders, my legs and so on. At the same time, I heard Friedrich’s voice: pressure on my ears, more right than left, radiations coming from my teeth, the fourth vertebra tensed up...

He always talked about exactly those body parts I was just passing in my thoughts. Then followed a diagnosis corresponding exactly to my chronic state. I listened, amazed.

Then all of a sudden, I couldn’t understand the words anymore. They weren’t quieter, but much faster, more monotonous. I felt like smelling that smell again. The young secretary, who was writing everything down, rapped her pencil on the table from time to time. Maybe it didn’t work, I thought. I still heard Friedrich talk, but I couldn’t understand but parts of some sentences. From time to time, I heard the rapping noise again, short and hard. I still remember

the last words...don't eat anything for a week...no contact at all, otherwise you'll be killed, mentally and physically!

I only understood what was meant later, when the recording was read to me. I was to not contact the spirit world, without exception. Otherwise I'd die!

I was stunned and Friedrich said that he had never received messages like that before. He couldn't know about my connections and activities, because we had never talked about it and hadn't seen each other for a while. And how could he talk about the change in my back and teeth or about the pressure in my ears I sometimes felt? When I asked what the rapping noises the secretary had made meant, he answered: "She can't help it, she receives them from another plane. In this moment, energy is being provided for you. She's a medium too."

I didn't quite understand that. I felt hollow inside, like a big nothing. When Ingrid suggested we leave and we made our way home, it started. I steered my bike off the road and rode through remote streets unknown to me, but Ingrid ordered me back again. I claimed this road would lead home. Then I felt all hot all of a sudden. I told myself that it would pass, I'd just have to pretend everything was okay. At the same time, a terrible chill befell me and unbelievable fear seemed to strangle me. I hadn't really known fear until then, not even fear of death, but now, my limbs felt like rubber. I don't remember how we got home and what happened after that.

Ingrid understood the situation immediately. "It'll pass, believe me." That night, my body rattled with crying fits. I wanted to stand up, but wasn't able to. I hurt and continued to the whole next day. My body felt weirdly rigid, rendering me almost motionless. I wished for unconsciousness so that I wouldn't have to endure this... Instead, I wasn't able to put one foot in front of the other, in fact wasn't able to do anything. My thoughts were the worst. I wasn't thinking clearly. It was misty and dreary around me and I felt dead and hollow inside. Then, my thoughts were taking me here and there. What should I believe? It's all nonsense, can't be true, I'm only dreaming, I thought. Then the chills again.

On the other hand, if it wasn't a dream, but reality? If I give up my contact, then my work, my mission, is endangered. If I give up my advancing, I'll be destroyed by dark powers, won't I? I wasn't able to think clearly anymore, couldn't be spoken to. When I believed to have made a decision, I changed my mind again. The cold that at first had only paralyzed my hands, was now spreading through my body. Walking became harder and harder. I remembered the words I'd heard yesterday: *I can't walk alone...* Had God left me?

Ingrid was alarmed when she saw my eyes. It was spooky, she later told me. I showed her the recording I was given the day before...*if you don't...then you'll be killed!*

“You don't believe that, do you? Throw that away immediately!”

But her words only reached my ear, not my senses. She saw that I had been captured by something. And I, who was used to vividly moving my thoughts and body, felt completely empty, only able to feel pain in my limbs and seeing everything around me through a black veil. Was I dreaming? Finally, I didn't know what to believe anymore and wished I was dead. Ingrid, who had been monitoring my condition for three days now, said that something had to be done immediately. She sat beside me and started to pray, intensively and from her innermost self. She took my hands and together, we fixated a source of light (the full moon) and asked for God's protection. First, Ingrid spoke alone, then I chimed in. We called for our protective spirits and guardian angels and Ingrid went deep into meditation. I begged for truth and clarity for my thoughts.

Ingrid transferred her flow of healing powers to me. Bit by bit, I felt a comfortable warmth flow through me, felt the cramps loosen. I was able to move my arms and legs again, felt the life come back to me. I suddenly had a light and loose sensation, stronger than ever before. At the same time, Ingrid started shivering and the cold that had embraced my body, was now flowing through her and gave her goose bumps. Alarmed, I realized that she had taken my symptoms. Luckily, it only lasted a short moment and we walked onto the balcony, which was surrounded by healthy trees. Ingrid shook out her hands, looked at me and laughed. I laughed too and we were both able to think and feel clearly again. It was as if I had woken from a nightmare.

Now, I was able to talk about what happened again. Ingrid said :”If you think about it, we all have to die. And we know as well as Friedrich that the spirit doesn't die. As you know, death means the refuse of Jesus. Those addicted by darkness, that have no light inside them, no spark of God, those are the dead. That's what the Holy Scripture means. Besides, I wanted to remind you of something. Can you remember the time when Friedrich was educated by his spiritual helpers as a healer? He had to endure nearly all symptoms of diseases himself. For weeks, he lay there and suffered, a whole week without food. A normal man can't prevail, but it was a necessity for him.” And then she confessed to me that she had noticed the smell in the garden too. “There were lots of dead animals,” she said. When Ingrid became aware of something, one could be 100 percent sure that it was right. She had proven that gift over and

over. "But it all began so positively at Friedrich's," I said. "I really felt like I was in good hands. Why did that change so suddenly?" The astonishment stayed with us for a while and with it our surprise how fast a tightrope walk can make you fall, how abrupt you can go from white to black, from positive to negative. I had experienced it myself and I remembered Andrea in the mental home. I was incredibly lucky that Ingrid had been able to call for help and restore the vibrations' balance. I couldn't imagine what I would have gone through if it hadn't been for her.

Luckily, she wanted to stay another two days. "Before I go, we'll make contact one more time. You'll see, nothing will happen to us." she said.

I trusted Ingrid and what I had experienced seemed far away. I only remembered it as a bad dream from which I awoke. Still, I was hoping to get answers from our contact angels. That night, we felt relaxed when Ingrid made contact. The calm radiating from her influenced me too. We wanted to begin, but as soon as we had put our hands on the table, before we could even ask the first question, the messages started to flow.

A God's protection for you and us. Good evening.

I Who of you writes to us first?

A Horst.

G Thank you, Horst, that you helped me become well again.

A It was bad, but it had to be to show you what your task is. There was no other way.

G Why this horrible suffering?

A That's your true life!

G So it is my task to keep others from harm?

A Yes! (*Underlined.*)

Then, all of a sudden, the phone rang. "I won't answer." I told Ingrid, but she said: "No, you should answer. I have a feeling, you should." When I picked up the receiver, I heard Friedrich's voice. "Remember," he said, "it's a matter of life and death. I just wanted to remind you." I ended the conversation almost impolitely, which wasn't normally like me at all. A little bewildered, we continued making contact. Host was there immediately.

A Was the call clear?

I Can you explain it to us?

A Think about it yourself first. (*Drawn lines appear from right to left.*) Yesterday!

G Does that mean being torn. I was completely bewildered.

A Yes! (*Underlined several times.*) You shall clear up the incident, that's why the long growing time. Good night, you two.

The following weeks, I had a lot to think about. After this great development step, Ingrid and I were calm and relaxed, just like Emma had predicted. Not only the people around us profited from our new power, but later logs and contacts as well.

March 1, 89 I. a. G.

I Greetings (Ingrid can receive light sources and pass them on for healing).

A Horst. Ingrid shall turn on the light sources and send them. You'll get it to those that are worth it. Drink a lot of water when writing! Gisela, your room is full of white light, take it.

I Go back to the colors, shall we pass on the message? (Keep away from red, take natural colors?)

A It's so important, you won't believe it.

I Isn't Rushdie's book good?

A It's not, but Khomeini wants bad things.

G Dear AW, a curious question: does Ingrid belong to my mental family?

A Yes, it's been passed on for a long time. Mental waves have connected you, look at Treves. You were in the woods with us.

G Were we fleeing in these woods a thousand years ago?

A Yes! The mental family. Today, I can't say more on that, I have a message for Hans.

A Your introduction, Hans, shall be on March 18. You should write independently with Erika. Build up the group.

A God's protection, good night.

Extracts from the last log's messages

Q = question / A = answer

Emma = protective spirit, Greber/Alliwoiges = guardian angel

A Mother Earth is changing. This means a lot of disquiet at first, but leads to improvement in the end. Ask your questions, the time has come. You don't need help anymore. Love makes you stronger.

Q What do you say to your newly edited books, the annotations?

A A lot of it was falsified, you have to make that clear!

Q Are there contradictions in your book?

A My task was different.

Q Is the connection to the spirit world of God the only truth? Are there errors? Are we lost?

A The word church in the title is wrong, you need to correct it.

Q Does money play a role?

A Yes! Money means church.

Q Scripture – has it been passed on by mediums?

A Scripture was passed on by the saints, but a lot has been changed. Look at how written things are changed now and now imagine it 2000 years before...

Q But you made it right with God's angels, didn't you?

A Some has been destroyed again. You can experience it yourself when your help is abused.

Q Is the manufacturing of arms still supported by the church today?

A It came from the Vatican.

Q Is there only one truth?

A The truth of God.

Introduction?

Konny was feeling a little neglected by me. I was well aware of the fact that I got on his nerves sometimes, but he still wanted to talk to me. “I read a book on rebirth,” he said without further commentary. I thought that if he had only learned a little bit, it was progress. I didn't want to force things on him, in the end he had to find his way by himself. I gave him an example. “If someone has to take one hundred steps, then no-one can take one for him, not even a single one. Otherwise, he would only have taken 99 steps and would have failed his objective.” I also told him about my own experiences I had to go through lately and explained to him that it was all part of my mental development and that I was doing the necessary purification for my tasks this way. It was hard for him to believe me, I could see that, but at least, he didn't deny everything the first chance he got. “Actually, I'm Christian too.” he said. “I don't go to church and I hardly ever pray, but I still live according to the laws, I don't hurt people and I've never killed anyone. Isn't that enough?” “Many people think this way, but you see, everything that's enough for us, also makes us stand still. Ask yourself if you've achieved everything you wanted to once, if you're free of any desires and if you found inner piece. Your professional ambition has brought you a certain wealth, that's true. But you still ask yourself if that's all. Ever since I've known you, I know that you're missing something. You can't tell what it is, but it's true. I think it's your relationship to other people mainly. And your health hasn't always been good.” I said. “You're right,” he said. “When I look around, I see that the people going to church on a regular basis, who have their God they can lean on, are more content. But I'm one of those people that can't just believe in something without thinking about it critically.” “If you really think about it, you might reach another conclusion. It may be that people who are able to believe unconditionally have it easier. But aren't they also more prone to misbelief? Not to mention that most of them go to church without knowing that it only makes sense if they're looking for freedom in themselves at the same time.” “You think that group behavior is addictive?” Konny asked. “Generally, no.” I said. “A community is always as good as the individual members. We need the others to exchange ideas and we also need the right religious education teachers. But didn't you say once that you couldn't live on your own? As long as we hang on to other people, trends, communities or things, we're in danger of becoming addictive. We can't forget our own

self in all this. Another person can never give us what we're searching for or what we're demanding. But he or she can be a mirror in which I can find myself again. I just want to say that sometimes, we're more alone in a community than on our own. We can get strength from there as well as from ourselves. When I've found myself, I have all I need, because then I have God. He is in me. Then I'm ready to be a good partner to another person.” “You mean when you've found security in yourself?” “Exactly. We'll get there by abiding by God's laws and nurture the love for him and other people and all life. But it's not as easy as it sounds. There will always be dangers undermining our good characteristics. We see what comes from it by looking around in the world. We don't need further explanations, misery and catastrophes surround us every day. The temptation of destructive actions is great. We can't and we don't have to eliminate all our mistakes at once, we should be patient with ourselves. We can receive help from God's messengers when we ask for his kingdom to come to us. These are the heavenly legions, the good spirits. And that they can come to us, we know now. And we also know that the connection between the different life planes is there, it exists to help us.” I decided to show him some of my latest logs. “If you know how to read between the lines, you'll learn more from it than I can explain to you with words.” I said. “The statements say that not all that's preached by the church is true.” Conny wondered. “That's what we've been told by the spheres from the beyond.” I assured him. “Church and God are not the same thing, they said that too. For example, there was a young man in our circle studying catholic theology. He dedicated himself to his task with everything he had. But then he died suddenly and a short while later, he contacted us using a medium and told us that he had found things in the higher planes to be different than preached on earth. His parents, honest and well-respected citizens, were deeply ashamed at first, but after many questions, they were able to see that their beloved son knew so much more now than religious scholars. We can make mistakes any time and just because we've believed in an error for thousands of years doesn't make it right. We can only find the truth with God. His messengers, former prophets who are called mediums today, pass it on to us. For example, why do especially occidental religions deny communicating with the spirit world, which has been established long ago? All they do is warn against dangers that go along with it. But everything has two sides and dangers are lurking everywhere. As kids, we learned to not touch the sharp side of a knife or how to start a fire without hurting oneself. But why

do we deny reincarnation? Look, I don't want to theorize stuff with you here, because I learned things from the praxis. I trust in God's doctrines and not men's scriptures, no matter how adept they are. Intellect alone is dangerous when there's not enough love, that's what we've been told. Many spirit leaders that made contact through mediums want to bring us enlightenment. And even if we don't yet understand all of their statements because of our restrict human comprehension, we should just trust them. Take water for example, you go inside and then you're filled with fear of drowning. But if you embrace it, you notice that the deeper it is, the more it carries you and you only need to apply slight pressure to stay up. Just let yourself be carried by the waves and accept that the upper parts are not accessible to the human reason yet. Whoever is standing on the top, sees farther, that's the way it is. We can trust him like the waves.”

Konny interrupted my flow of words. The sun was shining outside and he wanted to benefit from the beautiful weather by walking along the river. I agreed and even packed some swan fodder. When we were sitting in a café later, eating ice-cream in the sun, he said, almost to himself:”The books that were sent to you by heaven, they must contain entirely new lines of thought, don't they?.Many questions could be answered.” “Yes.” I nodded. “Johannes Greber wrote his enlightenment books in a way that everyone can understand them. Although he was a scholar, he refrained from using complicated scientific descriptions which could only reach other academics. He strictly followed the rules of his mental teacher passing on the messages to him. Thus, everyone can learn how to interpret the thing with the holy spirit. His book *The New Testament* is a translation of ancient Greek scripture. Too many times it was changed and falsified in the past, causing misunderstandings. The new version was created following the instructions and corrections of an inspiring spirit. The bible is our basis, there can't be flaws in it. And the laws of spiritualism will be clear to everyone interested in them at last. The advantages and dangers are also mentioned. What should motivate us to correct our perception of the beyond and a punishing God is the fact that everything corresponds exactly to what Johannes Greber was told by the spirit. After his death, he was able to find out for himself if the spirit leader had told the truth. That's what he let us know.” Konny toyed with his spoon and then said hesitantly:”I'll read the books. But I still have trouble with believing. You said that belief is trust?” “Belief is one thing, much like thinking of knowing something. I can know something because I see it. I can believe something, because

someones tells me something he saw. I can also suspect something that will one day come true. Then I know it. Another possibility is that I am suddenly aware of something without being able to see it, believe in it or having to confirm it. Thus, the truth can also be absorbed intuitively. That corresponds to the two types of intelligence that come from the hemispheres, which are the right and left part of the brain. The left part, which is more developed in men usually, is responsible for ratio, logic, causality, whereas the right one regulates everything that's perceived with the senses and intuition. In order to become one whole, functioning organism, as is our destiny, we need to equally develop both sides in us, the male part and the female one, the yin and the yang. Basically, we're all androgynous. In order to activate the right side instead of the left, which, admittedly, could be difficult for you, you need to clear your head, think about nothing and just listen to your inner self. You're gonna need practice.” Konny gave me a taunting smile before he said: ”I suppose it takes time to get there? There are thoughts in my head all the time. For example the philosophers, the words of Aristotle when he said that God is our first unmoving mover and his nature is self-thinking thoughts. Or Platon who believed that the possession of good things would make the lucky ones luckier.” “Don't forget that better is the comparison of good.” I said. “If you let the good grow in your heart, you'll be happy. Even without big money, the perfect woman or material status.” “I also think about the questions in epistemology.” Konny continued as if I hadn't spoken. “And Kant: What is man? Can he hope? What can he know? What should he do?” I tried to dissuade him from this one-sided theory. “You know, Konny, the philosopher also said you should take care of your soul becoming as good as possible! I only started doing that quite late, otherwise I would have been spared some things.” “Most people are only looking for the good, quiet and peace, being together with someone, love. They're searching for it relentlessly, only to be left with the opposite. Is that all karma?” “Our fall is the reason for it. We can experience it through our individual transmigration. Have you noticed our structural complexity, that for example some people have a strong attraction to special stones, while others prefer plants or certain animals? Long before there were people, before matter changed that way, minerals, plants and animals possessed a so-called self-consciousness. In people it only exists potentiated and strongly varied. Granted, it's hard to imagine. And it's not my own line of thought, mind you, it was passed on to us like so many other inexplicable things.” “What is transmigration for you?” “It's about the time before I

became human. And the total of human life. Alliwolges, for example, already worked on his task in former lives. In France, as a high-ranking personality, but I can't tell you more about that just yet. I was allowed to work alongside him. Several hundred years later, our paths separated and I learned what poverty means in India. As a young widow with seven children. No life is like the other. I have a personal log about the time before I became human. It's similar to that of others who learned about their course of life. Maybe it'll surprise you, but look at it anyway, if you want. Look, the sun's going down and it's getting cold. Shall we go home and I show it to you?"

January 19, 89

The usual introductions.

G Dear Emma, can you make contact?

A Yes, we're here.

G Who is there with you?

A Alliwolges.

G Can I ask him?

A Yes.

G Dear AW, you're on the 7th upper plane now, before God. Can you come closer to him from there?

A No.

G You've achieved your objective and have an overview of all your lives. Can you tell me something about my transmigration?

A Yes, it was as follows: You were with God as the angel of the sword. Then you fell because you were disobedient to God.

G Can you tell me what I did?

A Infidelity, betrayal. It was enough for the fourth fourth plane.

G Did I come to the mineral kingdom?

A You were a stone in the mountains. But not for long.

G What kind of plant was I?

A A tree, a birch tree. For a short time.

G And what kind of animal?

A A cat! Many lives in what is Paraguay today.

G Was I always an ocelot?

A A panther too.

G Were you there with me then?

A Yes.

G And my first life as a human?

A France. Good night.

Konny couldn't imagine to have lived inside a stone once. "You weren't human yet, of course, you only had the consciousness of a stone. Which means as much as heaviness, being bound. Only a hint of that stays with us when we become human. It's hardly there with me. But until today, I almost love the trees more than flowers and as a child, the birch was my favorite tree. And while I love all animals, cats fascinate me wherever I see them. In my circle, many have learned which animals they once were. For example birds, saurians, snakes, mountain goats and so on. Which animal are you attracted to the most?" I asked. "Horses. Maybe I was one once? But no, I really think that's impossible." "Everything is possible. This development was passed on to us like all log statements. It took years before I got this message. But I can imagine that man has come to this knowledge exactly his way, just like the Akasha rolls suggest." "What are the Akasha rolls?" Konny asked. "You can read all about them in Rudolf Steiner's books for example. They contain the whole consciousness of the universe. Everything that was, is and will be is in there. It's said to be kept on the third upper plane. Our thoughts aren't lost. In order to understand it all, we have to become more far-sighted." I said. "You said something about an aura. I can't imagine what that is." "It's what your body radiates. And we can even make it visible today, by Kirlian photography. Even the changes a medium goes through when making contact are traceable by low body temperature. But back to the aura, it's basically just the radiation of your astral body. It goes through your material visible body like water through a sponge. After your physical death, your ethereal astral body is crisscrossed by an even finer one, just like light goes through a bulb. And finally, when we've advanced high enough, we need to rid ourselves of all our skins, like

an onion. Those are the four body forms I've been talking about, accessed by the seven times seven steps. Thus the aura can outgrow the human body or be overshadowed. Depends on whether you open up or not. Special power sources are chakras located on your body. You can read about them in specialist literature. You can also let the power work for you. Surely, there's more to know, but what we've learned so far is that there's only one truth and as long as I live on this earth, I won't stop looking for it. I keep hoping that God's angel will help me with it, for the sake of others as well.” Konny lit his pipe, in a quiet and almost deliberate manner, before he asked: ”If I understood correctly, you told me that everyone is born with a task to fulfill, no matter if he knows about or not. And he's brought the task on himself. Plus, when the soul's healthy, the body's too. Did I get it right?” “That's what we learned.” I said. “But that doesn't mean that karma is a punishment, it's more of a chance that'll finally free us, it's self-redemption. The connection between sickness and karma is that we can better find our assets to develop them. There are stops, messages for us. If we take them into account, the karma is influenced, it changes the way we change for the good. We can see it in ourselves and others living according to the rules of karma and reincarnation. Those who've learned to let go of the past. They overcome disease and tragedies by not fighting them and not letting themselves be repressed. They even benefit from them by becoming stronger. Much like: the more we fight them, the more the shackles are chafing. In order to achieve this reformation in our life, we need to attract the constructive energies and avoid the disintegrating ones. We achieve that by praying, meditating, which can be learned by everyone today, and also with the help of literature or classes. And we attract the helpful powers by solely thinking positive thoughts. Inner quiet is always the first condition for that. Some only learn how to contemplate or read a good book when they become sick. Everyone gets as much help as he accepts.”

Konny thought about this for a while, before he said that the arguments didn't satisfy him. “Then everything goes on like it was in the next life, if there even is one.” “It's not like that.” I tried to convince him. “When we don't assemble any karma anymore, we don't need to dissolve any either. Who knows, maybe the people who have it better than us have already paid for it in former lives. And as for the common help, we shouldn't believe that it serves our neighbor right to suffer, he caused it himself. No, it is said that we should carry each other's burden. The world, that is the whole of creation, will only be complete again

when all souls are saved. And we all have to work at that, even as a protective spirit or helper on the other planes of existence. Not especially by reprimands, but by compassion, understanding, helpfulness. We are part of a whole universe and we also are the whole universe. Yet the path mankind is taking now, it's gonna take a long time until we're all saved. You can read in one of my logs that one can also dissolve someone else's karma by giving much love. I've experienced it myself. And when we don't want to attract any more negative karma to us, we only have to live by the rules set in God's commandments, meaning attract positive forces by positive behavior. And develop much, much love inside us.” “And why didn't mankind improve over the last thousand years?” Konny asked. “Man with all his weaknesses is only an interstage. When we've overcome it, we don't have to be human anymore and can live in our original home without having to feel the pain of human suffering. Many souls have made their way back before us and as many are still in the dark, they've lost the way and don't know where to go. But everyone can make it, like Jesus himself has proven to us with his birth on earth, his annunciations and miracles. The Greber bible explains it to us. Even in Jesus Christ's time, God's messengers, the good spirits, existed. I want to say that everyone should become spiritual in the end and make contact to helping planes using tools like tapes, writing devices or videos. It suffices to pass on our thoughts and ask for help. Here on earth, we just have to look at the good things. With our free will, which is the greatest gift we've received, we can then achieve our goal. But if we use our will for the disintegrating forces on the other side, then we'll come back to the development planet that is the earth until we're cleansed. We've been told that this is the destiny of all mankind. Our helping spirits have given us the information over and over again. And Alliwolges has confirmed that where he is now, with God, is exactly like he was told before. God's spirits are at our disposal if we call them with good intentions, best through a prayer. Although they're not visible to us, they help us if we let them. By the way, I received the last statements without using any tools. I don't need them anymore, thank God. I probably didn't need them before either if I had known how to concentrate my thoughts. God willing, I'll continue on this new path.”

Konny thought about that for a while. “I think,” he said, “I want to read more spiritual literature now. If it doesn't speak to me, I can still throw it away and go back to philosophy. Can you recommend anything?” “Go into a good bookstore, they all have a spiritual section these days. Let yourself be inspired. Pick something, it's not gonna be a

coincidence. If you don't understand it, ask the publishing houses to send you more information.” I suggested. “And then my life will finally be good?” Konny asked. “Better. A beautiful path, an easy life isn't always the best for us. If, for example, our wishes don't come true and we experience set-backs, then it wasn't our way, then there's a better one for us. A little more effort can positively influence our succeeding in achieving the power and the glory.”

It was well after midnight when Konny considered his watch. Before going home he said: “I still have one question: Do we live once or forever?” “Both, in the here and now and in the beyond.” I said. “Our life exists only once, but that for all time. God's messengers have told us so and they, above all, should know. We were, we are and we will always be!”

Epilogue

This book was written especially for beginners.

Giesela and Ingrid have been making contact since their early childhood. They've been working together since 1977, using tools at first. Since 1978 they've been mediums, Ingrid a trance medium. She was clinically dead for several minutes. Gisela is a receiving medium and writer, lately, she's solely been communicating with the positive spirit world. Early statements received by average mediums (Marina and others) have been partly recorded, but the current statements only come to us from the high angels now. They contain the most important enlightening facts of the 20th century, important to all those concerned with life after death. As it is with all things unknown, all new information, they're doubted or completely refused at first, but you'll find the truth about the incertitude of how long man lives here!

On June 24, 1987 (Johan's Day, see book), Johannes Greber made contact with us, Ingrid, a trance medium and seer and Gisela Charlotte, receiving medium, spiritually linked for many years. Above all, mankind should be informed about the fact that we don't live on earth only once, but many times and that fear of death is completely arbitrary. We don't "die", we just take off our body. Spirit and soul keep existing. Only those who turn their back on God are "dead".

The connection to Greber still exists until today, our questions are answered and obscurities corrected. While professors and other scholars wonder about the simple speech the spirits use when communicating with us, it was always important to Greber/Alliwolges that everyone, even the ones without academic background, were able to understand the high statements. The connection to a spirit always depends on the person's state of development, they adjust. The angels teaching Greber used a correspondingly different speech. Not everything can be explained with reason and we shouldn't become too top-heavy. Emotional intelligence is important in these cases. Furthermore, it is of utmost importance that we only contact the upper planes. The lower ones may be easier to reach, but harbor many dangers for people who aren't developed enough yet.

Greber is at the highest level of the highest plane man can reach.

We're always grateful for statements and advice. We should ask for love, light and strength, love being named first. This should be repeated daily, even with Reiki meditations. And: before we provide help for others, we should first recharge our own energy sources.

Time is relative: when we understand quicker and act fast, our development advances further, but is delayed when we slow down. We can't mention dates here, as the concept doesn't exist "over there".

Always keep asking for: guidance to the truth, purity, wisdom, freedom and health for body, spirit and soul.