



Psychic Working Circle

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The answers to these questions were transmitted by TEACHERS from the SPHERES of LIGHT. Paranormal voices appearing within the protocol were captured on tape and are marked with T.B: (Tonband). Any words that are underlined are authentic with the original transmission. This working circle grew out of a meditation group and commenced its psychic activities on October 25th 1995.

Meeting protocol	:	Extracts from P 138 to P 144 from the year 2000
Theme/features	:	Psychic (mental) illnesses
Questioners	:	Members of the work circle
Type of transmission	:	Verbal inspiration and automatic writing
SPIRIT TEACHERS	:	ARON, AELIUS, ALBERT, BALTASAR, BARTHOLOMEUS, EMANUEL, EUPHENIUS, JOACHIM, LUKAS, LEONHARD, MICHAEL, MAGDALENA, TIMOTHY.
Previous guests	:	AMENDON, ELIAS, TAI SHIN, SEATH.

Introductory words:

GREETINGS IN THE NAME OF GOD AND PEACE ACROSS ALL FRONTIERS! We are welcoming all present from the OTHER WORLD very cordially. "Where two or three are assembled in my NAME there I'll be right in the middle of them," these CHRISTIAN WORDS shall guide all our meetings. We will do this work in HIS NAME so that it will serve everybody. Only HE is able to send authorized TEACHERS so that we can receive the TRUTH. We ask CHRIST to bless all present here with HIS spiritual PROTECTION so that we won't be a plaything for the antagonist of GOD. We know that we have to make the greatest contribution ourselves. – Our destination is to grow through spiritual TEACHING, then to be able to distribute the TRUTH there where it can fall on fertile ground. We are asking for GUIDANCE so that our mission on Earth will be justified. We cannot reach this destination under our own steam, without spiritual HELP. We thank all HELPERS from the OTHER WORLD who support us in this. In this sense we are hoping for a blessed and enlightening evening.

Words from WHITE EAGLE:

The LIGHT you send from within your heart, the pure and true LOVE for GOD and all spiritual things build a bridge between the physical and the spiritual life. Those that love you approach very closely when you search for them with your heart.

Welcoming all present and starting with the questions.

EUPHENIUS: GREETINGS IN THE NAME OF GOD AND PEACE ACROSS ALL FRONTIERS!

This is EUPHENIUS speaking. All of us also greet you very cordially and hope that you evaluate and remember all the transmissions coming from our side. We hope that you, as human beings, *recognise* that you have a chance here on this Earth to experience in the LIGHT and with *enhanced* VIBRATIONS, the things that await you in the spiritual realm. You establish your own piece of history here on Earth and this history is then transmitted in a transparent form to the spiritual realm. We would like to inform you that you *have to learn* to not allow external factors to disturb your equilibrium. You alone have to gain an inner stability and strength in order not to lose your mental equilibrium to such a degree that you lose contact with yourself and with us, your spiritual FRIENDS. We hope that this meeting will not just pave the way for you, but for us also. We hope that this meeting will bring you enough knowledge to change your life, so you can find new directions and opportunities. We are enveloped by the LIGHT of GOD and we are surrounded by a shining PROTECTIVE WALL, which allows us to carry out our transmissions in a DIVINE SENSE.

LUKAS : Our meetings here are to be regarded as preparatory measures so that you'll find your way in the spiritual realm some day, respectively so that you can jump across the Earth's astral regions with your markedly HEIGHTENED VIBRATIONS you have worked hard to achieve. The passage through Earth's astral regions will be *considerably easier* than the passage of someone who *rejects* this or *doesn't* have any knowledge about it. There are people who actually live a life according to divine LAWS *without* actually being aware of them. But they unfortunately constitute a minority here on Earth.

Mental illnesses comprise a large subject matter, appearing in various guises. As the name suggests, we're dealing with illnesses of the mind and as the mind is *rated higher* than matter, the mind eventually influences the body. The mind falls ill first and then the body.

There are mental illnesses that are not readily recognised as such straight away, neither to those around the person that is ill and certainly not to the person suffering from the illness. As *these* kinds of illnesses creep up on you, they are very dangerous, because their prognosis is usually made too late and they are therefore treated too late also.

(T. B: No guarantee.)

Question : These days, every third patient looking for medical advice is supposed to be psychosomatically ill. Their physical complaints (somatic) are related to mental

(psychic) problems. What is the reason for this enormous number of psychosomatically ill people?

EUPHENIUS: In answer to this we would like to say that you find yourselves in an epoch here on Earth that is typified by hectic and stress and by a large amount of external attractions. There are only a limited number of people who try to find a place of quietude for themselves, their soul and for the LIGHT IMPULSES within themselves amongst all this turbulence. There are only a few who search for this stillness through prayers, in meditation and by wandering through forests, in order to allow the flow of spiritual nourishment and peace into their soul.

Your soul is permanently exposed to pressures and strains. It represents the divine part in you, but the DIVINE in you unfortunately doesn't get a chance to flow. How can this basis, this foundation be fortified, if the connection to GOD is severed and disappears? - A lot of people have lost their belief in GOD. Many have relinquished their self-trust and their trust in the DIVINE.

- *You can only heal internally, if you look after yourself. In order to protect your soul, you must look after yourself so that the soul doesn't get lost somewhere inside of you.*

Question : So-called "modern" man lives in a world that would have been considered unimaginable only a hundred years ago. Machines quite often determine the rhythm of life. Not everyone can cope with this and they become psychological ill. Can this development, one that inevitably leads to perdition, still be arrested?

EUPHENIUS: This can only be arrested if man's consciousness here on Earth undergoes a *change*. Namely the conscious acknowledgement that there is more to life than the here and now that denotes this 20th century. It will only happen, if you become consciously aware of *the meaning of your existence*. Souls were much more in tune with the DIVINE in the past, but the past was marked by misunderstood, dogmatic Church proclamations. The technology around you represents the flagellum of your DIVINITY these days. You are exposed to attacks and VIBRATIONS that continuously convulse your inner equilibrium.

- *You are the cause of all your illnesses!*

Question : Psychosomatic illnesses appear in a great variety of forms. Is there one cause for all of these occurrences?

EUPHENIUS: The main causes for this are the fact that you have relinquished the connections to your soul, to your heart and your CHRIST CONSCIOUSNESS. These connections are *blocked* and they do not allow the divine INFLOW to take place anymore -, like a blocked artery. These obstructions bring about disorders to the soul.

Question : Judging by your words, is the work we do here and the distribution of the results to be regarded as of utmost importance?

EUPHENIUS: This is the very thing we have been trying to convey to you for quite some time, actually for a number of months, namely to emphasise that you should *not undervalue* the work you do here! I am sure that most of this work is *also* important *for you* as souls, for all of you sitting around this table. But an additional, most important factor is *the spreading* of our words, in order to awaken *those* souls who are crying out for this information.

- *You will realise that whatever you sow here will bear fruit and you will gather a rich harvest.*

You will also realise that your actions address many souls who are searching for their own INNER LIGHT and stability, to make their soul strong enough for the FREQUENCY VIBRATIONS you are exposed to here. You will realise that this represents an important building block that will help to establish a new consciousness here on Earth.

Question : The connections between mental and social processes and physical illnesses are not always apparent. The mind quite often fights against finding the causes. This is why many people suffering from a psychosomatically induced illness are not aware that *their soul* “plays a trick” on them. How can one help these people?

EUPHENIUS: By continuing your assignment with the same conscientiousness and ENERGY as before. These tips will give souls in need of hearing something about this the opportunity to look inside the shop windows of a new existence. Be assured that many HELPERS from the spiritual REALM are here in order to make contact and inspire these souls. Further more, many different things will develop in regards to psychosomatics, because many doctors and therapists have recognised that psychosomatic illnesses, in relation to the overall population, will gain number one status in the near future.

Question : Wouldn't it be better if qualified experts would ask these questions?

EUPHENIUS: Wait and see, this will also come about one day, once the distribution of your information has reached a point, where you'll receive requests from recognised capacities.

Question : Apart from spiritual knowledge, are there any other suitable therapeutic means to fight psychosomatic illnesses?

EUPHENIUS: There are a number of elements that have a calming effect and represent a blessing to the soul. But this always depends on the person involved; it must be ready and open to accept this. There are various opportunities to calm and caress the soul. This can be affected through music, nature, massages, meditative dances, through prayers,

meditation, healing oils, colours and sounds. There are a number of known, positive ELEMENTS of VIBRATION that will help the soul to find its equilibrium and that will strengthen it.

Comment : Jogging is supposed to be a suitable form of therapy, because it releases alleged happy-hormones.

EUPHENIUS: In regards to this we would like to tell you that the body has an important function when it comes to healing the soul. Tend to your body and you will recognise that you will also feel an inner BRIGHTENING. Through physical movements and the release of stress factors and through the fact that running moderates the function of your thought-apparatus, your soul will be able to find peace.

Question : The mental decline of a patient is often difficult to recognise. The patient quite often doesn't perceive any of the changes taking place and those around him certainly do not interpret the early symptoms correctly. What does one have to pay attention to in order to provide help *as early as possible*?

EUPHENIUS: This varies quite a lot, because every psychosomatic form of illness expresses itself differently. Firmly established psychosomatic illnesses are often accompanied by fears, insecurities, depressive resentment, sadness, a feeling of inferiority and plain physical tiredness. Every psychosomatic illness can have different actuators and different diagnostic characteristics. These are also dependent on the mental state and on the inner connection to the patients INNER LIGHT.

Take notice of how people deal with you and *how you* deal with them. You are the stronger ones, because your CHRIST LIGHT is already raised considerably. Through your inner enlightenment you have an opportunity to *impart* some of this LIGHT to others. You apply your eyes, your ears and your senses more *consciously*. You will recognise how important it is to *consciously* perceive things through your sense organs. By training your sense organs, the ethereal skin around you will *strengthen* and you will *activate* CHANNELS that are presently still congested.

Question : Psychological research have established that: Men are afraid to speak in public, to fail in their jobs, to be subjected to unfair criticism, to be considered dumb or to be beaten up. However women admit of being afraid of fire, death, hospitals and of rats and mice. It is quite possible that both parties have no actual experience in regards to this, but they still admit to fear these things the most. Where do these fears spring from, even though they cannot be based on any experience?

EUPHENIUS: Some of these represent mechanisms that have formed during one's childhood and through the things adults say. It's like a packet that is handed down from one generation to the next. Children learn from adults and if the mother already displays a fear of rats, mice and spiders, these emotions are handed down to their children. - in addition to this, there are certain fear impulses you have quite accurately separated into male and female apprehensions, marked here on Earth by the way you designate your

role play. A boy or a man has to be a person enjoying a certain level of respect and therefore cannot display any weaknesses or make any mistakes. This has to be seen as a part of one's upbringing and it is perpetuated through the male line of descendants. They represent fixations within one's consciousness, controlled by the environment.

Question : Suicide is a grave sin against life and therefore against the CREATOR. How does the spiritual realm assess a suicide that is committed during a depressing phase? Is such a suicide regarded with more benevolence than other types of suicide?

EUPHENIUS: Every individual case is scrutinised *very carefully*. Suicide committed during a depressive phase has a *different* connotation than a suicide committed in order to escape one's responsibilities. In a case like this, the soul is already insecure and afraid within its temple. The soul is devastated by the nourishment it received here on Earth. Such a suicide receives a different assessment than others.

Question : Does suicide become impossible, if a suicidal person manages to ask a good psychotherapist for advice?

EUPHENIUS: It would be preventable and the soul would gather from this that it was all a fallacy. - It does not necessarily have to be a psychotherapist. What is important is that these souls are offered a rocky outcrop amongst all that raging surf around them, giving them something they can hang onto and relax. These souls need protection and a feeling of acceptance. Only through patience, humility, brotherhood, brotherly love and acceptance can these souls be released from their darkness.

Question : But psychosomatic illnesses *add* to the difficulties of one's earthly redeeming process and they make it *even more difficult* to find one's way back to GOD. Is there any compensation for this?

EUPHENIUS: Such a soul will recognise that *it also* has to go its own way. Either way. It will comprehend that the only passable way leads the way to GOD. These souls possess a remarkable sensibility and they receive special PROTECTION, because they *reject* the redeeming planet Earth *from within*.

Comment : Disorders in someone's personal development and certain life-situations like loneliness, fear and other stressful circumstance and above all, the ready availability of addictive substances are regarded to be some of the most important causes.

EUPHENIUS: Because these souls do not feel comfortable here, they are subjected to very high stress factors. The trigger for this can certainly be found in their upbringing, their non-acceptance of situations and certainly also in their lack of a sense of security. These souls are in danger of looking for other ways to satisfy their needs. All of you want to be loved, together, among each other and by each another. You forget that the commandment of brotherly love enjoys a high level of significance in GOD'S eyes. Check your own feelings of brotherly love. You will recognise that your LOVE

stretches only part of the way. It is quite often a case where you cannot even love yourself.

- *The first prerequisite is to be satisfied with what you are, how you are and what you represent.*

What is of no importance is whether you have money and power and influence over the things around you. Only inner values count! All too often people try to compensate for this through addictions and through drugs. All the drugs and addictions on this planet Earth speak volumes in regards to this.

Question : There is no medication that will *cure* an addiction. What can be done to help these people, respectively permanently cure them of their addiction?

EUPHENIUS: These people can *only help themselves*. Any medication is only a crutch on a long journey. Such a soul can only heal *itself through rigid discipline*, by *accepting its weaknesses* and by not visually pretending to be something it is not.

Question : Will a soul overcome its unbalance and even emerge *strengthened* from its illness?

EUPHENIUS: This is correct. Only through one's self-assertiveness, through one's feeling of self-worth, through LOVE of self and through the LOVE for others can these strengths be built upon and stabilised.

Question : According to estimations made by experts, the number of people affected by addictions has more than doubled over the last 15 years. Are addictions inheritable?

EUPHENIUS: Addictions are not genetically inheritable, they're only inheritable through one's own past lives. How can a soul affected by an illness that ends up an addiction give the necessary love and the warmth and security of the home to its children? - How could such a child love its own self? - How can the child love its parents? - How can the heart awaken and the soul shine brightly, if it is surrounded by a dark and negative environment?

Question : Mental illnesses sometimes show psychosomatic effects that can affect one's inner organs quite painfully and this to a degree as if the organs were actually ill. A medical diagnosis often comes up empty. There is discomfort in spite of that. How is something like that possible?

LUKAS : This comes about through the very complicated intermeshing between the mind and the physical body. The fact is that all organs are also RECEIVERS of VIBRATIONS, because they receive their LIFE ENERGY from spiritual SOURCES. If discords arise, the organs, the skin or even sexual behaviour can react, respectively change. These changes and reactions affect the weakest organ within the organic chain the most. This always varies. All of these are *nerve* pains, because nerves are distributed *throughout* the whole body. These conductors carry any mental disharmonies to the skin and all the

organs. This in turn affects a negative feedback on the psyche, which in turn affects *further* disharmonies, because the person concerned feels unwell.

- *This represents a system of negative feedback, an upheaval with consequences. A falsely programmed spirit is the source of all sickness.*

Comments : What causes problem with most people is the pressure and stress they subject themselves to. For instance when they think that they have made some mistake at work, they suffer from anxieties, which start in the head followed by cold sweat and pains in the region of the solar plexus.

(T. B: You are quite correct!)

LUKAS : These are not organic problems. These are classical cases of psychosomatic illnesses. The source is the mind, because the mind is in *charge* of the physical.

Comment : Sometimes symptoms like allergic reaction arise, symptoms like itchiness, rashes and red pustules on the affected areas, similar to shingles.

LUKAS : These are secondary effects. The main culprit is actually one's thought-process! An example: Imagine a group of people traversing a bridge in step. Walking in step transfers vibrations to the system that can amplify to such a degree that the whole building can come crumbling down. The mind also transfers VIBRATIONS to the nerve conduits and these in turn transfer these VIBRATIONS to the body. People feel unwell and this releases *even stronger, negative* VIBRATIONS, created by their thoughts and transferred to the nervous system. This is how you should look at this.

- *Nerves are the link between the mind and the physical body.*

Question : Is there a special reason if one often feels a fear of failure?

LUKAS : These fears could be based on *other* people's experiences, when they told you how *they* fared. This can be real or it could have been seen in a movie. When a sensitive soul hears and sees something like that, it can happen that this will have an adverse effect on the soul, which in turn will not have enough self-confidence and inner strength - something all of us possess - to trust itself. He, who feels this, ought to proceed the way I mentioned at the beginning.

Comment : The whole thing seems pretty difficult.

LUKAS : Believe me, it is easier than you think. Above all, easier to *handle* that you think. Try *not to worry so much* and *trust in* what we tell you. This is why we do this work here!

Question : You mean think less and trust more?

LUKAS : Think *less* negative and much more *positive* - and do not simply say: "Think less." That is *not* the solution.

Question : What causes the mind to become ill?

LUKAS : *Through lines of thoughts* that have crept in and are readily accepted and through external stimulations, which have a negative influence on the mind, respectively the psyche.

Question : Can the mind only heal if one directs positive thoughts towards it?

LUKAS : Yes, that is right. You said it. But one *must have recognised first* that this is the case! This looks *often different* from the point of view of an ill person or someone with a poor constitution than for a healthy person, one who thinks that this could never happen to it. But I have to say that nobody - I repeat, nobody - knows their psyche well enough to say: "This could never happen to me."

Question : Where does the feeling spring from that something has an effect on the body that is more powerful than anything else? Trying to fight it doesn't help. Something presses on the body and exercises such a powerful influence that one continuously falls back to one's old and destructive thought matrix.

LUKAS : Very simple: Imagine a pair of scales. On the one side the psyche, a source that receives its vigour from the INEXHAUSTIBLE. On the other side of the scales, the physical body, limited and finite, the complete opposite of what's in the other scale. A pathologically thinking spirit, respectively a spirit that brings illnesses has managed to bring so much negative thought energy to the side of the scales the body is on, that a distinct overbalance has occurred. The scales are in a precarious situation. Feelings begin to emerge. One now tries to reverse this maladjustment with delicate, weak and secondary thoughts. How can these delicate thoughts empty the heavier of the scales so quickly? Can you tell me this? - The only thing that will help here is *continuousness*, a *constant examination* of one's thoughts.

The following suggestion could be applied during therapy: Set your wrist watch so that it emits a signal on the hour. After the signal, recapitulate for one minute everything that happened during that hour: What were my thoughts, where did my thoughts take me? Were these constructive thoughts or negative thoughts that expedite my illness? *Once the balance is right*, thoughts of a work-related nature will then no longer constitute a problem.

Question : What function does the soul adopt in regards to psychic forms of illnesses, as body, mind and soul constitute one unit?

LUKAS : The soul *tries to control this* any way it can. Of all of these components, the soul is the only one with insight. But the delicate signals are *superimposed upon* by the mind the soul is corresponding with it, because these signals are "more important". This is what one believes anyway. But that is a mistake! - The success some people exposed to high pressures enjoy is found in *their balanced thought process*. They do something *for*

themselves and at the same time do not forget their career either. They do something *for their career* - in management for instance - and do not forget about themselves. The result: The scales are balanced.

Question : People's lack of mental equilibrium is mainly based on certain experiences like fears experienced as children, the loss of a dear relative, a feeling of lack of respect or an inflicted wrong. All of these are frustrations that could turn into harbinger of this illness. What can you tell us about this?

LUKAS : It is always a question of how great the stable basis, respectively the foundation of the psyche is in order to survive life's storms undamaged. Every soul is different in this respect and I can therefore only point this out. - Please formulate your question more precisely.

Question : Catchword fears: How can one dissolve the causes of mental frustrations so that these physical ailments disappear?

LUKAS : I'm sorry, but this question is still not specific enough. The world of fears is well nigh infinite and every *specific* fear deserved *specific* treatment. There is fear and there is fear. Those who suffer cannot define their fear most of the time. This must be explored with educated questions and with a lot of empathy from the psychotherapist. We need more information. To make it easier for you we give you an example here: There are fears of spiders that can turn into phobias. - There is the fear of one's superior, who vents his frustration on his employees. - Anxieties that are particular difficult and all of these fears have to be subdivided in turn etc. etc.

Question : How do these anxieties develop?

LUKAS : Because a *healthy* mental foundation for a healthy psyche is missing. The questions ought to go something like: Why does a soul have such a thin veneer in regards to its stability that it threatens to collapse? That is the core question! Namely the search for causes and these must *not* be looked for in one's present circumstances. What would help here are regressions carried out by recognised specialists.

Comment : Problems with one's parents at an early age are often to blame.

LUKAS : Don't blame your parents for everything. Your upbringing represents only *one* aspect. The actual cause could be *way back* in the past.

Question : What exactly makes the veneer of the soul so thin that it becomes susceptible to psychosomatic illnesses?

LUKAS : The reason why the cover, the foundation is so thin is that the soul has *brought* this thin foundation *with it*. It *will* (and ought to) *find strength* and *this is the reason* why it has chosen Earth as its schooling planet and not some other, more advanced physical sphere of existence. There are people who have visited Earth on numerous occasions to be

educated here. This has made them *very strong*. Those who are here for the first time and are unfamiliar with the conditions that dominate life here are not equipped with a very sound foundation and this can lead to problems and fears.

- *The stronger one supports the weaker. - Remember this sentence!*

Question : How can one strengthen one's psychic, one's mental foundation? There must be opportunities on this earthly plane to protect the soul to such a degree that it is protected and well embedded.

LUKAS : Yes, naturally. In the first instance, he, who has these weaknesses must know *why* this is the case. In the second instance, *the others*, already possessing a certain level of inner fortitude, *must also know about it*. We help you and this is why *you*, with your inner strength, should support others instead of oppressing and belittling them. You, the stronger ones also possessed these weaknesses and you were pleased when others, already in possession of this inner fortitude, were there to help you. Hand this brotherly love on to others. It is GOD'S will.

Participant : Why is it so difficult to create a solid, mental foundation for oneself?

LUKAS : Well, this is actually very simple. We don't tell you without reason that you should, if ever possible, to *withdraw inside yourself* for a certain period of time every day, in order for the divine, spiritual realm to be able to carry out mental ALIGNMENTS to your systems - something we find quite impossible to describe to you. Simply accept this, it will help you to end up where you want to be, namely to enjoy a balanced mental and psychic existence, one that can deal with the pressures of work and careers.

Remember all your great souls, like Albert Schweitzer, who alone and against a world full of hostilities, filled with people that begrudged him everything, managed to fulfil his vision. Remember a Gandhi, who managed to unite a nation of 300 million souls and to evict their enemy from their land. These people *were alone* and *almost continuously* exposed to unbelievable pressures. If they could sleep at night, they turned to GOD with their prayers and they never even tried to solve these enormous tasks. The same applies to your careers and your occupational stress.

- *You must try to get back to the roots of life and you should not try to accomplish everything by yourself.*

Question : Are you saying that we should therefore ask you for help when we have problems?

LUKAS : *We cannot* furnish this help to you, because *we are also STUDENTS* and we also want to go back to where all souls came from. We and you, as human beings, are on a long journey. The proper equipment must therefore be selected. We are talking about mental SUPPORT. Your external, physical world is *not qualified* to do this.

- *Your contacts are JESUS CHRIST or GOD, the CREATOR. Nobody else! When you ask for help, a LIGHT will approach.*

- Question : What opinion do you hold in regards to our psychiatrists here on Earth?
- LUKAS : None at all. - This field is of such importance and it is mismanaged *to such a degree* that you should not be surprised that every third person in your so-called civilised Western Hemisphere suffers from some form of mental illness.
- Question : Our medical science tells us that there are also mental forms of illnesses that are based on genetic, therefore *psychic* causes, when the child of a schizophrenic mother also shows schizophrenic trends for instance. How do you assess this statement?
- LUKAS : That is correct. It could as well be possible that a very positive person *turns into* a markedly negative person through a car accident that has paraplegic consequences. Physical suffering is the trigger here also.
- Question : Children are sometimes traumatised through their parents divorce or some use of force. When does the soul begin to suffer and how can one dissolve something like that. There are children who display shades of mental illnesses at an early age.
- LUKAS : Yes, that is correct. It all starts when the soul *selects* its parents, but due to the parent's free will, *things can turn out completely different* from what the incarnated soul could possibly anticipate. It happens at times that the KARMIC COUNCIL expresses warnings. But in spite of the warnings, the soul has still the free will to select the parents it wants to have, even though farsighted SPIRIT ENTITIES warn and could anticipate what would actually happen. - But you don't always listen to your TEACHERS.
- Question : In regards to the causes of schizophrenia, our medical fraternity advocates many different theories. What can you tell us about that?
- LUKAS : The main cause for schizophrenia is obsession or also possession. If I may express this more clearly, I would rate this to be the case in over 90 percent of cases. But there are also defects of the brain that are of a physical nature and they too can bring about schizophrenia. Research has faultlessly verified that these extreme, *non-physical* influences by unfamiliar spirit entities exist. But your experts show very little interest in this.
- Participant : Are you referring to the studies done by psychiatrist Dr. Wickland?
- LUKAS : That is correct, but not only these.
- Question : Can you tell us more about it?
- (T. B: Yes, I can do so.)

LUKAS : Yes, I love to do so. The fact is that an attempt has been made to put the studies by Wickland into practice and this under similar conditions. But only with moderate success, because faith in DIVINITY and in what is described as VITALITY was hardly present or lacking altogether.

- *These studies cannot be carried out under laboratory conditions!*

Furthermore, there are private initiatives that indeed have the required faith and the necessary mediums, but their expert medical knowledge and the psychology of the questions are quite inadequate. It is indeed a rare event when everything falls into place. We have to wait for these kinds of special cases. Wickland, respectively his work, will continue to set an exceptional standard. At least for now.

Question : Many people suffer from the effects of personal situations and misguided social developments like unemployment, being mobbed etc. and the best therapies in the world cannot effect any changes. What appropriate measures to strengthen the soul could you suggest in cases like that?

EUPHENIUS: There are a number of things we can suggest: The fact is that these souls are surrounded by strange, negative ENERGIES and their own, negative thought energies also circle around them. After a while, someone exposed to these ENERGIES begins to feel that his psyche and also his body react to these VIBRATIONS. People ought to become consciously aware that due to these VIBRATIONS, their own soul becomes unbalanced and that this can only be averted through the application of *positive* ENERGIES.

- *It is important to consciously envelop oneself with LIGHT in order to be able to withdraw from these NEGATIVE ENERGIES.*

Furthermore, these people should take the following into consideration, namely whether their experiences serve the purpose of making them realise just what principles are released from within themselves. Unemployment can also bring about a *positive* development. What is of importance is to deal with this theme with one's mind and one's spirit in order to recognise just what one's fate is trying to convey. In respect to problems in regards to relationships in the workplace, a soul can only compensate for this for a short period of time. It is impossible to isolate and encapsulate oneself in one's workplace in your present day society. Out of necessity, interpersonal relationships will always be the order of the day. What would have to be taken into consideration is whether this behaviourism serves the purpose of helping one find a different direction.

Question : How come that older people are mentally alert and loving on some days, but behave maleficent, absent minded, confused and are barely approachable on other days?

EUPHENIUS: This has something to do with the material decay of the physical body. The body is subject to ageing and the biological clock stops ticking one of these days. The brain is no longer supplied with enough blood and oxygen to be regarded fully functional.

Blockages appear and they manifest themselves in the affected person's speech, movements or in their mental capacity also. This is related to the temporal preservation of your physical body. Its causes are to be found in the biological nature of your cell structures, which change and decay in the course of time. This is one of the laws of nature that holds sway here on Earth and any interference from your side is impossible.

Objection : But that doesn't explain the constant up and down in their behaviour.

EUPHENIUS: This has something to do with the function of the brain, the control-room, sometimes it works and other times it doesn't. Due to the shrinking of the brain and the lack of blood and oxygen supply to the brain, these people go through states of confusion that are regarded as permanent damage. They also experience disturbances that only appear *every now and then*. The cause lies in the deterioration of the human existence.

Question : Stress gives us headaches, fear makes our heart beat faster and anger affects our stomach. Feeling therefore also has an *influence* on our body and our physical constitution has an adverse effect on our mental well-being. The scientifically supported knowledge that soul and body exert a reciprocal influence on one another has unfortunately *not* managed to establish itself in the day to day praxis of medicine. But medical success based on gadgets is religiously promoted. Why this one sidedness?

EUPHENIUS: The reason for this one sidedness is found in the fact that old medical know-how is taught unchanged at universities. A good technical physician is regarded a good doctor in this country. The doctor's technical qualifications do not automatically portray the interpersonal relationship to the patient, but only the results technology can glean from the patient's body. Human *contact*, the art of *conversation*, *mental acceptance* and *empathy* are *not* part of a doctor's curriculum.

An enormous rethink in the medical field would have to take place in order to move away from conventional medicine and to refocus on the person, namely the soul and the overall make-up of a human being. If this is possible, the next step towards an association between conventional and natural medicine will be a given. This link must be established in order to realise what is absolutely necessary, namely: *To bring natural medicine and conventional medicine together*.

For as long as the doctor's old mindset predominates, namely that one has to look inside people and examine their organs in order to establish where the disorders come from and as long as they don't accept the facts that many external impulses affect, shock and block the human soul thereby affecting the organs in a way that leads to diseases like cancers or the growth of tumours, it will not be possible to close the circle and to make the connection to the natural, scientific supplementary level.

Question : As conventional medicine gradually becomes too expensive, could it happen in the future that certain views in regards to psychosomatics and natural remedies might change?

EUPHENIUS: This would have to trigger a revolutionary rethink on the part of medical fraternity. Only by acknowledging that the soul, the body and the spirit form one unit, that the century is marked by psychosomatic and mental illnesses and by realising the importance of regarding every human being *as one unit* and not to fragment the human condition in order to ascertain what is wrong, will it be possible to follow different courses when it comes to looking after the welfare of other people.

Question : The objection that the human factor in medicine *is self-explanatory* and that it *doesn't* have to be taught at school keeps recurring. How do you see this?

EUPHENIUS: *This is a fallacy!* Medicine will and must undergo changes in order to do justice to all the illnesses that present themselves this century and that increasingly push themselves to the foreground. Medicine will recognise the fact that it finds itself shunted of the main track into a position where there are no opportunities to move either forward or backward. It has to move forward and open its doors to all the things other medical fields have on offer.

Question : Do doctors guard against something that would unsettle them very much - if they would acknowledge it?

EUPHENIUS: Their whole thought-structure would collapse. Most of the things they learned at their respective universities and hospitals would have to be discarded. It would constitute the collapse of the medical fraternity on Earth. It would mean the eradication of medical terminology and they would begin to doubt their own faith in medicine.

Question : Shouldn't they concentrate *more* on the soul, but not necessary *less* on the body?

EUPHENIUS: This is an assignment that is on the agenda, because a movement is about to be initiated that will allow many people to recognise that the soul constitutes an important part in regards to the state of the physical body. The medical fraternity will discern that during their training they ought *not just* take the inner parts of the body into consideration, but that they must direct their attention to something that is *not* present within the body, something that they *cannot see*, *x-ray* or find by opening the body of a human being. Dealing with a phenomenon that is *invisible* to the eye will bring about a shock to conventional medicine.

Question : Are fears and feelings of guilt a part of the human condition and do we have to learn to live with them?

EUPHENIUS: Fears, feelings of guilt are causes that are anchored in external and inner experiences. These represent values of experiences the spirit, the soul and the mind falls back upon. Only experiences of a *positive* nature make it possible that fears and feelings of guilt do not degenerate to a degree that will unbalance the soul so that psychosomatic and mental illnesses can appear. Fears and feelings of guilt are *not* part and parcel of life. They represent values of experiences made by the soul, the spirit and the mind through different avenues and different adventures and experiences.

Question : There are people that become depressed when their superiors make decisions beyond their influence. They quickly develop a feeling of helplessness and powerlessness. If one is aware of the situations that bring about depressions, should one avoid these situations or should one deliberately deal with them?

EUPHENIUS: The first important step is made with the knowledge *where* this emotion and mental anguish come from. If the first step allows one to recognise the cause for this mental disgruntlement, one can then gird oneself and one can protect oneself against these feelings of helplessness. One can then become consciously aware that, as a human being, one cannot turn everything into something positive and that one's soul is not incarnated here to carry the weight of the whole world on one's shoulders.

Question : Once one has mastered these "tools of life", how can one apply them in a crisis? For instance when a woman leaves her husband, or the other way around, if a dear friend dies etc. - How does one get through these situations?

EUPHENIUS: By *not losing* one's trust and one's FAITH in GOD and be recognising that a lot of things *cannot* be changed and a lot of things *cannot* be influenced during one's lifetime.

- *One must learn to accept, one must acknowledge one's existence and endure it as a place of learning.*

If one realises that hidden behind every experience lies a *positive* message or communication, something of importance and something that might change the direction in one's life, one will also recognise that no matter how great one's fears, how great the intimidations and how helpless situations might appear, a door will always open in order to prepare one's way here on Earth.

Question : Many relationships flounder these days or death brings about a separation. Is saying good-bye the actual meaning of life?

EUPHENIUS: The word "saying good-bye" has already the wrong denotation here on your Earth. It is *not a parting*, but a transition to a different EXISTENCE, in connection with a reunion. Parting means infinity and non-encounter. Death and departure denote a *temporary* separation, but never the finality of a non-reunification.

Question : Is it important for a depressed person to not allow stressful situations to attack and paralyse its existence, but to deal with them and to actively counteract them?

EUPHENIUS: It is often a case where depressed people are too paralysed to admit ENERGIES and to deal with what's on the agenda. Depressed people need various time frames in order to find their equilibrium. The soul is torn asunder and paralysed and unable to establish contact with the spirit and the mind. It is an episode that - you would say - makes one fall into a deep hole, into a darkness where light has to be created again. It often

happens that the depressed person will wake up to its predicament with the help of devotion, welfare, LOVE and sympathy and is then able to take control of its situation little by little.

Question : It seems that one apparently has to learn to accept that difficulties are part of life and that one does not always need the services of a psychiatrist to correct a situation. But where lays the border? At which point does someone need the couch or not?

EUPHENIUS: Whether help is called for or not is decided by the person in question. One cannot generalise and say: "You now need specialised medical help or psychiatric help or you must see if you can deal with this yourself."

- *It depends on the substance of one's own being, based on one's inner conviction and TRUST in GOD, whether one is willing to fight against what's on the agenda in order to conquer this illness or this distress.*

Many find that external support is important in order *to open* the door that will broaden one's outlook. It quite often only needs a little push in the right direction in order to find one's way and realise the goal that one is pursuing in this life.

Question : To have a heart attack or gastric ulcers is *not* considered to be defamatory. But to have a mental illness diagnosed and treated is considered *very defamatory*. Where does this fear of therapy that many people display come from?

EUPHENIUS: The cause is the way the world, one's fellow man and one's environment react to it. To be postmarked a mentally ill person comes with a certain tang these days. Mentally ill people regard themselves as inferior and not quite "normal". They feel isolated from society and regard their illness as some sort of flagellation and punishment. If they were aware of the underlying causes, they would recognise the fact that they are a part of GOD and that their soul suffers because it has been *misdirected* and *misunderstood*. The stigmatisation of being mentally ill frightens and scares you here on Earth. Many say that: "The mentally ill are crazy! I will not have anything to do with them. They belong in an asylum."

- *Accepting, understanding and directing one's attention on the reasons why these souls are ill will bring about a new consciousness here on Earth and it will help to change the world and to develop it in a positive way.*

Question : Is there a moral obligation to interfere when a depressed person is contemplating suicide or does their free will also apply here?

EUPHENIUS: If you should ever be confronted by a situation where another soul gives you a signal like: "I feel at a loss. - I would like to depart this world. - Only the way of my own demise, getting away from this Earth, has value for me." - The training you have received here makes it *your duty to enlighten* and *to inform* this soul about what it means to do away with oneself here on this Earth. You know that these forms of

illnesses are treated *differently* from those that commit suicide or some other self-inflicted fault under different objectives.

This work here forces a piece of divine responsibility on you in regards to your fellow brothers and sisters, it is your duty to explain what awaits them after their demise and to make them stop and re-examine their resolution to see whether there are still willing to take this step. It is then up to that soul to decide. It has its own free will to take responsibility for its own actions.

Question : Why do so few people make a second attempt at suicide, if they were saved after their first attempt?

EUPHENIUS: This is substantiated by the fact that they have made a tentative first step into paradise and brought back experiences and feelings from there that showed them what they can expect and what can happen if they try again. A short lecture will have taken place that had an affect on the soul that is often not steadfast in its mind. But the effect on the soul entails that a second attempt is rarely ever made.

Question : Does the Church recognise the signs of the times, namely why mental illnesses are on the increase, especially during this century?

LUKAS : In order not to scandalise their position, they rely on the findings of medical science in most cases. They know and talk about it under their breath and most theologians classify this correctly. But they lack the courage to openly spread their own portrayal of the subject matter. There are a few that do so, but they are outsiders and treated accordingly.

Question : How can this elucidation take place if the medical fraternity does not recognise the signs of the times and the Church, a consolatory institution, cannot convey this to its followers?

LUKAS : Well, what do you think? - How often do we have to write or say that *all initiatives* on this planet that are of a similar nature as your own and cannot be judged highly enough. This will give the section of the medical fraternity that is somewhat *open* to this, the opportunity to read what we are saying and we'll see what becomes of it. *The domino effect is pre-programmed!* Everything starts slowly to begin with to then proceed with ever higher velocity to complete something that needed only a little impetus to begin with. This is the only way the world will change. Only acknowledgment, learning, acceptance and inner concurrence will bring this about.

Question : Is there a place on our dark planet where mental illnesses are registered and perceived in their correct spiritual context?

LUKAS : Yes. It is practiced by the native tribes your so-called civilised society disdains so much.

- *The sciences arrogance prevents your enlightenment.*

Question : What influence has the blood on mental illnesses?

LUKAS : Well, as blood is the carrier of the soul, any poison in the blood brings about a change to the mental link with the physical body. If an alcoholic, in his stupor, floods his blood stream with alcohol for instance, connections are loosened and clairvoyance can be the result. This means that the alcoholic can perceive Earth's astral regions where a lot of STRANGE and NEGATIVE spiritual things abound. - Some other drug addict consumes opiates and this brings about the separation of the soul from the physical body.

- *These enforced and evoked experiences outside of the body have a damaging influence on the soul.*

Equally damaging to the connection between body and soul described by me, are the side effects of many prescribed medication.

- *But one's thoughts tower above everything, because a healthy thought process results in healthy action and therefore a healthy body.*

Question : Can a healthy diet prevent psychosomatic illnesses?

LUKAS : Well, that's quite self evident! Healthy blood, full of oxygen and devoid of fungi represents the best guarantee for a healthy body and a solid connection between body and soul. Therefore, if what GOD put together is not disturbed through your influence, body and soul will remain healthy.

Question : Is there a connection between mental illness and karma?

LUKAS : It is *very rare* that karmic connections and mental illnesses come together. There are only a few stray cases.

Question : Where does the increasing emergence of behavioural problems and psychosomatic disorders of children come from?

LUKAS : I have written about this before and EUPHENIUS has talked about this also. It is *hardly ever of a karmic nature*. It is usually due to the mother's influences, the surroundings and a poisoned environment. As these factors *become ever more negative*, the symptoms experienced by small children and babies inevitable appear *more frequently*. Most parents and particularly most mothers are not aware of this. Our work here can make a contribution when it comes to elucidate the problem. Maybe a separate theme?

Question : Research has shown that hyperactive kids lack certain chemical compounds in their brain or that these compounds are present in very small amounts. The lack of these

compounds is supposed to trigger this hyperactivity and other disorders. Do you feel that this is correct?

LUKAS : Yes, naturally. The human body is an extraordinarily complicated construction with highly complex functions. When mental or better say non-physical VIBRATIONS act upon the physical so that they change, certain elements can be missing or strange illnesses, up to now unknown, can arise. The body couldn't produce the necessary elements, because the spirit, respectively, the VIBRATIONS prevented it.

Question : What is your opinion on taking medication in these cases or even generally speaking?

LUKAS : What you call "medication" represents a two edged sword. Prescribed medication can certainly help, but the side-effects on the other hand can destroy many cell formations. Medication's side-effects kill more people than you will ever suspect! But your school-taught medicine unfortunately does not allow alternatives, because they are *inadmissible*, even though alternatives are available. Alternatives that do not show quick results, but they give the body and the soul *the necessary time* it needs in order to be able to heal.

Question : The French philosopher René Descartes supported the opinion that body and soul are connected to one another at the pineal gland. Descartes thought that through this organ of the middle brain the spirit acted upon the body and the body acted upon the spirit. What is completely unknown is how this interchange functions and how two so completely different substances like the physical body and the non-material spirit could possibly influence one another. Can you tell us something about this theory?

EUPHENIUS: It is important to know to begin with that the spirit is placed *above* matter. You can influence your body through your spirit.

- *You are able to conquer cancerous cells and illnesses through your thoughts and through your inner determination for change.*

The spirit has a conscious influence on your physical body and everything in connection with the cell information that is enshrined in your cells. Every cell sends out information. You can *change* your cell's information through the spirit so that you are certainly in a position to change illnesses. As beings, you, yourselves are in a position to influence the functions of the body.

- *The pineal gland does not contain the soul; your blood is the carrier of the soul. Your soul is connected to your whole body through the blood within you. The soul is a building block and it stands in a reciprocal relationship with the spirit and the divine LIGHT.*

Question : As all living things, therefore human beings also, are a self-organised, open system, it is astonishing that there are still people who reject psychosomatics, the complete gamut of human suffering. Why?

EUPHENIUS: These people are not prepared to take the whole human being into consideration, but only see individual elements. As human beings represent a very highly developed, ramified net of information, it is difficult to separate something individual from the rest. But mankind insists on recognising only parts of the whole and to push the rest aside.

- *It is only people who separate.*

This is just *one* circuit. Look at planet Earth and you'll recognise that *here too* you *do not recognise* the whole structure. You are looking through a pair of glasses and forget to look to the left and to the right.

Question :That all illnesses spring from the state of man's soul is an age-old wisdom. Unfortunately this wisdom has to be rediscovered, respectively accepted in our time. It is quite frightening to see just how far our school medicine has distanced itself from its actual purpose of healing, that is to say, from making body and soul whole again. What has happened that this knowledge has been lost?

EUPHENIUS: It was much more fascinating for you to look inside your torso, your body. Only what people can see and observe represents *reality* to you. The search for the soul has not brought the desired results. The soul was therefore dismissed as a phantasm created by the Church. Due to its non-physical existences, the soul was declared null and void.

- *People have started to deny their own soul's existence and they are now reaping the fruits of their labour.*

Native tribe's ability to live in harmony with their soul and nature's soul is also not taken serious.

- *The time will come when the people on Earth will notice that their school-medicine has brought you to the edge of a precipice and they will recognise that not everything is demonstrable and verifiable even in our present "enlightened" century.*

All the experiments you carry out on people and especially on animals, who are also living beings with a soul, will come back to haunt you. Mankind will reflect on what is true and the things that form a part of their original history.

Comment :For as long as one doesn't believe in the existence of the soul, animals will be treated accordingly.

EUPHENIUS: This is very important, because you must recognise that *animals are also* divine entities with a soul. What you are presently doing to those under your charge, with your GOD GIVEN HANDS, amounts to nothing less than a sin, a transgression whose extent you have not yet looked upon in the correct light.

Question : About 10 years ago there were a number of doctors in Germany that tried to establish a faculty that was unaffected by traditional restrained and power plays, namely a branch for “inner medicine and psychosomatics”. But they underestimated the opposition and neglected to secure this reformist experiment from this antagonistic opposition through contractual arrangements. What are the opponents of such reformist experiments afraid of?

EUPHENIUS: The same crumbling the Church has experienced during its Church history will also happen to the medical fraternity. This is the reason for all this anxiety. You make fun of doctors by saying: “Gods dressed in white”. Reconsider this statement and you’ll find that you are at the mercy of these doctors. You will recognise that they wield a special power over people. Only a limited number of them accept their patients for what they are, namely human beings. Many look upon their patients are mere bodies that must be opened up in order to remove some foreign body. They forget that human beings must be looked at in their totality.

It is of no use to simply remove a cancer. The causes must be more closely scrutinised. There is no point in re-examining the situation with x-rays to find out whether new cancerous ulcers have reappeared, all the cells information must be re-polarised. What’s the use of cutting out the cancer, if the delicate web of the cancer continues to feast on individual cells? - It must be recognised that the real chance of healing the body can only be accomplished through the spirit, the mind and by correctly diagnosing the illness.

- *It is often a case where the mind would like to bring about a recovery, but the soul has already given up the fight.*

The soul must be nourished with *new* vigour and with *new* vitality, because it isn’t always a case where one’s divine TIME here on Earth has run its course.

Comment : A doctor’s eminence also enhances his power and his worthiness.

EUPHENIUS: The proliferation in that direction is *very profound*. Many doctors succumb to the temptations of power and money. But remember: These people, these souls must also go their own way.

Question : There are eminent medical specialists that seriously contemplate how one could transplant human heads. Apart from the head, one would like to completely exchange the body if it is riddled with cancer in order to save the life of a terminally ill person. Is this attitude ethical or more of a psychopathic one?

EUPHENIUS: It is *negative*. This is to be taken as a warning, namely that you, as human beings, are tempted to relinquish control over your own existence to some outside agency to then function like a marionette. The greatest GIFT you received from GOD is your free will. These people are trying to interfere in GOD’S divine HANDICRAFT and to take your free will away. We have to reject this, because you interfere in a divine PLAN you have

no way of knowing what it is all about. If it was GOD’S will for a soul to survive cancer and the yearning of the soul to enter the spiritual realm is arrested and enhanced by other information, it will be accomplished by the divine SIDE. You do not have the right to interfere in the genetic and biologic processes *in this way.*

Question : In spite of the one-sided, technological orientation of the medical fraternity one talks about a “humane medicine”, but it only knows about the things it has in common with the animal kingdom and in turn only as much as they know about machines. But it doesn’t know anything about the things that distinguishes animals from machines and it knows nothing about the differences between animals and human beings, during their studies, medical students are not even taught that such problems actually exist. How can the trap of this vicious circle be sprung? Or must one wait for the natural fluctuations, namely the demise of the incorrigible materialist, to take place?

EUPHENIUS: This is just *one* aspect. - Thank GOD there are also souls incarnated here on Earth that are consciously aware and willing to forfeit all their earthly possessions in order to go their way and to expose and reveal all the things that are of importance.

- *The beginning of the new century will bring with it an opening of the eyes for all the things that are real. A radical change will take place that has already started in small measures. You will recognise that many people have already started a journey to reawaken humanness and a feeling of togetherness. One thing that will happen is that clarity and transparency will become more prominent here on this Earth.*

There are many things still hidden in darkness that have to be revitalised with new ENERGIES and with new SOURCES of LIGHT. These souls will *sense* that there *must be more* than they are presently learning.

Question : The selection of our new generation of scientists happens according to criteria that guarantees that old fashioned thought patterns are not deviated from. Will this medical reformation take a long time to be accomplished?

EUPHENIUS: Medicine, as it exists here on Earth, must open its eyes to its own impotence. It will recognise that there are areas where pills and injections *cannot bring about positive changes.* It will *have to* recognise that all of man is of importance and that man can only be looked upon as a unit. They will realise that alternative medicines represent an important part when it comes to healing the soul and important for man’s whole organism. This medical reformation will take some time. You will become aware that native tribes, with their practices, will have an increasing affect on your civilisation. It is not a case where medicine reaches out to embrace these alternative methods, but a case where nature approaches present day medicine. Old and wise souls here on Earth will make sure that this movement will come into effect.

Question : A doctor who takes the patients individuality serious must work from within his own personality, is that correct?

EUPHENIUS: A good doctor sets himself apart from others by taking the patient *serious*, by being able to *listen* and by showing *empathy*. He must be able to empathise from within the heart, from that pure SOURCE of LOVE and he must comprehend that his words are akin to solace to the patient. As a rule, a friendly word achieves *more* than any pill! *Accepting* the patient creates trust and confidence and mobilises new ENERGIES.

- *A good doctor will recognise that it is not only medication that has an effect, but that empathy and LOVE also contribute to the healing process.*

These are important factors and they have become *a bit of a rarity* in today's medical practises. Doctors *only look at symptoms*. They do not look for the causes. Therein lays the main reason for your sick world.

Question : In contrast to lifelong psychoanalyses, which searches for psychotic illnesses deep within the subconscious, behavioural therapy approaches misdemeanours directly and tries to make changes there. Behavioural psychiatrists assume that human behaviourism is mainly *acquired* and that any deranged behaviour must therefore also have been acquired. Are these behavioural psychiatrists correct?

EUPHENIUS: One has to look at this from various sides. One cannot accept one side and simply disregard the other side. The baby, the infant learns from the behaviourism of adults just what is important for its existence. Adults represent the part of a role model for juvenile souls. But don't forget that you also bring fundamental traits *from previous existences* with you, something many psychologists and doctors are *not aware of*. Their research begins with the birth of the child. But what happens if this misbehaviour has been brought along from a past life?

Question : If one takes a good look at the picture medicine has of human beings, their training seems to be a consequent and ingenious system of de-sensibility, because medical physics and chemistry are looked upon as basic sciences and the prospective doctor is initiated into "life's mysteries" in a morgue. What is your opinion on this subject?

EUPHENIUS: The medical fraternity deprive themselves of one of the most important elements. They deal with an empty physical body without taking the true core of the individual into consideration. The soul that has left this body has taken important information with it and it is beyond the reach of these doctors. They deal with dead meat and can only see individual vital organs. The spiritual INFORMATION recorded within the cells is no longer present. The body is like a machine with the power turned off. The database is lost. It doesn't exist anymore. What information can a doctor glean from such a soulless shell?

Question : When questioned, an eminent doctor said: "As an intern, one's education is geared towards a physical view of the world. If one then deals with a patient, one is of the opinion that the true and tried methods of the past, based on the patients pathological history can deal with the situation. But as soon as one bears the responsibility for one's

own patients, one soon discovers that the diagnostic patterns, learned during one's internship, often do not apply." - Are universities to blame, if psychosomatics is excluded from their curriculum?

EUPHENIUS: The mistakes lies in the fact that the knowledge, as a basic module, *that the soul, as the most important factor in regards to one's existence, is not incorporated in the equation.* To your average doctor, the heart is the most important organ. For us, as ENTITIES, *the soul is most important.* The control of your biological body runs via the soul. *This insight is missing!* And it will be impossible to make any changes to your medical knowledge without this building block. Of what use is the most beautiful car, if it has no engine?

Yes, the blame lies with universities and with the knowledge that is dispensed there. Mankind must learn to reconsider and change its knowledge base. It must expand its vision for all the things many regard as improbable or frightening, namely contact with ANGELS, contacts through prayers and by going within, that is to say, contact to one's inner self by emerging oneself in meditative contemplation. It matters not that the people who do this are ridiculed by others. The cause for this are fears of one's own self!

Question : Are you aware of the so-called "Bovis-Scale" (Life Force Index)?

LUKAS : These values are known to us. You can compare these values to a "thermometer". They represent values man has come up with and that's exactly the way you should look upon them. Your feelings represent a *better* value scale for your body. These signals are considerably more exact than the above mentioned values. But one must be able to *correctly interpret them.*

These values, which I have compared to a thermometer, can be interpreted as follows, namely that there are areas of well-being and others that do not feel quite as good. It always includes the whole range. If one observes people and assigns these observations these particular values, for instance, when asked how they feel, one arrives at the scale you mentioned. But that whole thing cannot be regarded as absolute.

Question : The minimum reading on the Bovis-Scale lies at 6.500, the average values at 8.000 and my readings were at 14.900.

LUKAS : They do not represent absolute values, because these values are current values. The way the colours of your aura are not constant, these values are also not constant - cannot be constant, because they form a part of a living being and not of a robot. This is why the range of "from... to" represent broad values. - As we mentioned, ask yourself how you feel and answer this truthfully and exact and you arrive at your *actual* scale. We can see by your aura just how you feel and it looks better than last year and this in spite of your work load.

- Question : Are the Bovis-Scale values measurements of energy, respectively perceptions from the body or from the soul?
- LUKAS : It is what the body emanates. The VIBRATIONS of the soul cannot presently be measured by your instruments. The soul is multi-dimensional, because it comes from GOD. Your world and the things you can measure are only three-dimensional.
- Question : Do mankind's mental illnesses also affect nature and planet Earth?
- LUKAS : *All* of man's VIBRATIONS, even mental illnesses, have an affect on planet Earth and on Earth's Mother Nature. That is the difference. You can read about the results of this in your mass-media. It is man who makes Mother Nature ill.
- Question : Are mental illnesses noticeable in people's aura?
- LUKAS : Yes.
- Question : Can psychic healers perceive the patient's illness in their aura?
- LUKAS : If they can see it, certainly.
- Question : How does our school-medicine deal with this?
- LUKAS : From a technical and three-dimensional aspect: Measuring, weighing and seeing. As far as they are concerned, anything else doesn't exist.
- Question : Should modern medicine refer to the patient's statements more often, especially testimony given in regards to their illness?
- (T. B: Yes, that's the way it is.)
- LUKAS : That's the way it is. - But these statements are not always accurate, because in most cases, the patient is not aware of the spiritual coherencies and misinterprets the connection between body, spirit and the soul.
- Question : Do we have to know considerably more about our soul's existence and about the divine aspects within us in order to sensibly intervene medically?
- LUKAS : That's the way it ought to be.
- Question : Would "modern" medicine become superfluous, if we were able to perfect our own, inner healing capabilities?
- LUKAS : You are saying what we have always maintained. But you cannot make any money out of the type of healing method shamans have applied since man's early days here on Earth. This explains the scientific communities aversion against everything outside its curriculum.

- Question : Are medicinal forms of treatments for certain mental illnesses paradoxical, because they stress body and soul even more so?
- LUKAS : No, one can't put it like that. They are often the only opportunities you have to lessen the connection between body and soul so that the affected soul does not destroy its body. The mind of the patient experiences the world, respectively its environment subdued, as if through a veil.
- Question : Does any medicinal form of treatment represent only a supporting strategy?
- LUKAS : A *dampening* strategy!
- Question : Are these souls to be guided back to their inner DIVINITY, their inner SELF, their inner LOVE and inner reliance in order to re-establish the divine LAWS within, when mental illnesses arise?
- LUKAS : If these soul had *not* lost their ROOTS, psychosomatic illnesses *would never even arise*. People with a strong soul, that is to say, with a solid foundation, can endure stress of a magnitude you would never consider possible.
- Question : How can one strengthen and consolidate one's soul?
- LUKAS : By *giving it back* its ROOTS, respectively by *showing* it the way. And this brings us back to your work and your publications.
- Question : Do mental forms of illnesses generally come from the soul or can they also be effected by outside agencies?
- LUKAS : Sometimes there are genetic problems, respectively, defects of the brain, but only to a very limited degree and they can arise later in life. But first and foremost, and this in the majority of cases, mental (psychic) influences destroy the physical. For instance when someone does not like their god-given body and begins to hate themselves. This can bring about cancerous adenoids and other illnesses that destroy the body.
- Question : Could one call all the mental illnesses that seem to appear more than ever these days as "mankind's new scourge"?
- LUKAS : Yes, one could certainly call it that. A *man-made* scourge, man-made by not abiding by divine LAWS. But what do you want to abide by? You are not even aware of them - and you have no desire to learn them. But if an epidemic should rear its ugly head or if there is an outbreak of a serious illness, one screams for GOD and one asks, "why does HE allow this". A silly question, don't you think so too? - But all of us are students of a GREAT UNIVERSAL TEACHER and the learning process goes on and on. We are a few steps ahead of you and we would like to drag you up to our level.

(T. B: Like to very much!)

Question : What relevancy lies behind the experience of a healthy person, one without any problems, when this person wakes up in the middle of the night plagued by panic-attacks and shaking with fear and is then unable to go back to sleep?

EUPHENIUS: These symptoms are there, because this person has failed to deal with something that was *not directly obvious* to this person's soul. We could be dealing with events here from a *distant past*, which are now brought to the surface by the subconscious, in order to be dealt with so that they can be pushed from the body's field of influence. This refurbishment *is important* in order to avoid any mental damage and to give the soul the opportunity to breathe, because they continuously crop up due to EXTERNAL FREQUENCIES and they are reawakened by some external events. Fear and shivering are physical states of excitement, advertising the feeling that was triggered by the body at that point in time. Once a person is ready to deal with these feelings and is willing to quietly go within to find out *when* these feelings have *existed before*, the cause will become very quickly apparent to the soul.

- *When you are ready to tune into your body to such a degree that you can perceive the body like a barometer, a scale that indicates mental needs, you will certainly be in a position to find the causes for these fears and to find out where these physical emotions spring from.*

Question : Can our deteriorating environment and our nonchalant production of food bring about psychosomatic illnesses, certain heart conditions or even Parkinson's disease in our society?

EUPHENIUS: This is *one* elemental building block, one that is also of definite importance within your situation. But it is *not* to be regarded as the sole and most decisive element. Your carelessness, the way you treat planet Earth and Mother Nature has a retrograde effect on your own biological building blocks. It represents a mirror image of your actions and nature is now retaliating. Nutrition is an important element for your body, which is made of flesh and blood. The status your soul presently enjoys needs this nutrition, because you are not yet ready to embed your soul somewhere else.

Question : From a spiritual point of view, has Parkinson's Disease some special meaning?

EUPHENIUS: These are neural inflammations and due to various factors that come together, they find expression here: These are changes that take place within the brain and the muscles of the body, where so-called stress-molecules have attached themselves, thereby influencing the nervous system. The effect of this is that this disease breaks out. It is not solely and decisively to be regarded as the result of the food-chain.

Question : What actually triggers this disease?

EUPHENIUS: It is an interplay between internal and external influences. On the one hand triggered by mental stress and on the other hand by the effects of genetic changes within the brain, related to environmental influences.

Question : An interposed question: There have been a lot of attacks by aggressive dogs in the past. Could this be a case where certain types of meat in dog food trigger mental disorders in dogs, making them attack human beings?

EUPHENIUS: The cause for this type of behaviour is mostly due to the fact that these dogs have been wrongly trained. They are divine creatures and like lions in the wild, they ought to be kept in a natural environment.

- *In regards to animals, you make a lot of mistakes because you look upon them as merely a source that converts fodder and one that provides food for you. You overlook the fact that these souls are also divine souls embedded in a physical body.*

People can also turn into beasts, if treated incorrectly! You too can manipulate people through false actions in such a way that they will only feel hatred and contempt for their fellow man. - The same applies to dogs. Dogs can also be reared to become so aggressive that they *cannot* behave in any other way. This is a behavioural change that has been instilled from an external source, it is also a mental illness, this time embedded in an animal.

Question : Does depression develop through influences from negative spirit entities?

EUPHENIUS: Most depressions are the result of situations where a soul here on Earth can no longer perceive a viable basis for its existence. These souls have withdrawn into their shell and they try to protect themselves in this way. They dread any contact with their environment and would prefer to disappear from this Earth altogether. These souls cry, because they have not recognised their individual, APPOINTED ASSIGNMENT.

- *They are not controlled by other entities, but they are subject to their own ignorance, namely not knowing what they are supposed to do here on Earth.*

Question : *Auto-suggestive music* is on offer for all the various psychosomatic illnesses. Is playing these cassettes or CD's the correct way of dealing with these illnesses or are they to be regarded as something rather dangerous, because they can open the aura of an inflicted person?

EUPHENIUS: This always depends on the person that might need these cassettes as a means to an end. There are certainly people out there who are ready to store, convert and anchor the information on these cassettes within their cell structures. But with souls *not yet* stable and anchored enough, it can lead to suicide!

Question : What do you make of *relaxation music*?

EUPHENIUS: We can *highly recommend* it, because it embodies an act of ENERGY STORAGE we, from the spiritual realm, positively support. Due to its ENERGETIC components, this type of meditation has a calming and positive effect on the soul. Not just on the soul, but on all of the cells of your body. We support this type of music through divine TRANSFORMATION, the way we fill every prayer that comes from your side with divine ENERGIES.

Question :How does the HEIGHTENED VIBRATION of the Earth's energy field affect people, animals and plants?

EUPHENIUS: This is a very slow process and hardly perceptible to you. This HEIGHTENED VIBRATION brings with it an obligation, namely that one ought to try to bring individual levels here on Earth to harmonise again, that is to say that one ought to put man and nature on an equal footing and that all animals should be included also, so that they can receive the appreciation they deserve here on Earth. All the protests over the treatment of animals, the destruction of the rain forests, environmental pollution and the perceived changes to weather pattern indicate quite articulately that a lot of things are subjected to change and upheaval. Just where these changes and this upheaval will eventually lead is not clear at this point in time.

Question :Do light and colour therapies have a favourable influence on stress symptoms by alleviating them so that psychosomatic illnesses might be kept at bay?

EUPHENIUS: The origin lies with the SEVEN RAYS all of you are familiar with and with the seven chakras present within your aura; it is also flooded with various colour elements. The intensive absorption of coloured light has certainly a positive effect when it comes to calming your cells. But this can only be regarded a *supporting* unit. But it certainly has a positive effect.

Question :What influence does after-school homework have on a child's psyche, if it lasts into late afternoons and this for weeks and months?

EUPHENIUS: Homework represents an external stress factor and it not only strikes the soul, but also the physical brain and the whole body. In order to be fully functional, a child's body has certain limited reserves. Remember that you are flooded by ENERGIES from many external attractions and they superimpose themselves over your own ENERGY SOURCE.

- *Create an oasis of peace for you so that you can release ALIEN ENERGIES and refuel on divine ENERGIES.*

Question :Does this mean that a daily dose of a number of hours watching television is more of a poison for the psyche and certainly not an "oasis of peace", even though many people insist that watching television relaxes them?

EUPHENIUS: This is an overexposure to stimulation and cannot be regarded as positive in the long run. When watching television, your own thought apparatus is interrupted by external filters and external titillations and this *promotes* higher levels of stress within you. Try to reduce your stress levels in a different way.

- *Spend time with Mother Nature and you'll find that you can train yourself to break through your mind-set.*

Question : What effect has working constant overtime in one's daily work situation on the psyche?

EUPHENIUS: If this external control over the body takes place over a long period of time, mental illnesses are a possible result. This recurring pressure stresses body, spirit and therefore also the soul and this because they hardly find the time and tranquillity to replenish their ENERGY. The ENERGIES within one's own body are being run down like the energies of a transformer. There is very little substance left at the end and the body collapses somewhere along the line. - But if a balance is struck in your daily pressure situation and if you create *leisure hours* in your spare time and *little oasis of peace* within your work situation in order to reconnect with divine LIGHT ENERGY, you will find that you can physically, mentally and spiritually deal with stress and too much work in a *completely different way*.

Question : Coming back to schizophrenia: Is this a mental illness or are other causes responsible for it?

LUKAS : Schizophrenia is of course a mental illness. There are two possibilities. The dominant and more frequent possibility is the *possession* by a spirit entity, one that can interfere with the human psyche and one that can influence the psyche to a stronger or lesser degree. The reason why this is at all possible lies with the ignorance of the affected person and also with the inadequate and incorrect knowledge of the doctors treating the patient. If the right knowledge was available, instead of working with alleviating measures, that is to say, with medication, one could treat the patient differently.

The other possibility is changes within the human brain, where a defect in one's motor-neuron circuit can bring about difficulties with one's coordination. Such a situation has nothing to do with the spiritual world. But we are dealing with mental illnesses in both cases.

Question : If this knowledge is lacking, mustn't any chance of a permanent cure for the patient be considered as rather slim?

LUKAS : Yes, naturally. It is as if a fireman tries to put out a fire with oil. This is roughly how your doctors proceed.

Question : Are there natural remedies one could specifically use when dealing with mental illnesses?

- LUKAS : Yes. We are dealing with medication and other possibilities of great merit and they are employed by native tribes. But your “highly sophisticated” sciences are not interested in this kind of “hocus-pocus”.
- Question : In cases of mental illnesses, the soul is not properly balanced. Can Dr. Edward Bach’s (1886-1936) flower remedies, for instance the leaves of impatiens, help to bring the soul back into balance?
- LUKAS : Yes, but they cannot disconnect the possessive connection to the spiritual realm; respectively deny access to those ENTITIES with mischief on their mind. This can only take place by way of the LIGHT you are already familiar with. There are many possibilities.
- *Over 90% of schizophrenics wrestle with an unidentified and unwanted connection with Earth’s astral regions.*
- These people are psychically blank, respectively their sensitivity is blank, and changes within their aura offer these dark ENTITIES an opportunity to access these people. Bach’s flower remedies can have a muting effect, but once the effect of the remedy wears off, these dark ENTITIES are right back again. The cause of this therefore lies somewhere else.
- Question : Do people’s mental illnesses have an effect on nature?
- LUKAS : Yes, naturally. You keep forgetting that mental illnesses are brought about by pathological thought patterns and that thoughts act like a transmitter. These thought energies are received by *all* beings in either flora or fauna.
- Question : Are there mental illnesses in our high-tech world that would be rather a rarity in regards to native tribes?
- (T. B: Little difference.)
- LUKAS : No, that is incorrect. Encroachments from the spiritual world also happen to native tribes. But in contrast to you, these native tribes know what they’re *dealing with* and they know appropriate measures that can help. But there are other mental illnesses that can be treated with Bach’s floral remedies and other natural remedies, if in their *initial stage* and if the symptoms are diagnosed *early enough*. *This would prevent any damage to the aura* and deny the dark FORCES any opportunities of access.
- Question : Does this mean that the aura changes before a mental illness arises?
- LUKAS : Your problem is that you don’t talk about it out of a false sense of shame. To suffer a heart attack is not regarded as being as bad as suffering from an infamous, unpublicised mental illness. People that detect certain changes within usually come forth *too late* and treating psychiatrists and doctors usually have no idea about what they’re dealing with.

Apart from a few exceptions. I hope that you're aware and see that the problem lies with you.

Question : Does one's personal GUARDIAN ANGEL have the opportunity to positively interfere?

(T. B: Oh, yes.)

LUKAS : Only when they are given the chance to do so. He may not work against the free will of his charge. And his charge has no idea that he actually exists. That is the reality here. Just what do you think what a GUARDIAN ANGEL *could* possibly make possible, if people would know that he exists and that they could ask him for help over again? From morning till night. We have discussed this once before.

Comment : A sad situation for mentally ill people on this Earth. Doctors are not aware where the causes lay on the one hand that and on the other hand the affected persons are unaware also. Potent medications have a character-changing effect on the patient instead and they impair their quality of life considerably.

LUKAS : This is why we are here and this is why we do this work here. It is a fact that too many points along the track have been set in the wrong direction. You would say that - the carriage is stuck in the mud down to its axles. But we will right the ship so to speak. But that will not happen without an effort.

- *There is no reason at all to be pessimistic about this. A pessimist has lost his faith in GOD, respectively he should at least subject his faith to some critical scrutiny.*

Question : Is it a fact that the GUARDIAN ANGEL will only become actively involved if one *faithfully* ask him to do so night or day?

(T. B: Yes, that's why it goes away.)

LUKAS : The GUARDIAN ANGEL, willing to help, is assisted by this. The plea or the petitions indicate: "I do have my free will, but I relinquish this free will to YOU, my dear invisible FRIEND. May everything take place according to the wishes of the LORD of the WORLD and the HEAVENS. Not my will be done, but HIS WILL. Please help me! I don't know where to turn and without your help I'm all alone and not able to deal with all the problems that presently assail me. Please help me recognise the LIGHT of your GUIDANCE and help me rediscover the way of the LIGHT and the way of inner concord and peace. I know that you can help me my LORD. - Amen."

(T. B: You have done well!)

Question : Over the last 50 years, international factions have come into being in regards to the physical and bio-chemical analyses of the functions of the body, which do not allow doctors to realise the age old dream of the oneness of body and soul. Has this specialisation prevented the emergence of psychosomatics?

EUPHENIUS: There are a few things to say to this: It had finally been possible to make it clear that the soul leaves the body in a purely biological manner and that many medical misconceptions have now been abandoned. What is of importance is the knowledge that *not everything* can be re-established through an operation or through changes within the body. Important is the knowledge that a phenomenon exists within every body, something that is not visible, tangible or removable. To *acknowledge* this phenomenon, be it by the Church, by the medical fraternity and by you, as soul siblings on this Earth, is an important step in the direction of your origin, towards GOD. Because many negative changes have taken place within the Church and caused by the Church, there have also been regressions within medicine. A door has opened to the true identity of your existence through the insight that many illnesses are not physically visible and recognisable.

Specialisation came about because individual doctors felt greatly insecure and therefore began to concentrate on one particular field of expertise. They're afraid to look at the whole human being, because they're afraid to lose their own identity.

- *Only someone aware of the spiritual connections and someone who looks upon human beings in their entirety can accomplish this.*

Your medicine fragments and *produces geniuses in their own field* and they forget that the causes could possibly be found in a completely different area than actually visible. Insecurities and fears are the underlying reasons why they fail to look upon the real human being *as a unit* and *as a spirit* and *as GOD'S Christ*.

Question : Medical ethics hinges on scientific concepts. One should not be surprised that doctors treat human beings the way *technicians* deal with technical problems, they will do so for as long as they keep regarding them *as machines*. Is this where the actual iniquity of our high-tech medicine is hidden?

EUPHENIUS: The majority of your doctors regard people *as spare part depositories*, containing things one can remove and reattach. You disregard one eminent, divine LAW, namely that all of you are *divine individuals* and that you are here to find and to travel your own way. You treat others mischievously and with disastrous results. People are murdered these days in order to harvest their organs and hearts. Money and power are once again at work. The charity and humility of one's fellow man is ignored and not respected anymore.

- *You infringe on very eminent, divine LAWS and they already affect you. It is not just that you disrespect nature, but you also disrespect yourself, one of GOD'S homogeneous creatures.*

Question : Depression stresses the core of one's well-being. Hardly any other illness brings with it so much suffering. One patient said: "All I ever wanted to do with all the other illnesses I ever had was trying to get better. When depression hit me, I just wanted to die." What are the reasons that doctors simply overlook this situation?

EUPHENIUS: Doctors are aware that they reach their limit here also and they do not see the *real* causes at work here. This is like a slew ring, where up to now, the door has not been found. Doctors do not have the opportunity the change the emotional levels of people and to guide them back to the true path into the LIGHT. The soul, its emotions and the complete thought process is in a trough and it is difficult to re-emerge from there, because the soul is aware that *this is not* what they're suppose to experience here on Earth. They are searching and they don't know which way to go and which is the right way to go. You find a lot of religious denominations here on Earth and their guiding lights do not lead you into the true LIGHT, because power potentials and avarice are hidden behind it. These souls are exposed to financial exploitation and this plunges them further down the path of misery.

- *Medicine is not advanced enough to realise that only FAITH in GOD, TRUST and through the LOVE of self and others will a solution be found in order to deal with these illnesses correctly.*

Depressions are a soul's cry for help, whereby "scars" and "blemishes" are formed, because they yearn for the LAND, the WORLD they came from. They try to rebel against this material world, which has emerged like a threat in their eyes. They try to do justice to their deep-seated feelings and their longings. This is the reason why suicide is often an associated occurrence.

Question : These souls therefore do not recognise their reason for being?

EUPHENIUS: That's the way it is. If an elucidation was forthcoming here, many a soul would find its way in peace and also in quiescence, with the assurance of an eventual return to the PROMISED LAND and many a soul would understand that life here on Earth represents only a short sojourn, one that gives the soul an opportunity for further development.

Question : A young person, arrested by the police for surfing the underground, said: "Dying is just as good as living". A depressing, a highly dangerous statement, because it doesn't differentiate between the two and the decision to die can be made very rapidly. Does this opinion bring with it many a death defying act, like for instance surfing the underground?

EUPHENIUS: We are dealing with young souls here and they do not know what they should do here on Earth. They have not quite settled in here and they have not grasped the reason for their existence. These are careless utterances, expressed without being aware of the true sense of the words. They do not know that life after death is possible and they do not know that there are also differences there, in various regions. If they *were* in possession of this knowledge, they would regard their god-given outlook on life as a blessing and a mercy and conduct their life here on Earth according to GOD'S WILL.

Comment :Television, with its movie heroes, shows every day the things that are allegedly of importance here on Earth and one acts accordingly.

EUPHENIUS: Present day adolescents adopt false ideologies. Present day adolescents lack *guidance*, *stability* and *direction*. You are aware that *everybody* here on Earth needs a certain structural framework and guidance. Be it guidance from GOD or through external realities.

The Church tried to give young people direction, but it has forgotten *to grow* with them. What's more, the Church has also forgotten the true, inner core of its assignment, thereby neglecting the necessity to convey their message to the young generation.

Today's adolescents are very restless and unstable. This is the result of an *unstable mental foundation*. They don't know where they belong to and they feel lost. These are young souls and they were supposed to be given a chance here on Earth. The sad thing about it is that fact that there is a very high suicide rate amongst these young people.

Question :A few specific questions before we close: There are people who sometimes hear the sound of whistles or ringing of specific frequencies, whereby externalities fade into the background and the ear feels deaf. Does this phenomenon have anything to do with a mental illness?

EUPHENIUS: There are various - you would say - diagnostic clarification matrixes. There certainly are pathological disorders of the ear, but there are also attempted interactions by the spiritual WORLD through the hearing organ in order to contact you. Many people are able to perceive high, ethereal frequencies that do not indicate organic changes. Most of these are *very high sounds*, sounds particularly animals are able to hear. Animals can perceive high frequency sounds very well. Your hearing is "mutilated" and due to your earthly imprisonment, damaged. It is by all means possible that ENTITIES try to catch your attention through these high frequency sounds.

Question :I have personally experienced this phenomenon and also discussed it with other people who deal with "Psycho-scientific Frontiers", which report about this, up to now completely new phenomenon. The consulted ENT (ear, nose and throat) specialists are confronted with a puzzle, because it is not a case of tinitus.

EUPHENIUS: One tries to make contact, because not all human being are psychic to such a degree that they can do automatic writing or speak in tongues. It is another opportunity of making contact and it proves that it is possible that SPIRIT ENTITIES try to communicate not only through a feeling of coldness, stroking and inspiration, but also through such external conspicuousness.

Objection :But an exchange of thoughts is impossible through a whistling sound!

EUPHENIUS: No. You cannot perceive the spoken word because your hearing is mutilated in this respect; all you therefore hear is a whistling sound. You are not capable of converting

the spoken word into your thought waves, thereby transforming it into your faculty of speech. We are dealing with words and sentences here!

Question : What effect has this phenomenon on clairaudient people?

EUPHENIUS: We are dealing with a *further* stadium here, namely one where your hearing organ has *changed*. One's *inner growth* brings with it an *expansion of one's senses*. These represent opportunities to sharpen your perceptions. There are clairvoyant people who heighten their level of perception through spiritual gazing in order to see and hear the spiritual world *for themselves*.

Comment : I believe that if the spiritual world *wants to* give someone an insight, getting in touch with the sense organs of a human being through an authorised SPIRIT ENTITY ought to be enough - and it happens.

EUPHENIUS: If the soul *is prepared to allow this*, it can happen. It is a case of giving and receiving. *We always* endeavour to make contact with you. But your "TELEPHONE LINE" is quite often cut.

Question : What's the story in regards to herpes or eczemas, which form on one's skin without recognisable, external causes? Are mental illnesses hidden behind this?

EUPHENIUS: We are dealing with *two* areas here: There are skin irritations that can lead to malfunctions within one's skin and they are quite possibly *conditional to one's nutrition*. *But the cause can also be of a mental nature*, because the skin is one particular part of a human being where nerves are found in great abundance. The skin not only has the potentiality of touch and the perception of hot or cold, but feelings are stored and handed on to the soul through the skin. On the other hand, the soul, when it "cries", can *externalise* its sorrow, where not just physical reactions like stomach-aches and headaches eventuate, but where the skin, bearer of so many little cells, reacts accordingly.

Question : When is a skin disease conditional to nutrition and when is it of a mental nature?

EUPHENIUS: It is important here to *clearly* look within and to make it clear to oneself: "What has happened to me?" But, who takes the time to sit down to quietly go within? Everybody runs to the doctor straight away. An ointment or a pill must be procured. - You're well aware of it yourselves, namely that you *simplify things* in many regards and that you like to feel *comfortable*.

- *If human beings were prepared to look within and to question themselves, a lot of medicaments would no longer be necessary, but they would receive proposals of solutions from within, which could be put into practise in order to heal the body, the soul and the spirit.*

This is a large field, a veritable collection of possibilities, something you haven't managed to apply so far. You only accept a fraction of all the tips we give you. This often lies with the external pressures you're exposed and your ego, which sometimes pushes these things aside and says: "This is not necessary". You forget *that you* contribute a large part when it comes to the health of your psyche and your body.

Question : One last question: In what way can the human soul be best strengthened so that no mental illnesses can arise?

EUPHENIUS: A healthy soul, living and residing in a balanced, quiet, enlightened and stable way within a physical body, can only be strengthened and kept stable through *positive spiritual NOURISHMENT*. This is easier said than done, because you are constantly subjected to external crisis and attacks. Once you recognise that you *uphold* your connection to your self, your own EGO, to your own divine CORE and to your own LIGHT, denoted by the divine LAWS, by humility, brotherly love, TRUST in GOD and by looking within, you will recognise that you have such a powerful armour around you that you will no longer perceive any external attacks of such great magnitude.

- *You can protect yourself by enveloping yourselves on a daily basis with LOVE and with LIGHT and by endeavouring to not to get lost in the hectic of the day. Everything external represents bewilderment to your soul and does not equate with the true meaning of BEING.*

Participant : We thank you for all your answers, we would like to bring this theme to a close for now. There is probably still a multitude of open questions and many an answer would have to be discussed in more detail. We will try to complete this little by little in a future addendum.

EUPHENIUS: We concur with you here. We are also aware that there are still more questions to be asked, but we should bring this theme to a close, because it has *presently* come to a conclusion for you and for us. If more questions should arise from external sources, we are perfectly willing to answer these here. We are looking forward to new impulses and we are open to more of your questions and themes.

It is our wish that you recognise that *it is worthwhile* to do this work you do here and that it is worthwhile to deal with one's *own* I AM. You will recognise that you will be able to deal with life's burdens imposed on you *a lot easier* and *more light-hearted*. We are very happy about the fact that it is possible for us to have these exchanges here and hope that these indoctrinations serve the purpose of sowing a little seed of hope, joy and PROTECTION within your soul, something that will *over again* affect you, so that you can withstand the negative FREQUENCIES of VIBRATION you are *constantly* confronted with. We will protect you and support you so you can proceed along the divine path.

We hope that peace marches into your hearts and that you are ready to recognise that one ought not just look at the negative, but especially *at the positive*. You should

recognise that *every* human being has his or her place here on Earth in order to develop and in order to unfold within their own spiritual PLANE. Trust in the fact that all of this is escorted and encouraged by the spiritual SIDE.

- *Abide by the divine LAWS, because they will continue to act as validation of your own worthiness.*

Recognise that you are one stone of many in the drama life presents her on Earth. Pay attention to the LIGHT and *not* to darkness. Pay attention to good and *not* to evil. Pay attention to your heart and to the information and knowledge it convey to you. Concentrate on yourselves and *do not judge others*, but give them LIGHT and confidence so that *they can also* go their own way.

We thank you for your questions and thank you for the work you do here in order to pave the way for others, helping them to recognise *how important* the interplay between the body, the spirit and the soul is. One cannot simply switch the soul off and just dismiss it as something the Church has conjured up.

For the upcoming Christmas lightshow we wish you harmony. May the LIGHT expand within you and may it bring you the wisdom of finding yourself. All of you lack going within, peace within and arriving within. The going within and hearing within in order to hear what the soul wants to tell you is being lost. Look after yourselves and do not allow your everyday life to catch up with you all that often. This is the only way you can protect your soul and to escape the attacks that are taking place around you.

- *Your soul needs nourishment in equal measure to your body. What is important is the kind of nourishment you give! You have the choice and the free will to poison your body and you also have the choice and the free will to poison your soul. Bear this in mind, because it will protect you from illnesses and mental anguish.*

All of us escort you through these festive times in peace and with LOVE. Also utilise this festival to arrive at the original essence of this festival. Do not forget *why* you celebrate this festive season! Do not forget that *the meaning of this festival* is a *very major one*. All of us accompany you and wish you all the best in this sense and we are looking forward to the Christmas session. An eminent ENTITY will participate at this meeting. We are looking forward to your questions and we hope that you make good use of the “TELEPHONE LINE” in the mean time and that you give us the opportunity to influence your soul, in order to transmit spiritual NOURISHMENT to you. In this sense we wish you a pleasant evening and we hope you gained many insights that you can put into practise in your everyday existence.

We close this meeting in the name of the FATHER, the CREATOR of this Earth and in the name of JESUS CHRIST, who has shown and taught you *how* the divine LAWS are to be perceived and spread further. All of us are subject to these divine LAWS and HIS divine PROTECTION.

*Meditate on what has been written here!
Every one of you can learn from it.*

With LOVE,
EUPHENIUS and the TEAM.

The giving of thanks and good-byes by the work circle followed.