

PSYCHO-SCIENTIFIC FRONTIERS

Selected publications from a variety of subjects of psycho-scientific research. Editor: Rolf Linnemann
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Protocol extracts from the *Menetekel* of the years 1956 to 1975

Theme : **Nicotine and alcohol**

Questioner : Psychic Peace Circle Berlin (MFK-Berlin)
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MESSENGERS OF LIGHT : ELIAS, ARGUN and AREDOS
SANTINER : ASHTAR SHERAN

The texts to this theme were psychically received between the years of 1956 to 1975, by the Medialen Friedenskreis Berlin, a Christian/Spiritual community. These transmissions are a part of the *Menetekel*, a collection of 4,500 A4 pages of freshly catalogued protocols, amassed over 20 years. All of these mediumistic messages were left in their original form, even if similar questions were repeated. The work of the two mediums began when they were 15 and respectively 17 years old. The total production of the MFK-Berlin (Medialer Friedenskreis Berlin), the *Menetekel* and the 21 transmissions from the space-brothers are considered the absolute pinnacle of psycho-scientific exploration. Other spiritual circles have often tried to copy the work of the MFK, but its quality was never achieved. The reproduction and distribution of these rearranged messages and protocols is *explicitly encouraged* and is not covered by any copyright.

Preface by the editor

What makes a medical man reach for a cigarette, even though based on his expert knowledge he knows what consuming nicotine could mean? - How highly does the same medical man rate his patients health, if he has so little regard for his own well-being? - The following explanations ought to give enough food for thought about all kinds of drugs and their dangerous interactions with body and soul.

Many people behave as if they had a spare body in reserve in their desk drawer or they suppose that things always happen *to other people* but never to themselves. But not one amongst you knows their body to such a degree that they could say: "All of this doesn't affect me." We destroy ourselves in our thoughtlessness and blame GOD for just about everything, especially when our complicated "chemical factory", our body, fails, falls ill or dies. But our responsibility cannot be transferred to someone else that easily! There is no scapegoat at the ready to relieve us of our responsibility for that. The bill will always be paid by the person in question!

I hope that the ensuing compilation to this theme will provide some help to the reader. But every individual naturally has their own opinion on the subject and will have to decide by themselves whether to recognise the coherences or not and to draw their own conclusions. Just how high one raises the bar of maintaining the health of one's own body and how highly one rates one's body,

necessary to exist in our physical world, must be decided by every human individually. Every human being has its own concepts about its existence and must know what to do with it! We can chose to look after our body or we can prematurely destroy it through the excessive abuse of narcotics. We have the choice!

Bad Salzuflen, October 1991

The universal teacher ASHTAR SHERAN to the theme of nicotine.

There are a whole series of vices one could talk about. But first amongst them is this *passion to smoke*: The harm this vice has already caused is indescribable. The circulation is affected, cancer is bred, heart, kidneys and nerves are damaged and a lot more.

- Doctors *know* that, but *they smoke* just the same!

Politicians are also aware of this! They don't just smoke themselves, but *permit* this vice, encourage it and benefit from it. All of this at *the expense of the nations health*, actually worse than that, at the expense of the world's health.

Smoking is enormously damaging.

Not just by damaging the body, but by abetting illnesses, changing organs or bringing about mutilations, as if this wasn't enough, it is also a very dangerous *poison for the soul* into the bargain. It is not the body that becomes addicted, it simply wastes away, but the soul becomes addicted, it loses its willpower, its logic, its memory and above all its power of concentration.

- *Smoke is the symbol of demons!*

Smoke and nicotine produces SPOTS on the soul and they become exceedingly visible within the soul's aura, just like sunspots on our daylight star.

The abuse of alcohol and nicotine, and this includes other drugs too, has cause such unimaginable devastation and reached such enormous proportions that this planet's mankind has turned into a gigantic magnet for *negative* spiritual powers and they approach from the various spheres of the universe to *collect* the *cast-offs* of aberrations and of malice.

The low transcendent influences and befogs the senses of most people on Earth and drags them down. The result of this is a *mutual negative thought process* and its implications are actions of destruction, political insanity and the hatred between nations.

The nations on Earth earn enormous sums of money from the abuse of drugs and from the ungodliness of misguided people and they use this enormous amount of money to arm themselves for superlative mass murder.

- The Earth was fashioned by the CREATOR to be one of the most beautiful planets throughout the universe.
- *The people* of this Earth have turned this planet into one of the *filthiest* throughout the universe!

- This is why we have to do something positive, so that this blemish on the universe can be eradicated.

Questions and answers:

Question : Can addictive drugs like nicotine lead to spiritual blindness?

ELIAS : I would like to say to this that these poisons *effect a great unbalance*. This unbalance does *not* come to an end after death by a any stretch of the imagination. These people find it very difficult to adjust; they are *unapproachable* in regards to any progress.

- The main reason here is *not wanting to* and he, who does not want to, becomes maleficent!

Question : Can nicotine change one's character?

ARGUN : Certainly, nicotine *doesn't just* adversely affect the heart and blood vessels, but *also* the delicate capillaries within the brain. This is why a smoker's thought patterns also turn *negative*. But they excuse themselves by saying that they're very nervous and that smoking calms their overexcitement.

If they *didn't* smoke they would be:

- *More productive,*
- *calmer*
- *and steadier of will and character.*

Question : Is there a difference between the actual smoker and a *passive* smoker?

ELIAS : *Hardly*, because the poison enters their organism anyway. There are also oxidizing components. He, who spend a lot of time in smoke filled rooms, will gradually become ill.

- Another factor is that *negative* souls are strongly attracted to smoke filled places like pubs for instance. These souls have *an evil* effect on the rest of the people on Earth.

Question : Many say: "What else has life to offer me, if I do not smoke anymore?" Even legislations take their situation into consideration. What has the spiritual realm to say to this attitude?

ELIAS : The legislators eagerly participate! What do they know about immortality and about KARMA?

- One tends to forget that there is such a thing as *a desire to self-destruct*, this represents a *demonic* suggestion.

Some addict *imagine* that *without* this poison they would become ill sooner and die a lot earlier. This is a psychological problem. At any rate, the origin of this *desire to self-destruct* springs from the greatest negative, namely GOD'S antagonist.

Due to poor educational examples most people *lack* the necessary moral barrier!

- The fact that *faith* in a divine EXISTENCE represents an unimaginably effective PROTECTION against anything negative is *not* taken into consideration.

The ungodly are continuously influenced by negativity and that is apparent everywhere.

Question : What's the best way *to give up* smoking?

AREDOS: To wean oneself off tobacco is mainly a matter of *willpower*!

If the smoker finds that he is already experiencing difficulties giving up, it is a sure sign that the tobacco has already *lamed* his willpower. The smoker therefore lacks *his own* willpower to control this.

- *This is the reason why passionate smokers are not suitable for leading positions, because all of them suffer from lack of objectivity and lameness of the mind; this can be scientifically verified.*

The longer and extensively someone smokes, the more difficult it will be to free himself from this dangerous vice. *Every* body will suffer *mental* and *physical* damage in the long run. But any object-lesson showing what illnesses befall a smoker and the mental anguish he has to suffer *after his demise* are unfortunately lacking.

There are a lot of doctors that cannot desist from smoking, *even though* they advise their patients against it. This is an inconsiderateness against one's own health. What can a patient expect from such a doctor? What does he care about the health of his patients? - But these doctors believe that they are *an exception* and that they can tolerate *anything*. But if they were aware of the agonies they have to bear when they arrive in the hereafter, they would never touch another cigarette again!

But I will tell you what the doctors *don't* know:

- A lot worse are the *mental*, respectively the *spiritual* damages! Smoking *narrows* the blood vessels within the brain and this *restricts* one's consciousness.

An insufficient blood supply through the vascular system damages the brain cells. Slowly but surely leading to a mental decline. The smoker recognises this by his *poor concentration*. In order to collect his thoughts and to think, he must reach for his smokes. This has an *influence on logic*. There are negative spiritual influences in addition to this, namely:

- *Poor inspirations*
- *Negative thoughts and actions*

It is nearly impossible to gain an insight into the things that lie in the future. The damages caused by smoking *also* affect the genes! This results in a damaged *inherited genetic make-up* and this becomes noticeable as a nervous disposition. It would make for a long list, if one would numerate *everything*. Smoking damages one's consciousness to such a degree that even one's *will* is affected by it. The will becomes *unstable* and finally breaks down completely. He, who wants to be free from this must muster all of his willpower.

- It is a good idea to *support* one's efforts of giving up smoking *with ginger*! One can fight one's craving for nicotine with ginger.

But this ginger must be *raw* and taken in *small* amounts, because it is very spicy and taking too much can easily deaden one's taste buds. As soon as one's feels a craving for nicotine, one must chew a small piece of ginger and then keep it in one's mouth for as long as possible. Ginger in confectionaries and candied ginger even helps in small amounts. For whilst one has the tangy ginger taste in one's mouth, the tobacco loses its taste. Ginger is also beneficial for the stomach and the bronchial tubes.

- *The real agonies begin once people have been disembodied. It will then take years until the soul finds peace and conquers its addiction.*

Smoking makes people lose their positive habits. They become *moody, irritable* and *unrestrained* and let themselves go in every respect. In other words: The mental damage that is still *clearly* perceptible in the hereafter shows itself in the fact that the soul of a smoker becomes *ever more ordinary*. Most smokers therefore end up in the *lower* spheres!

Tobacco smoke is *forced upon non-smokers* everywhere. This also undermines the state of health of nations. To put it bluntly: Those that smoke trample their own health and the health of their fellow man underfoot. Health insurances ought the refuse to cover the cost caused by smoking - but *even they keep on smoking*!

- Smokers suffer *most severely* after their demise! - This actually applies to all vices! A smoker is an addict, because nicotine is an addictive drug. But because the spirit finds it very difficult to shake this addiction in the hereafter, he must indeed *suffer* and nobody can render assistance.

Scientists insist that smoking stimulates, that it calms you down and that it assists one's thought processes. But what about *smoker's legs* and *lung cancer*? We hardly know anybody that is completely healthy.

Smoking certainly stimulates and quickens the circulation. Smoking actually does momentarily influence one's thought processes, but the smoker has to pay an *abnormally high price* for this. He will be presented with the bill for damages much *later*. The stimulation lasts for progressively shorter periods of time so that eventually one cigarette after the other has to be smoked and this will lead to a total collapse.

An expectant mother damages the *unborn* child by smoking, because the circulation is out of sync. These children are to be pitied, they are susceptible to nervous disorders, feeble-mindedness and circulatory illnesses. Through smoking, people create all the necessary prerequisites for cell mutations and they have already become part and parcel of natural laws.

- The offspring of smokers are *more* susceptible to cancer than their parents.

One mistake made when smoking cigars and cigarettes is that they are smoked *to the very end*. As long as a cigarette is only smoked *half way*, it isn't *quite as* damaging. People unfortunately do not just smoke to stimulate or calm the nerves, it degenerates into a passion and eventually into a vice.

One's willpower is *debilitated*, one's character is also affected and the polarity of the soul is *reversed*. In order to successfully deal with this vice, the will to do something POSITIVE *must be present* above everything else. But one's character has already developed in a negative direction most of the time.

Most people always find *lame excuses* that are supposed to make their vices *more palatable*. Smokers certainly don't want to admit just *how* unstable they really are, they prefer to go to rack and ruin than *to admit* that they have fallen prey to their vices and sins. Their recklessness reaches a point where they will simply *force* their agonies on non-smokers. Because inhaling the smoke *from other* people is *also* dangerous!

- *One should allow commonsense to prevail and one should stop smoking. One will be spared a lot of negativity by doing so!*

The MESSENGER of LIGHT AREDOS to the theme of alcohol

Alcohol doesn't improve anything!

I will resist from quoting shocking statistics.

Every state of drunkenness *destroys* a whole range of important brain cells. The soul *loosened up* so much that it gains alignment with the *lower* spheres. Hell's terrible vermin becomes visible. The thought processes take on forms that represent *a danger* to all of mankind.

- An alcoholic has no chance whatsoever in the spiritual realm. He is one of the damned and his redemption takes a *hell of a long time*.

All of this is not taken into consideration at all!

- Alcohol is *far more dangerous* than you assume. It is a poison that awakens the psychic ENERGIES latent within man and it is a direct line to the supernatural.

Narcotic drugs have the same effect!

Because these drugs are dangerous poisons, the person poisoned by alcohol makes acquaintances with the lowest forms and entities of the spiritual world. Drunks virtually make mental journeys to the *lowest* spheres where they encounter Lucifer's creations, like mice, rats, snakes and this apart from all the terrible deformities of spiritually damned souls.

You call these contacts with the depths of this other form of existence "hallucinations" . - Your knowledge is regrettably insufficient for you to know that your dealing with a REALITY that is *beyond* your normal perception.

- The physical human body has only been provided for a life on Earth for the actual cosmic being, his factual original EGO, *on probation* and to provide a *safeguard*.

- Under normal circumstances all perceptions must proceed *via* the carnal, physical organs and this *only allows the physical aspects* to reach the soul's consciousness. If this safeguard was *not* in place, you would gain an insight into and perceive *both* sides of divine CREATION at the same time and you would be able to interact with them on a common, conscious level.
- But this would *deprive* you of any opportunity for *development* and *trial* on a physical bases. *The physical world represents a preparatory school for the spiritual GYMNASIUM.*

Your psychologists and doctors would progress *a lot faster*, if they would comprehend these two items!

The stipulation, that adolescents must be *sexually educated* in order for them acquire a concept of lust and love, crops up everywhere. But this is the greatest nonsense we have ever come across. Negativity must be behind this.¹

- The actual education these young people need is *that they are informed about the damages that can arise from smoking and drinking*. There are films that proclaim this very vividly. - But one can do without sexually explicit films!

But *enormous amounts of money* are made from sex and cigarettes and also alcohol. The captains of industry defend their vices with all available means. Take into consideration that almost all political leaders indulge in these vices. They destroy their health, but they want to govern mankind with *ailing* brains!

We, from the positive spiritual regions are categorically against all smoke related and narcotic drugs!

Questions and answers:

Question : Does drunkenness diminish one's accountability?

AREDOS: Your mundane legislation is *incorrect* in a *lot* of situations. Many laws have *the exact opposite effect*. Instead of punishment or rehabilitation, they dish out reduced sentences or even acquit these sinners. This *especially* applies to drunkenness. In reality, every state of drunkenness represents a crime. One cannot excuse a crime committed whilst under the influence of alcohol with something that in reality represents another crime.

- *Those that commit a crime whilst under the influence of alcohol must receive additional punishment, because in such a case, drunkenness must be an aggravating and not a mitigating factor.*

It is indeed a grave offence to have poisoned oneself *intentionally*, thus representing a danger to mankind.

One's accountability is certainly diminished. But everybody *knows that!* The blame therefore *doesn't* lie with the alcohol, but with the drinker!

¹ The AIDS epidemic is one example.

More messages in regards to the theme of nicotine (Protocol extracts (1987) from the former MFK-Schwalenberg)

Question : How does a heavy smoker experience the spiritual realm after his demise?

Answer : Nicotine is a drug that can be compared with other drugs like heroin for instance. One becomes addicted to it. *Everybody* is aware that smoking is unhealthy.

- The physical body here on Earth is adversely affected - and this affects *the soul also!* Because it is *poisoned*, it loses its purity. It takes a very long time to remove this poison from the soul. *Every* smoker who believes in the spiritual realm and who would like to have an *easier* journey through life ought to be aware of this.

It is difficult to regain one's purity. But one can get rid of this poison! If the will and the faith to accomplish this before GOD is within, HELP will be available!

Question : How would a good person, one who smoked, experience the hereafter at their hour of death?

Answer : He will find out that his soul *has to be purged*. I will not say any more right now, this ought to be enough. Even if someone is very good, he must still be *pure* in order to enter the divine SPHERES.

Question : Does this mean that he doesn't wake up in the LAND of SUMMER, but somewhere in the darker INTERMEDIATE REGIONS?

Answer : Correct! It is difficult to describe. My elucidations should suffice to instil in every smoker an urge to look at their own situation, because *they are quite aware just how damaging it is*. Every smoker can give it up, all that is needed is the will to do so!

It is easy to say: "I can't do it." - One can equate this with: "I can't get myself *to believe* in and trust in the spiritual realm."

- *If one's will is strong enough, one will certainly accomplish this!*

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