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# JOURNEY INTO A NEW DIMENSION

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## PREFACE

This is a report from the future. I am a woman who has experienced the transition to a new dimension like many people across the world. I am writing the story of the transition to prepare people for great changes and to describe how we were able to enter the future with complete trust.

A tone made of light opened us to the new age. Vibrations changed, allowing us to see all the necessary steps and to enter the new age with changed awareness. As I write this, I am opening up to the past, the time before the transition.

Silver light is flooding over me. My consciousness is expanding. Now I am part of the Earth's consciousness. I am a spark in the light and allow my heart to light up. A spiritual being appears opposite me. It is my seasoned companion who has lived countless lives on Earth. We are not separate from each other. I open up and let its wisdom flow into me. My life flows back in return and expands this spiritual being. We are not separate from each other. Is my life here, and there?

I open the boundaries of time and space. I have an "I" without boundaries and now I am traveling through layers of vibrations that represent spaces and layers of time. My awareness defines the boundaries. The further

I move away from the reality in which we human beings live, the more transparent the spaces and layers of time become. They are connected with pillars of light. I sit at my desk writing.

## REPORT FROM THE NEW DIMENSION

I sit at my desk writing. I am looking into the past and describing how we entered the new dimension after the transitional period. We are living in a new reality now.

In our old reality the table was a wooden table. It had a simple form and was made around 1830, according to the old calendar. It was hard and solid. A beautiful table made of wood. I have brought the table with me from the old era into the new dimension because I liked it and had the wish that it would be my table in the new time as well.

The table is alive now. It is made of wood and its life as a tree resonates around it. Everything is conscious in the new dimension, including a tree. Wood is now a part of the consciousness of a tree. How the tree was felled and made into pieces of wood, who made a table out of them, who used the table – all that resonates around the table. It is not solid, impenetrable matter but a living object imbued with spirit, still part of the living creature, the tree. It is the object I wished for and which I am using now.

I see it as the solid form of a table. It is there for me and consents to that. I can perceive it as a table. This is our reality now: We can open our awareness to everything around us. To the tree the table is made

from, to the person who made the table, to the period of time it exists as a table. Its life is contained in its aura.

We are no longer separated from our past or from our future now.

We are no longer separated from all living beings on Earth, no longer separated from plants and animals or from the Earth. Our perception involves and embraces everything now. The idea, its realization, the surroundings, time, the Earth, everything vibrates around everything and defines our perception. We live in a reality in which everything is aware and communicates with everything else.

Nothing is separate any longer. We are part of the Earth, together with rocks and stones, with water, light, and air. We are inhabitants and part of the Earth, along with plants and animals. The Earth is spirit, feeling, and body together with us. We are part of its awareness.

## WHY THE OLD ERA CAME TO AN END

The old era began like this: Spirit separated from the nothingness that contains everything. Spirit was awareness and formed the idea of the Earth. This led to the separation of time and place. Linear time was born. The solid form of the Earth emerged gradually over billions of years. With water, fire, and air, the elements grew over time to become a living space.

This living space changed continually until infinitely many forms of life had emerged. Spirit was separated from matter. The separation of spirit from matter engendered polarity. Life and death, the conscious and subconscious mind, day and night, good and evil were created.

Life happened in the transposition between the poles. Everything was subjugated to the transformation of life and death. That was part of the boundaries in linear time. After the death of a living creature, all the experience of its physical life flowed into the spiritual world, the astral world, and simultaneously into the astral body of the Earth.

Over billions of years the astral spiritual world formed a parallel world in which all the experiences we and all other living creatures had as part of matter were stored. At night we had access to the astral world,

registered the day's experiences, and unconsciously organized our ongoing life.

Nothing happened on Earth without spiritual knowledge, but we were unaware of this. The separation of perpetrator and victim was an expression of the separation of spirit from matter.

Some people destroyed the Earth, while others felt they and the Earth were victims of the people in power. Both were roles that human beings assumed to pave the way for the new time. These roles existed in material space. In spiritual space they were two forms of the same spiritual energy.

The idea that the Earth is a provider of raw materials allowed us to poison and utilize the Earth. In doing so, we weakened our material living space to such a degree that we reached the most extreme point of our spiritual consciousness. It was the greatest possible separation of spirit from matter.

The history of the Earth and human beings was a journey from the unity of the spirit into matter. It was a journey into oblivion.

We had forgotten that we were spiritual beings with great spiritual energies. We had displaced all the energies into the material concentration of the spirit, into developing the intellect in a one-sided way and exploiting and dominating the Earth. A transformation was to be

initiated with the energy of the greatest possible separation of our consciousness from our spirit, the greatest possible darkening of our consciousness. We ourselves ushered in the transformation of the age.

By poisoning the elements earth, water, fire, and air, we had weakened the Earth's magnetic field and ourselves. On the material level it was no longer possible to turn back from this path. We felt that unconsciously.

We approached the end of the old era, the point at which the Earth would enter a new dimension together with its parallel astral world.

The oppressive darkening of our spirit made us increasingly heavier and denser. At the moment when it was most intensely concentrated, the dark energy that accompanied the destruction of the Earth was concentrated into an enormous transformational energy that took us into the tunnel of time.

At the end of the tunnel, the dark energy changed into the beginning of our new life in a new dimension. It was to become a world in a new time in which spirit and matter would create new life together on an equal basis.

In the previous era there were already people in many places on Earth who had opened up spiritual channels of communication without being aware of the



forthcoming transformation. However, we first had to go through the tunnel of time. The path was not easy.

Many people needed support. Everything changed. The old reality vanished to make way for a new reality.

## IT BEGAN WITH A TONE

It came from the depths of the universe, from another dimension. Two time periods converged, generating the vibration of the tone. It vibrated through our solar system, the sun, the Earth, and everything we knew and saw as our reality.

The tone came and disappeared. The Earth and all its inhabitants felt a slight vibration. A strange light shone out in the water and in the air. Many inhabitants of the Earth, and the Earth itself, recognized it. Others understood it subconsciously. After it was gone, at first it seemed that life would go on as before.

Yet the tone was simultaneously destructive and creative. It had a dark side and a light side. It dissolved the existing structure of our old world with its dense substance. At the same time it made a new reality visible. It brought the impetus for our awakening. It dissolved the established structure of our previous reality and made the new reality visible. Solid things did not remain solid. Everything seemed to dissolve.

Everything started moving: the Earth with its continents and oceans, the system and interchange of climatic currents, our social systems and forms of life. The tone was a wave of light that contained all of knowledge. It generated new life. It was the beginning,

the conception. It brought the beginning of a new timeline. The elements earth, water, fire, and air found a new form within it. It brought insight. It brought consciousness for everybody. It illuminated the spirit within us.

It was easy for everybody to decide between the physical and the spiritual side: either to stay in the old era on the old Earth or to open up to new awareness in a new dimension, either to leave the old Earth with the old time in the old awareness or to open up to the new time.

The Earth needed both decisions. It was on the brink of an enormous energy transformation and needed a great amount of energy on the physical and the spiritual side to achieve this process of transformation.

The people who would pass through the tunnel of time with the Earth faced a time of transition. The tone put an end to our rigid image of reality. The time of transition began in both worlds.

## THE TIME OF TRANSITION

After the tone started to make our solar system, the sun, the Earth, and every living thing vibrate, a time in two worlds began. At first it seemed as if life would continue as before.

Then changes began. At first they were barely visible. Our own energy field and that of the Earth became successively weaker. The whole of matter was surrounded by an energy field with positive and negative poles. The Earth's electromagnetic field generated energy. Our bodies, all living beings, and the whole of matter generated energy and were surrounded by an electromagnetic field.

From a spiritual perspective, this invisible vibration was our aura. It was an energy field with positive and negative poles. From a spiritual perspective an aura was the representation of spiritual energy. This meant the positive and negative poles created an energy field with polarized forces or, to put it spiritually, a field of tension between spirit and matter. We generated energy with our life, energy that returned to the Earth's energy field after our death. The energy of the emotional and spiritual experiences of our life entered the astral space of the Earth and expanded it. The effect of the tone was to raise the vibration, the energy we generated ourselves.

“Raising” meant we produced energy with stronger pulsation. That happened on the Earth, on the sun, and in the whole solar system. Raising vibration is simultaneously expanding awareness. Each is light.

The tone released an energy that increasingly weakened our old energy field and that of the Earth. At the same time it caused an energy thrust that enabled us to grow into our new, heightened vibrational field. That produced very strong energy, which was visible as light. We began to be aware of our spiritual powers. If we expanded our awareness, we generated more energy.

Before the arrival of the tone, our body’s aura was an invisible energy field. The Earth’s aura was also invisible to us.

After the tone had started everything vibrating, our aura and that of the Earth became the visible representation of our expanded awareness.

What we had previously regarded as our reality dissolved. We had seen the Earth only as a solid, material body. We had perceived our bodies as solid, material bodies.

Our sensual body was a barely perceptible part of us, and most people were unaware of it. Our reality and our material image of the world were influenced by natural sciences. We had used, poisoned, and exploited the world only as a material. This one-sided material

idea of the Earth needed to be destroyed. That was the price for opening our consciousness to the new Earth in a new dimension. The way we saw the Earth and ourselves fitted our limited state of awareness. Over time, it had become concentrated into a kind of purely material thinking.

The tone dissolved our material thinking and, with it, the ideas we had developed about our bodies, nature, and the Earth.

Our reality changed. We saw things we had not been able to see before. We started perceiving ourselves in a changed way.

A time of adaptation began. Unconscious things surfaced. Nothing was stable any longer. The sun changed. Until then, our eyes and the perception of ourselves and the world had tied us to the visible frequencies of sunlight. This changed now. The solid body of the Earth began to change. The Earth's electromagnetic field slowly dissolved. With this process, and with the changing of light, the relative importance of things changed as well.

The elements earth, water, fire, and air abandoned their old order. They became wild and chaotic. The tectonic plates disengaged from their firm moorings. The ocean currents became haphazard. Water masses rampaged. Storms swept across the Earth. Volcanoes erupted. Dust and poison hung in the air.

We were confronted by all the negative things we had carefully kept hidden. Radioactive waste surged upward from underground storage. Industrial plants burst. Poison leaked out. The electric voltage changed. Electric and electronic devices gradually stopped functioning. Technological civilization crashed. This happened worldwide. Social structures disintegrated. The chaos of the elements destroyed the structure of the Earth, the structure we had made out of it for ourselves.

The tone dissolved our dense perception that had reduced us to the material way of seeing. The tone expanded this way of seeing. Now we were in a time of change.

Places where the Earth was still stable were soon pervaded with gloom. Cities and landscapes lay in darkness.

The living space we were familiar with slowly dissolved. We had initiated this process over a long time period. We had deprived the elements of their mission by poisoning our environment. At the same time, we had poisoned ourselves because we had forgotten that we could not exist separately from the elements without consequences.

At the end of the old era, our awareness concentrated into a dark space. But when the tone caused us to vibrate, together with the Earth and nature, something new began alongside the destruction.

In the beginning it could hardly be seen. The Earth shone with light at different places. At first it was only a gentle glow. Then it became stronger and stronger. In some places the Earth only shone weakly, in others more strongly, in others not at all. It was as if light were streaming out of the Earth. Then we started to look for places where the glow was strongest.

At the same time we could see that a light was emanating from us, too. Our bodies exuded a glimmer, first weak, then stronger. We could also perceive this glimmer around other people. Previously the sun or artificial light had been our source of light. Now we saw matter shining from inside. Not only were we and the Earth luminous, but animals and plants were also glimmering with light.

Now we were already living in two worlds. We could still see the old familiar world we knew, but a new world had appeared, emanating light.

The old world sank slowly into darkness. Something new and unknown appeared. It was inexplicable. Everything divided. The sun divided into two suns. The old sun we knew withdrew its light. That made our old world darker and darker. Simultaneously a new sun appeared and illuminated our new life. A higher light frequency emanating from the sun enabled us to see now what we had not been able to see before. Other



things became dark and slipped out of our perception. Energy had withdrawn from the elements earth, water, fire, and air. This meant that the old Earth was no longer solid and stable. Water lost its function as energy for movement and purification. It was hardly potable any more.

The weather became too hot or too cold. We could hardly keep on breathing the air. At the same time, the energy went out of our food. The energy of the elements vanished from all edible things. Now we had to learn to get in contact with the elements.

It was not difficult. The tone had expanded our perception to such an extent that we knew what had to be done. We could adjust to the solid element earth and realize that it was the basis of our solid body. That stabilized our body and the earth in our surroundings.

We could tune in to the water of the Earth, in a stream or a pond and realize that the water was the movement inside us. We could tune in to the magma of the Earth and feel the heat of the fire inside us. This is how we could keep our metabolism stable.

We could tune in to the wind and storm and breathe, and this made it possible to preserve life in ourselves and in the Earth. This is how we calmed the elements in our surroundings and in our body at the same time.

We could absorb the energy of the elements into our body. In doing so, we simultaneously restored to the elements their own spiritual power. The elements were recreated in a new way by perceiving their energy and tasks. Our perception renewed and formed the energy inside us and around us. This created a stable surrounding in which we could live.

From the time we began to perceive our own radiance more clearly, we also began to be more aware of our physical body. We realized the importance of organs and systems of the physical body as the expression of spiritual energy on a material level. The conscious subtle body formed the foundation of the physical body. During the transitional period we were supposed to grow into that knowledge. In this manner, the spiritual concept of our self slowly became reality.

In the transitional period our physical body also retained its old reality. It wanted to be cared for and kept alive until we could leave the old era.

We needed food and water for our body. Both became scarce. We realized what kind of food would be good for us. It emanated a glimmering light. We learned to get by with very little food. Our teeth became a conscious, shining white force. When we realized that our teeth perceived white light in the food while chewing, the food in our mouth became

so precious that even a small amount of nourishment was enough to feed us well.

Knowing about the light energy of water made it possible for us to drink it as pure water of light. We were able to conduct warmth into our body by concentrating on the Earth's magma. We recognized the air as clear spirit that allowed us to breathe and live. That is how we consciously kept our physical body strong with spiritual energies.

Property such as money or gold had lost its value. Large food stocks had lost their meaning. Wanting to defend them with weapons seemed senseless. Anyone who wanted to use weapons felt leaden and sank into depression and hopelessness.

At the beginning of the transformation process we perceived glimmering white light inside us and around us. We were soon able to see colors and forms made of light around our bodies as well. That was our personal aura, the representation of our life as vibration. We no longer separated body, feeling, and spirit. Spirit now became the conscious light source, formed by felt experiences. All our organs were related to the feelings we had experienced and stored in all lives throughout all of time.

We recognized ourselves in a more knowing version with expanded awareness. Still, we remained the people

we had been. The emotional body that we had not been conscious of until then became visible in us. By this means we gained access to our subconscious mind.

In the old era we entered the astral world with our emotional body unconsciously at night in our sleep. It was the forgotten spiritual world from which we drew energy and knowledge.

We realized gradually that we had always been in communication with this spiritual world. The borders between the worlds began to open up. We were able to receive advice and help whenever needed from our spiritual companions from the astral world. Each new perception of ourselves expanded our spiritual energies and made us stronger.

We needed the new energies because the disappearing old world around us was difficult to bear. By focusing on our clear, newly awakening body, we could keep our old body strong and free from anxiety. After all, we wanted to walk through the tunnel of time with it. We needed a strong physical body to arrive at that moment.

We were in a transitional phase in which our physical body was to unite consciously with its spiritual body. That took place in the tunnel of time. But the moment had not yet come. Our old body grew slowly into its new awareness. Each cell learned to open up to the new energies.

This is how we could internally maintain the balance between the old and new time. Our sense of time became diffuse.

In the old era, time was solely the space for matter, or for the material view of things. The only thing that seemed real to us was what was materially real.

Now began the time for expanding the spiritual view of things. A spiritual space appeared. Our reality became simultaneously spiritual and material. In some places nature appeared in a new form, full of light and magnificent. It even awoke and came alive in places that had once been wasteland. In places where we had once destroyed the Earth, the Earth's energy had moved away to its parallel spiritual side in the astral world. There, the Earth had gathered its energy.

Now nature wanted to appear in a new way, with all of its creative energy. We recognized it as conscious, creative spirit that appeared in infinitely many forms. The newly emerging world was not tied to specific places. It was a new kind of perception. Our perspective changed.

In the old era the essence of nature was closed to us. Now we saw how the spiritual energy in it glimmered as light. We saw an aura that formed individual figures. They all had an inner source of light that glowed outward.

The light source inside us made us aware of what we were and would become: light-awareness in a body, connected with the light-awareness of the Earth and its inhabitants.

As life separated into the darkening old world and the clear, radiant new world, people faced the decision of whether to stay on the unaware side or whether to open their awareness to the spirit in All that Exists. The tone made the decision possible. If they opened up their conscious mind, old people, the sick, the disabled, children, adults, teenagers, and every human being could perceive the light that shone everywhere. No intellectual knowledge was needed. For most people, intuition was enough.

Everybody had the choice: people who were emotionally prepared to recognize matter and everything that exists as formed awareness could see the dawning radiance.

People who were not inwardly prepared saw destruction and darkness. They could not see, or did not want to see, their own luminosity and that of the Earth. They did not see nature as luminous. It was their decision to remain with their old worldview. They had unconsciously decided to leave their body and to enter the new astral world with their non-physical body. This world was also in transition.

We could be very grateful to all those who decided to stay in the old era and to leave their body. Their energy was used to contribute to the process of reshaping. They had already unconsciously decided to take this path long ago. They did not see their own light in the process in which we were involved, and did not see the emerging light of the new Earth and the new sun. Their past was illuminated in the tunnel of time we had yet to walk through. Before the tone came, it was impossible to tell who would make the decision for which side. Back then, however, we had already lived in the aura of the new time for many years. The coming knowledge flowed out of it into us and made many people aware of the new time and the approaching transformation.

The transition period plunged many people into a state of internal chaos because processes occurred that they found completely new and incomprehensible. Anyone who entered this time unprepared found help from those who had already long been occupied with the time of transformation. They were able to show how people can perceive the inner light. All that is needed is the inner willingness to recognize that our world, and all matter, consists of spiritual forces. Once people recognized their own light, they could pass on this perception and show it to other people.

As we recognized our new spiritual energies, we noticed that our desires gained great power. We learned through the awakening of the aura in ourselves and our surroundings that we could contribute to shaping our surroundings. We made mistakes in this period, mistakes such as wanting too much because we had had too much or too little in our former life.

This had been embedded into our emotional body. In the material surplus of the old era we had forgotten what we really needed and what we did not need. Our awakening consciousness helped us to find the right thing. Our spirit became clearer. If we were slightly unsure as to whether we needed something or other, the thing vanished before our eyes.

Many of us were confused as unfamiliar things and beings appeared. We first had to learn that everything is alive and formed by spirit. This meant that objects around us came to life and reflected the spirit of their creators. We had no need to fear our new spiritual energy.

In the old era we saw specific objects as ugly or beautiful. We wanted to, or did not want to, have them around us. Their vibrations were living. We did not see that, but unconsciously felt it. Feeling and consciousness were still separate. Then feeling and



consciousness became a perception. Every object became living spirit in transfigured form.

If an object no longer fitted into the new world that was gradually becoming visible, it vanished. We realized slowly that we could no longer tolerate it if it was created in a spirit of predatory exploitation.

We became aware of the destructive aspect. This aspect was revealed in darkness and the object vanished into it.

We realized how little we needed. From this we learned to reduce our desires and to wish for something only when it would not harm the Earth or other people.

If the desire was not in harmony with the Earth, the desire remained unsatisfied. We learned to understand that desires are a decision between mind and matter. In the transitional period our strongest desire was the desire for spiritual strength. We realized that everything we needed in our energy field was already there. We got to know the laws of fulfilling desires: the spiritual space of a desire appeared and we gave shape to the desire. In this manner, spiritual space became our reality, just as material space was our reality in the old era. This is how the new dimension arose.

At the same time, a new spiritual space emerged with an even higher vibration. This spiritual space became the astral world of the new dimension.

Our luminary, which was slowly awakening, helped us. We were able to see that the body reacted to feelings and thoughts by lighting up, or that it became darker – in other words, more dense – in places that were then painful. Spiritual energy made us shine. If we felt separated from this energy, we reacted with pain or felt as if we were ill.

We learned to trust our own energies. We recognized our own spiritual energy and what we could achieve with it. We had to learn to recognize our fear. Fear was the reason for pain. If we recognized the fear, light flowed in us, and the fear vanished. This was the way we could have a dialogue with ourselves and our body.

The boundaries between consciousness, feeling, and body became permeable. That filled our aura with colored light. We recognized our spirit as the strongest energy inside us. It was shapeless and visible as white light containing infinite knowledge. We shaped our emotions and desires with spiritual energy. Just as we learned to cope with our fear, we learned to cope with our environment.

In the new dimension we awoke together with the elements. They formed our living space. They were the substance our body was made of, and they were our living space with plants, animals, and landscapes. Everything was interconnected. Plants and animals

instinctively came to terms with the changes because their awareness in the old era had never been separate from spiritual powers.

We saw that we were involved in reshaping the new world. As we watched, the recognition of spiritual energies formed reality. We formed everything in our surroundings through our perception. Perception was a creative force that changed everything. To achieve this, we only had to open up our consciousness. We recognized the new time as a change in perspective that we ourselves shaped.

The tone that had made everything vibrate in a new way made it possible for us to recognize our spiritual powers and abilities. We left the old era. We left a level of perception that had become so dense that we had been capable of ruining the elements and the Earth.

In the transitional period we discovered a spiritual world behind the old reality that we had not previously been aware of.

Everything was living, conscious spirit. Everything we could see now was made of light. Rivers and ponds became pure water made of fluid light that we could drink. The air became clear living spirit that we could inhale as our life.

The Earth became a shining planet that was our spiritual and physical home. The elements earth, water,

fire, and air became spiritual forces in our living space. They vibrated inside us and caused our bodies to live. The new sun now illuminated our living space. The Earth itself shone and formed the new atmosphere together with the sun. We were barely able to continue to perceive the old frequency of light and the old frequency of the Earth's energy field. The closer it came to the end of the old era, the more – and the more intensively – our perception moved into the new reality. The elements began to show sculpted landscapes. We had already unconsciously helped to construct the new Earth in the old era.

We were, and still are, multidimensional beings in a multidimensional world. Now we needed to bring together billions of years of experience in matter, on the one hand, and the astral world formed by emotional experiences, on the other, to create a new dimension.

The time of density came to an end. The new time was to begin, the time in which we would create the new dimension out of conscious spirit and a physical life. The new form of Earth would be created together with all its inhabitants. It was to be a living space composed of the shared creative desire of all life forms in conscious harmony with All that Exists.

## IN THE TUNNEL OF TIME

It became dark and darker. The old world was barely perceptible now. It was impossible to distinguish between day and night any longer. Clocks lost their meaning. We still had our old body alongside the new luminary, but our memory of it was weakening. The more we transferred awareness into our luminary, the lighter we became. Our physical feeling was lighter, and our mental state as well. We lost our old sense of time, which was tied to the old era. We could hardly feel time passing any more. If we associated the sense of time with our luminary, this sense expanded.

The new sense of time was accompanied by impulses flooding into us that we could not identify yet.

Then silence fell. Time stood still. It was totally dark. We were in nothingness. Did it last three days or seven days? Time had no shape and no structure. Everything was in nothingness. And as everything vanished into the darkness, our consciousness of everything we knew also vanished.

We inhaled briefly into our old body – and exhaled. At that moment there was an explosion of light in our body. We were united with every cell inside us, with every atom that existed. We recognized everything, knew everything, and were unified with All that Exists.

Every time period from All that Exists was united. Our blood had absorbed the transformation of our consciousness during the transition period and had carried it into every cell. Then there was an explosion of light in every cell. It became a light source in our body that was visible to us. Everything became light in constant circulation between spirit and matter.

The same thing happened on the whole Earth, in every atom. All the darkening of our spirit, all the fear, all the netherworlds and hells of every religion in every age vanished. Every moment of all life united in a flash of light to become a collective enlightenment, which is knowledge. That was the beginning of the new time.

Our journey into the density was over. The experiences of billions of years were united in the energy grid of the new time. Nothing was left except the energy of the memory of this.

That was the beginning of our new life on the new Earth. At that moment the new energy grid of the Earth became our solid new world. Our bodies were now bodies of the new dimension of a spiritual and simultaneously material world. We no longer separated spirit and matter. The one was a conscious part of the other. This is how we entered the new Earth. We entered with a shining body because we knew now that we are made of light. Our body shone like the Earth and all matter around us. Our new life began.

## OUR NEW LIFE

I look at my arms, my hands, and my body. They feel lighter than my old body. I am taller and thinner now. Despite my age, my muscles are strong and sinewy.

Like all of us now, I recognize all aspects of our bodies. We can get in contact with them. This is possible at various levels. Our bodies are knowledgeable bodies now.

I look at my hands. They are a complex, differentiated expression of the possibility of formation. Each finger expresses something different. They react to my thoughts and desires. They love touching things to change or reshape them.

I can see the interior of my body because now we see not only the exterior but also simultaneously the interior of everything, including ourselves. We see our body simultaneously in its spiritual form and physical shape. My sinewy legs are full of energy and they love moving. Each muscle is molded movement inside me.

The bones are the basis of my body. Every organ has its due part in the process of experiencing spirit in a body. Spiritual energy shines from my inner core of light through my physical body and forms an aura of light. All aspects of my being are shown in this aura, including those of my past and future. Our new

individuality consists of the consciousness of many earlier lives in which we gained experience. That was also the case in the old era, but we were not aware of it.

All the deeds we were responsible for in our earlier life have an effect on our present life. But the burden of the past is not heavy, because our individuality is multidimensional now. We are aware of our many lives and have access to them. We can retain qualities such as impatience as long as this impatience motivates us and can be used constructively.

As the polarization occurs on a higher level of vibration, negativity is very mild, and positive things as well. Good and evil no longer exist. There is a conscious separation from ourselves or others. That is what hurts in our present life.

We are not burdened by anything negative from the old era, such as destruction or radioactive waste. The old reality has vanished.

What remains is the burden of memory of the old era, when our consciousness no longer perceived our spiritual energies or the spiritual energies of plants, animals, and the Earth.

We were separated, lonely beings. Yet the memory is not a dark heavy burden, but knowledge. Illness is now a feeling of being separated, physically, mentally, or spiritually. As ever, illness can be represented on three



levels. To give an example: A person tortured an animal in the old era. He or she brings this experience into the new time. At a specific moment, the body, the soul, or the person's spirit indicates that it will release this experience from his or her consciousness. The problematic issue selects an organ that is weakened by other, similar experiences.

The person realizes that in his or her former life in the old era he or she separated spiritually from the animal and was incapable of having a deep, respectful relationship with this being. Because the person is now aware of this, he or she can dissolve the old feeling of separation with a vibration of light and will be healed.

The healing occurs largely at conscious levels. Many methods of vibrational medicine were already developed in the old era, and these are our main methods now. In the old era we were so fixated on the purely physical aspect of the body that we concentrated far too much on medicine as the method of healing the body.

Healing is now the knowledge of oneness. Illness is the expression of being separate.

Everything is easier now. Gravity, atmospheric tension, and air pressure have changed. Life feels easier.

I am as old now as I was in the transition to our present life. My skin feels experienced. My life shines out from it. We old people do not see our wrinkles

any more, but experience that radiates from us. We are consciously involved in our outward appearance.

Among ourselves we realize who and what we are. A complex awareness of the self forms our external appearance. Interior and exterior are no longer separate. The body's structure is not accidental. We recognize the meaning in each form now. Each organ expresses something and is in contact with us.

Our whole value system has changed. It is now based on the perception of spiritual experience that is expressed in life and that desires expansion into unity. The experiences that define us are not limited to our present life. They include each of the lives we have already lived.

That is how we are able to expand time. We are living in a linear time again, but our perception is not limited to this linearity. We can expand our consciousness into the past and the future. Nothing can remain hidden. Why should it? We are not fighting for anything because we form a community with human beings, animals, and plants in a new living space, Earth. Where we are living now, spirit and matter are in balance. Our bodies are in harmony and in contact with the elements. We are aware that we are part of the elements. Earth, water, fire, and air are now a conscious part of our body and our spirit. We recognize our living space

Earth in the elements and are in contact with them. On awakening into our new life we discovered a new Earth that we had created together with the elements. Together with the elements we had already shaped the new Earth before it materialized. This occurred on an unconscious astral level. Billions of years of experience in the old era were incorporated into the creation.

The past negative deeds in the old era were gathered together for the transition into the new time to form a powerful kind of energy that was needed for the Earth's transition into the new dimension. The spiritual forces that we had drawn out of the Earth, the elements, and ourselves supplied the energy for the blueprint of the new Earth. We found houses, gardens, settlements, and landscapes already there in the new dimension. The spiritual energy of the Earth was expressed in each landscape. Different people now live in landscapes to which they were attracted by the particular spiritual energy of the Earth there. They want to live where they can consciously communicate with these energies.

Many people came along through the tunnel of time. They discovered what they had already unconsciously planned. Families came, children, babies, the sick, the disabled, the elderly, young adults – all age groups were represented. The same thing happened for all the nations of the Earth. They, too, had arranged to meet in

order to go through the tunnel into the new time. We found what we needed there and began our new life. I am in the house I wished for. I am sitting at the table I wished for, and writing. The house is built of stone. It is alive and has a living aura that shines with the energy of the solid Earth. My house is the expanded idea of a delineated space in which I can compose myself and find repose. Our present life is determined by so many impressions that I sometimes wish to retreat to think.

Our wishes are defined by the experiences of the old era. Every wish occurs now only with the consent of all living beings and the Earth. We do not wish for anything that could harm other living beings or the Earth. Professions are relationships of skill and expertise between human beings and materials.

Human beings are approaching the spiritual aspect now: respect for the Earth is the defining issue. The spiritual aspect flows into everything as gratitude. This relates to every fabric, every material, and every living being we are involved with.

Somebody feels attracted to the spiritual aspect of stones and would like to build a house. He or she looks for a place where the Earth takes the form of a rock. The person concentrates on the rock and makes contact with it. The person shows the rock the form of a cube, and what he or she would like to do with it. The hands

touch the rock and extract a form in stone from it with the consent of the spirit of the rock.

It is like a conversation. The stone is light. No great physical strength is needed to move it. The stone will be as solid and heavy as it must be to fulfill its task as a house.

The inhabitants of the house stay in contact with the rock. They show their gratitude when they feel good in the peace and quiet of the house. The spirit of the rock learns about the life of people and other living beings in the house. Everything communicates on a mutual level. A person who is particularly interested in flowers can make contact with the spirit of these plants. Aside from their outward appearance they also have a spiritual form we can perceive. We can recognize their task from their form and their life. We need to learn who the spiritual being behind a form is.

We do not build aircraft any more to travel. We evolve spiritual abilities to make contact with other places and other inhabitants of the Earth. They become journeys of awareness. For us, other forms of life are now a spiritual expression of different kinds of experiences.

We no longer need computers, because in time we will develop the ability to communicate with all the places and all the inhabitants of the Earth without having to develop devices that harm the Earth.

We are now starting on the long path of spiritualization. At the end of the journey through the new dimension, at the end of the new time, we will unite with the Earth, the sun, the solar system, and the galaxy to become a sphere of light.

## IN THE GARDEN

The path to my garden runs over a gently sloping hill. Trees line the path. I send a greeting to all the plants I meet. It is a process of perception and recognition. They react by lighting up. They understand me.

The air I breathe is clear and alive. Insects are buzzing. I can see and hear birds. They accompany me on my way to the garden. Everything is filled with life. All the living beings on my path are beings in many different forms. I marvel at the things I perceive. They light up in mutual recognition.

If I ask a tree, "How are you?" it answers me. I am in contact and in conversation with everything. My feet are walking on living sand. The sand also has a conscious mind. I feel grateful because it is sand for me, too. How could I walk on the ground if it had not assumed a form?

Now I am standing in my vegetable garden. It seems familiar to me. I planted it in the old era when I was no longer physically fit enough to work a large piece of land. Toward the end of the old era I planted vegetables and flowers on a small plot of earth to keep in contact with the Earth and with plants. I have finally arrived in the new time. Small bushes are growing on the right-hand side of the garden. They bear fruits that look like a

mixture of peach and apricot. A light shimmers around the plants. Their leaves and stems are luminous. Their light flows with joy and the desire to give me fruit. It makes the plants happy when I harvest their fruits, leaves, and seeds. I reflect this joy. Gratitude flows from me back to the plants.

Then I look at the left-hand side of the garden. Various kinds of plants that I do not know from my former life grow there. Vibrations of the Earth that we need for our new body are expressed in them. We need little nourishment. The plants we eat are suffused with light and give our body great energy. The plants have the task of feeding us now. They can tell us which particular vibrations of the Earth are manifested in them. And we can see whether or not we need the vibrations of a particular plant.

The connection of plants to their physical body occurs through their direct connection to the Earth with their roots. Plants absorb the Earth's vibrations through their roots and transport them into their structure.

Everything rooted in the Earth becomes our food. It connects our body with the Earth. Our contact with the Earth is spiritual. We maintain physical contact with the Earth through the plants. They communicate the Earth's energy to us.



Together with the plants we explore which of them we need for food and what form they should take. With the spirit of the plants, we then develop beautiful forms of fruit, roots, and leaves. We continue refining ourselves and the plants.

We learn from the plants how they absorb the Earth's vibrations and internally transform them. The plants learn from us how we absorb their vibrations, draw life from them, and change them inside us.

When we sow seeds, we are in contact with each seed corn. It receives an impulse of light from our hands, falls to the ground, and starts growing immediately. An aura of plants is created, and the energy for their growth is in this vibration field.

Other people working with plants also live in my neighborhood. It is not heavy physical work. We have lost our former heaviness. We use energy impulses and knowledge to work cooperatively with the plants.

Then I go to a nearby hill. On the way there I find a plant that reminds me of a fern from the old era that I particularly liked. I ask the fern whether my spirit may touch its spirit. It reacts by lighting up joyfully.

Now I am in the fern, I am part of it, yet still in my "I." I am aware of the trees around me, aware of the moss and many insects. I am aware of each animal that passes by, the sunlight, and later the light of the night.

I am in the world of ferns. My consciousness is wide open and still keeps on expanding. Then my consciousness becomes part of the fern's consciousness.

*"I belong to the world's ferns and participate in a dialogue with all ferns. Together we develop different forms. With the elements in the landscape we shape ourselves into many species under various living conditions. The elements advise us, for they are part of us and we are part of them. Our mission is the creative development of increasingly refined species, together with the landscapes that are our Earth.*

*"We welcome you human beings to the new time in which we live together. We are pleased every time you visit, and will gladly develop new ferns with you if you wish. We are happy to respond to your wishes because they expand our spirit by including your perception. It makes us happy."*

Reaching the top of the hill, I see a pillar of light. It connects the sky and the Earth. I place myself in its energy for a moment. It was already there in the old era and formed a channel of energy. It united spirit with physical strength to stabilize the Earth.

Now it is an energy source for everybody, made of light. There are many such pillars of light for us to visit. They are luminous flows that open up boundaries inside us.

I continue walking. With every step, the earth under my feet sends me energy. I hear the sound of the Earth with every breath I take. My heart beats with the Earth and its inhabitants. At the stream, my consciousness glides toward the inhabitants of the water.

I know everything is inhabited and ensouled. The water in the old era absorbed everything unconscious and carried it into the Earth. Now the water transforms our spirit into light and transports light into us and into the Earth. It rains back down on the Earth and onto us as fluid light.

In the old era, water was assigned to the female side. Women absorbed feelings and brought movement into life. Men were responsible for the external representation of the world. Both sides were separate. Interior and exterior are in balance now. We see all contradictions as two sides that mirror each other.

Everything around me resonates with sound. I am standing in a magnificent concert of life.

## THE ANIMALS

My feet are aware. With each step they feel the sound of the Earth. Or is it a pulsating light under my feet?

With each step, the soles of my feet perceive the light of the Earth. My heart beats, and at the same time I hear the heart of the Earth.

Each step is a step into life. The Earth absorbs each step and transforms it in its consciousness. Everything around me pulsates, absorbs, changes, and becomes light that flows back to me.

In remembrance of my old pony I would like to visit some animals. They were, and still are, my closest friends. I come across a group of horses in the meadow. They no longer have the form of horses from the old era. We have all changed: in the tunnel of time our bodies changed to conscious bodies formed from our inner knowledge of the past and our present consciousness.

Every form changed in the changed atmosphere of the new dimension. As we are still carrying the past inside us, in many encounters with people, animals, and plants we recognize companions from the old era.

Now I am opening up my consciousness to a being that resembles a horse: *"We are as strong and powerful as we were in the old era. Although we were big, we*

*made our spirit small for you. Our strength was so great that you would not have been able to control us if we had not submitted to you.*

*“We were your partners in the old era. You covered large parts of your journey with us. You could not have developed to such an extent without us. We represented the mental powers in our powerful bodies. They were spiritual powers that you confused with the muscle power you needed from us for a long time. We were also able to support people who were spiritually weaker by making our great spiritual power flow into them without you being aware of it.*

*“Now we are willing once again to develop together with you. In the old era we put our spiritual energy into our muscles and supported you with those muscles. Now we want to support you with our spiritual power. We no longer need the old muscle power.*

*“Our energy flows on a spiritual level now. We have reshaped our bodies in the tunnel of time and translocated our consciousness. We move fast. We can teach you the fast movement that we generate with mental energy. With our advice you could learn a new form of travel. Running is a mental skill we translocate in our body.*

*“This enables us to run very fast without straining. Our body is no longer heavy. You don’t have to sit on us any more, we run together. And we can learn from you. We*

*can learn to simultaneously perceive feelings, spirit, and body in very specific and different ways.”*

I can see that the horse creature is astonished, because it saw the processes of learning, feeling, and knowing light up in me at the same time.

Walking further on in the meadow, I meet an animal that I knew as a cow in the old era. It was an animal of stillness. The spiritual world of the cow was situated in the unconscious mind. Cows are still the experts of the meadow, as they were in the old era. They knew all the meadow plants and animals unconsciously and have brought great knowledge into the new time.

Now they consciously recognize each blade of grass, each plant, each tree, and can share their knowledge with us. Their bodies are smaller. They are very lively. I bow to their knowledge. We recognize common factors in our perception and can learn together about the spiritual energy in All that Exists. In the old era, some animal species had a mutual contract to eat each other. In doing so, they absorbed the other animal's spiritual energy. Now all the animals can communicate with each other, as we can with them and they with us. They no longer eat each other, but feed instead on plants, as we do.

We no longer kill to absorb the spirit of the killed creature into us. In the old era we ate animals to absorb

unconsciously their energy and their powerful connection with the Earth. Eating meat was not a physical necessity but an expression of lack of spirituality. We tried to compensate for that.

In the new time, plants have the mission of feeding us. They ensure our grounding and the cycle from the Earth to consciousness and back to the Earth. Plants can tell the animals and us which differentiated vibrations of the Earth are manifested in them and in us. By this means we can see which food we need. We live physically separated from the Earth. We need the contact with the Earth through food. Plants communicate this contact to us.

Now I am walking along the bank of the stream. My consciousness slips into the water. The water is fluid light. It absorbs everything, channeling knowledge onward, in me and in the Earth. We flow together. The inhabitants of the water show me all kinds of movement. Their spirit occurs in the motion of the water, in countless facets. The water beings carry the knowledge of all motions into us and into everything that lives all around the Earth.

The sun and moon are reflected in the water and make the motion of life vibrate.

I breathe deeply and look at the sky above me. Birds carry their knowledge of breezes and winds around the

Earth. They absorb the vibrations of landscapes and places and carry them around the Earth. We will learn from them now how we can make our spirit fly around the Earth and carry our knowledge onward, everywhere.

I inhale and exhale. The air is pure spirit, not visible, but life in a limited space. My body delimits the pure spirit. We are both body and spirit.

My heart beats in harmony with the heart of the Earth. We are a space for a limited time. Times change. Boundaries change. Everything is in motion, changes, takes new shape, and becomes new space with a beginning and an end. Time and space meet and become light and awareness. They take shape and become life and individuals. They are feelings, solid bodies.

We know all that now. We feel it in every moment of our new life.

Animals are our companions and possess the highest knowledge about the Earth and the elements. They are the mediators between the elements and us. In the old era we wanted to absorb the animals' spiritual energy by eating them, but still we became increasingly dense.

We are bringing this experience along with us now. We know that exercising power and killing does not expand consciousness, but makes it denser.



How could such an abuse of power occur in the old era? We had come to see power as physical power that we used against weaker beings. We had forgotten our spiritual power.

The animals had kept their spiritual power in the old era. Back then we ranked ourselves above them, for we had restricted our consciousness to the material level. We confused consciousness with intellectual abilities, which we used to build huge complexes to abuse animals for our purposes.

As we had forgotten our own High Consciousness we were unable to recognize that of the animals. They allowed us spiritually to abuse them because, unlike us, they were in contact with their Higher Self. They allowed us to make our own way in the spiritual darkening until the end of the old era. For the animals, life on Earth was only a partial aspect of their experience. A life played a less important role for animals than for us.

Each animal is an individual being and is in contact with its Higher Self – in other words, with that part of itself that combines all the experiences from all lives.

A dog, for example, has a Higher Self on the astral level with the spiritual power of possibly thousands of dogs' lives. In encountering this canine essence we encounter unimaginably high spiritual powers.

Today we recognize the spiritual energy in animals and their special knowledge. We approach them with great respect. They are coequal with us.

Our abuse of animals was illuminated in the tunnel of time. At the moment of illumination each person came to realize what he or she had done to animals, other living creatures, or the Earth. He or she recognized this. It was a spiritual shock without punishment.

Now we recognize the consciousness of light in All that Exists.

We recognize the Creation and are part of it.

## THE LIGHT OF THE SUN

The sun developed our solar system over the course of billions of years in the old era. It created the Earth. It divided its consciousness into the four elements earth, water, fire, and air and created the living space of Earth with all its inhabitants.

The sun rules the elements. It is their Higher Self. It rules the climate and the form of the Earth. It illuminates our living space. Consciousness of the sun glows in the air we breathe, in the Earth's magma, in water, in solid ground. We see the light of the sun everywhere. Its light is the consciousness that makes everything luminous.

Our bodies are luminous, for the consciousness of the sun is alive in us as well. The sun's light makes us alive, in our bones, in our blood, in our metabolism, and in our breath.

In the old era the sun lit up our external life. In the new dimension it also makes our inner life light up visibly. The sun has increased its own vibration and our vibration.

Now we recognize the spiritual aspect of light. It makes the air lighter. We breathe light. Our bodies are lighter because everything is filled with the heightened consciousness of light.

The sun shines on us and in us. We expand the sun and ourselves with our life. Our life is part of the consciousness of the sun and expands the light of the sun at every moment. And we expand with the sun.

## LIGHT WORLDS OF THE NIGHT

All the experiences from the old era united in the tunnel of time to form our new life. We became aware of the astral world, which was our world of light in the old era, and now formed our physical world together with our old idea of matter.

A new world of light emerged. It is the world of incorporeality in which we immerse at night to share our new experiences and receive help and advice.

We are in a learning process again. Now we are getting to know the balance between spirit and matter and how we can restructure the Earth with this balance. Nature and all plants and animals are learning with us. We see ourselves as a unity now.

In the new world of light our individuality merges into spiritual communities. Further boundaries are opened up. We recognize the inhabitants of the sun and the other planets in our solar system.

At night our exchange of experiences opens to universes in other times and places. At night we consciously enter an expanded state. The moon shines with a silvery light and takes on the light for the night.

It draws the Earth in its path through time. In the old era we moved between the conscious and subconscious mind. That was our movement through life. It generated the

energy for us to move onward in life. Our new life is easier. Now the night only means a slight change.

In contrast to earlier times, our body and our spirit no longer need sleep to enter the astral world. Our body rests at night and our spirit consciously goes into the spiritual world, to the spirit of the Earth and its spiritual inhabitants. We learn what our next steps should be. We discuss the new physical reality from a spiritual perspective.

We get help and comfort from spiritual companions because we want to learn how to cope expertly and skillfully with the new conditions.

We summon up energy because we know the Earth is our energy source. Its center is a shining white light that flows into our spirit and makes us a common light source with the Earth.

In the old era the night was something dark. We were immersed in our subconscious mind, filled with our dark past.

Although we also dipped into the Earth's light source in those days, we were not aware of it. The night was suppressed by constantly increasingly artificial light. It was barely a source of energy any longer, but a necessity for maintaining the body's physical functions. Now the night is our conscious source of energy from light.

## THE GALACTIC CLOCK

The sun governs our time. It determines the beginning and end of our time. The sun is connected to the center of our galaxy. The galaxy controls the time of its solar systems. Everything is interconnected; everything turns like the wheels on a giant clock. Everything consists of bounded periods of time that change. The Galactic Clock is a clock of change.

The Galactic Clock sets boundaries and transforms into new times. Its time is infinite. The stars are born in constant change. They develop, change, disintegrate, and are created anew.

Times touch each other, combine into spaces, and become concentrated until they disintegrate and are created in a new form. Everything is interconnected like countless clock mechanisms, shapes itself and is created anew.

It is a cycle of pulsating light that becomes dense, darkens, and lights up again.

Light energizes time. Time is concentrated light. Light stores time and is simultaneously light-giving. Everything, including matter, is made of light and is always connected with the source of light. Spirit reveals itself as light and travels through times and dimensions. Every calendar is the description of steps

of a transformation. Our solar system transformed the old era. It began, became dense, collapsed, transformed the density into a higher vibration, and is now traveling through time in a new dimension.

The center of our galaxy is a gate of transformation. We can see this gate. It is not a place, but consciousness, everywhere and always. In the old era we saw it as a black hole. That is because back then in our linear time we saw reality as a path with a beginning and an end.

The gate opened at the end of the old era. The line of time ended and entered a new time. The gate of time is revealed as light in us and in the universe.



## WHEN?

In the old era many people were interested in prophecies. They asked themselves when great changes would happen on Earth. The future, which some people could see into, consisted of spaces of vibration without time limits.

They did not see any events, but patterns of vibration or energy that they interpreted. The interpretations were colored by individual patterns of belief or persuasion. Sometimes the events were recognized but it was impossible to identify the day on which they occurred as an event. The day in question was an interpretation as well.

The energy patterns of future events were shaped in spiritual space. We, and the Earth with all its inhabitants, were performers in the material world. We formed our lives unconsciously in the spiritual space outside linear time. The individual life of each person was connected to the collective there. No separation existed there and everything was energetically conceived and formed by everybody collectively.

In the last years of the old era, many people tried to decode the Mayan calendar. The Mayans had access to astral knowledge. They knew that numbers offered the possibility of communicating knowledge symbolically in

the material world. Understanding the Mayan calendar required people who could see the multidimensionality of the numbers in a date and could open up to the astral space behind the numbers.

Every number has an aura. The majority of people could not perceive this vibratory space because life in the old era was fixated on linear time. 12.21.2012 was more than a date. It was like a code for the arrival and concentration of a new vibratory energy on our timeline. From that point on, the spiritual vibration pattern of the new time in the material world could be implemented and become reality during the coming events. On that day, the space opened in which the tone would later usher in the period of transition.

At that point in time, so much spiritual knowledge about the Earth's new dimension had accumulated that its new energy grid could take shape.

The day on which the tone would arrive was not specified. This was not possible because only half of that day was linear, while the other half was space. It was so strange and unfamiliar that nobody could link its vibrations to a specific day in advance.

In the transitional period – that is, from the arrival of the tone onward – a series of events occurred in linear time. At the same time we left the old linear time and experienced a new space with a time that was

unfamiliar to us back then, a time in which we could perceive our world in several dimensions.

We no longer experience the new time, or the past, as linear. In the new dimension we no longer stick to a date, but rather to changing vibrations. They are experiences that change themselves and expand us. A date reduced events to a specific point.

Looking back at the past now, I do not see a date or single events but an aura of experiences that vibrate around a timeline. Our time in the new dimension still has a timeline on which events and days are arranged in a sequence. At the same time, around the line that contains everything that led to decisions, we can see the vibration deriving from experiences .

The date, or a single event as a point on the timeline, has little significance.

## BEFORE THE TONE CAME

Before the tone came we lived a completely normal life. Times became harder. Many people had to struggle to cope with everyday life. Many were weighed down. The time had been unstable for a considerable period.

It was easier for people when they made contact with the new time. We had long been in the aura of the new time. This vibration emerged with a new ecological consciousness on Earth. Many people recognized the Earth as a living organism. The peace movement grew. The quest developed for a new kind of spirituality.

The new time also flowed into the discovery of the Internet as a desire for communication with all human beings and for free access to knowledge. But we continued destroying our planet. We could not see a way toward spiritual expansion without more and more devices. The production of devices continued to be a process of poisoning and destroying the Earth.

Many people took a different path and meditated. They opened up to the spiritual view of life.

Others focused on alternative methods of healing. When we became ill, we tried to regain our health with vibrational medicine. When that failed, we used conventional medicine. At that time our bodies were very dense and it was difficult to gain access to the

astral or spiritual body for every illness in order to become healthy again using only the consciousness of light.

Other people tried to help animals, plants, and the Earth by protecting nature and animals. All this was part of the possibility of making contact with the new time.

Many people realized that increasingly large amounts of objects were not a solution for the future. Many sensed that the accumulation of money and gold would become meaningless. Life became easier once we considered what we really needed and got rid of many things.

Every day was precious and important. Every thought, every feeling, and every deed was stored inside us and we would encounter them again. Using meditative exercises, we could adjust to the new time and open inner boundaries. We could integrate ideas about the new time into our everyday life. For example, we could drink water as if it were fluid light. Or we could imagine the body as a concentrated luminary. We could light up food mentally, and while we were eating, we could imagine our teeth being luminous. At night, before sleep, we could visualize silvery light. We could open up to ensouled nature. And we could wish for a

a beautiful life that caused no damage to the Earth, nature, animals, or human beings.

Our images and ideas were necessary to the Earth. In this manner, the future could constantly take shape. It was like stabilizing a template into which more and more energy flowed. The images of each individual person were important images that helped to shape the future.

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