

# WELLNESS, MEDITATION AND PEACE



**Overall Wellness (Well-being) of  
the Body (Being), Soul (Psyche)  
and Spirit (Creation-Energy)**

**FIGU STUDIENGRUPPE USA**  
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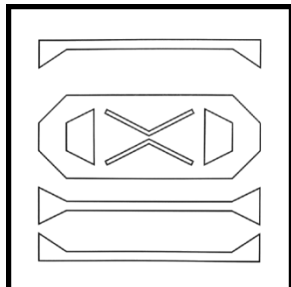
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## WELLNESS

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Symbol for  
Wellness/Well-being  
(Wohl)

Overall Wellness (Well-being) generally encompasses harmonic balance amid Body (Being), Soul (Psyche) and Spirit (Creation-Energy). This harmony may be achieved via maintaining a balanced regime fruitful in nutrients and abundant in activity for the Body, as well as in equally supplying sufficient nourishment for the Soul and the Spirit. However, to attain such an equilibrium, the vital inter-connectedness (oneness) of this trinity ought to be wholly understood.

To fulfil the essence for being, which essentially remains to all-embracingly evolve (which respectively involves the Evolution of the Consciousness), the Body (Material Being) ought to be in optimum health, to counterpart a well-formed Soul (Immaterial Psyche), to which fulfilment of the evolution of the Spirit (Spirit Energy = Creation-Energy) may be realized.

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## Body Preservation

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Necessitates nourishment material in nature for preservation.

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**[1] Activity:** Recommended activity of 30-minutes per day of exercise for the average adult (unless health restrictions apply) and 60-minutes per day for the average child 5 to 18 years of age, is deemed adequate for supporting optimal physical health. Such activities may correspond to 30-minutes of moderate activity 5-days a week (i.e. Brisk Walking, Casual Jogging, Soft Cycling, etc.), or 75-minutes of intense activity 2-days a week (i.e. Basic Aerobics, Hiking Uphill, Jump Roping, etc). Moderate and intense activities may be combined to meet the recommended time-value, likewise activity intervals may be reduced to 10 to 15-minutes a day (70 to 105-minutes per week), for those whom are health restricted.

*(please consult a Physician or Sport Medicine Physician regarding a suitable routine)*

Such physical activity is vital to inducing the essential interaction between Oxygen and Blood-flow, necessitated to supply the body with all the essential nutrients and equally repair and/or regenerate tissue and organs. Jointly Oxygen and Blood-flow, produce Energy, which in turn stimulates stem cell (cellular) activity, collagen synthesis (formation of procollagen), angiogenesis (formation of new blood vessels) and antimicrobial action (disinfection of wounds and destruction of bacteria). The daily

consumption of Fruits and Vegetables, which provide essential Minerals and Amino-Acids to the body, are vital to these functions, as well as to an overall healthy diet.

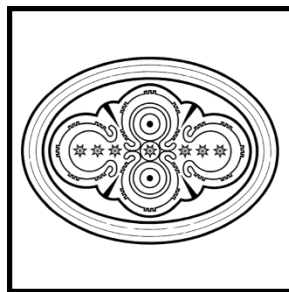
*(please visit the American Heart Association (AMA) for more information)*

## [2] Food:

- **Vitamin Enriched Foodstuff:** Vitamin A: beef liver, sweet potatoes, carrots, spinach, mangoes, Vitamin C: citrus fruits, strawberries, red peppers, broccoli, Vitamin D: fatty fish, fortified milk, cereals, eggs and yolks, Vitamin E: nuts, seeds, spinach, avocados, Vitamin B12: meat, poultry, fish, dairy, Vitamin B Complex: meats, fish, poultry, legumes, seeds, eggs, and leafy greens.
- **Mineral Enriched Foodstuff:** Organ Meats (beef liver, cow tongue, tripe), Nuts/Seeds (pistachios, cashews, almonds, walnuts, brazil nuts, pumpkin seeds), Shellfish (oysters, clams, mussels) and Cruciferous Vegetables (cauliflower, broccoli, swiss chard, brussels sprouts).
- **Amino-Acid Enriched Foodstuff:** Meat (beef, chicken, pork, turkey), fish (salmon, tuna, cod, shrimp), dairy (milk, cheese, yogurt, cottage cheese) and soy (tofu, tempeh, edamame), Legumes (lentils, peas, beans), Nuts/Seeds (almonds, walnuts, pumpkin seeds, chia seeds, quinoa) and others (mushrooms and buckwheat).

Please consult a medical professional prior to implementing dietary and/or exercise regimen modifications, that a comprehensive evaluation of the overall health and/or nutritional status may be assessed, to which a Vitamin Deficiency Panel (VDP), respectively Comprehensive Nutritional Panel (CNP), may be requested by a Primary Care Physician or General Practitioner to evaluate any deficits.

*(please visit The National Institute of Health (NIH) for more information)*



Symbol for Harmony  
(Harmonie)

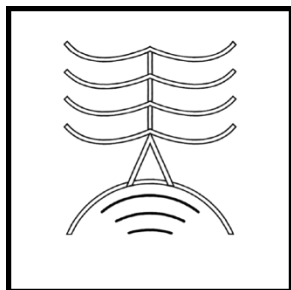
**[3] Rest:** The body necessitates sufficient rest to maintain a healthy Circadian Rhythm, which respectively remains the body's natural internal clock, so to speak, which regulates the Sleep/Wake Cycle which approximately repeats every 24-hours and influences biological processes. A recommended 7-hours a day of rest for the average adult, while upward of 9 to 12-hours a day for young adults, those recovering from illness, and/or those whom remain sleep deprived, is recommended and/or deemed beneficial.

The recommended time to retire for rest for a healthy Circadian Rhythm is

between 9 pm to 11 pm for adults and 8 pm to 10 pm for children and teens. Upholding a sufficient rest cycle, in conjunction with a healthy diet and activity regimen, nurtures the harmonic balance necessitated for optimal preservation of the physical body, and equally the Soul and the Spirit.

## Soul (Psyche) Preservation

Necessitates dual nourishment im/material in nature for preservation.



Symbol for Psyche  
(Psyche)

The term *Soul*, derived of the Old Germanic word *Sēle*, in truth is the *Psyche*, which remains responsible for the balance and harmony of the material Body, to which its spiritual counterpart termed the *Gemüt*, remains responsible for the balance and harmony of the immaterial Spirit, thus the Psyche remains the fundamental communicating factor between the body and the spirit. The Psyche is directly formed from the human beings thought-feeling world, respectively via a thought-feeling process trio, by which primarily thoughts arise, which secondarily give rise to feelings and/or

sensations, which tertiarily give rise to the human beings corresponding response/action/reaction/etc., concerning what is perceived by and/or determined from these.

The *Pineal Gland* (pine-cone shaped endocrine gland located within the Brain) plays a vital role in the preservation and harmonic balance of the Psyche, thus equally the Body and Spirit, as the Pineal Gland is responsible for the creation of the neurotransmitter Serotonin which regulates mood, sleep and appetite. The amino-acid Tryptophan is converted into Serotonin by the enzyme Tryptophan Hydroxylase, which further transforms within the Pineal Gland to Melatonin via two enzymatic processes of which N-Acetyltransferase (AANAT) converts Serotonin to N-acetylserotonin (NAS), and Hydroxyindole-O-Methyltransferase (HIOMT) converts N-acetylserotonin (NAS) to Melatonin, which regulates the sleep-wake cycle and circadian rhythm.

Elements which may stimulate the production of the abovementioned neurotransmitters, in turn aid in the function of the Pineal Gland, may be found amid a trio of diverse foodstuff, tinctures and exercises.

### [1] Food:

- **Serotonin:** essential amino acid tryptophan and fatty acid omega-3.

- **Tryptophan:** turkey, chicken, eggs, soy, milk, yogurt, cheese, cottage cheese, sunflower seeds, pumpkin seeds, sesame seeds, pineapple, bananas, and kiwi.
- **Omega-3:** salmon, mackerel, tuna, herring, sardines, anchovies, trout, soybeans, walnuts, flax seeds, chia seeds and hemp seeds.
- **Melatonin:** ginger, oats, rice, barley, sweet corn and bananas.

**[2] Herb/Oil:** spirulina, marigold, st. john's wort and neroli oil.

**[3] Exercise:** The obtaining of essential nourishment immaterial in nature may be acquired via routine Mental Exercises such as Meditation, which in truth remains a form of Prayer, to which when undertaken for this purpose in its true and correct form, is centred upon directing the world of thoughts, feelings and/or words inward toward one's own Consciousness, not outward toward external factors and/or forces.

*(please consult a Physician, Dietitian and/or Nutritionist regarding a suitable diet)*

There remains a sundry of meditative exercises and techniques sure to meet the various needs of today's diverse populace. Despite certain assertions, exhaustive meditative exercises and/or practices are not necessary in order to attain value from meditation. In truth, short exercises remain just as sufficient and hold their equal value, to which such meditative exercises may be carried out either amid the waking or sleeping states, likewise in short duration of a few to several minutes, upward of 15 to 20 minutes.

In order for meditation to have its utmost effect, it remains important that it be carried out amid a neutral and balanced state, to which neither the wheel and woe of the everyday life are given thought or dwelled upon, but rather that a world of equilibrium is created within, to which it remains this inner-world in which one retreats upon meditating to achieve inner-peace (balance of consciousness). Long recognised, likewise is the value of integrating simple meditative aids such as music, which may greatly encourage focus during meditation, as well as enhance the overall meditative state, as within the timeless bounds of music mightful elements remain veiled.

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### Might of Music

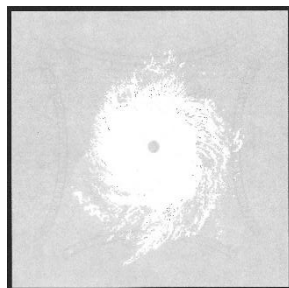
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Since time immemorial the might of music has been greatly known, in such that the earliest of civilizations were aware of its evolutive value to the body, soul and spirit, to which the frequency of 432Hz was asserted to be synonymous with Natures (Creations) natural harmonious energy,

frequency, vibration and hummm (respectively *OM*, which translates to *Law*), to which such law interconnects the human being of earth.

The earthly species, the Human Being, in truth is named *Omedam* (Om-e-dam) which translates to "OM=Law" "E=and" "DAM=Earth Human", or alternatively, its meaning could be interpreted as "OM=Law" "E=and" "DAM=Fulfilment", as the created Omedams (Earth Humans) intended purpose was, and is, to be the *Fulfiller of the Law*. The Law being the *OM*, which is the acronym for *Omfalon Murado*, respectively *Omfalon ir Murado*, which translates to *Laws of Creation*. In such, the Earth Human (Omedam), is the 'Fulfiller of the Laws of Creation'.

The might of sound and vibration were indeed explored by primeval civilizations such as the ancient Sumerians, Egyptians and Greeks, to which music was regarded to encourage equanimity, promote intelligence and refine the psyche, as this remains directly influenced via the thought-feeling world, and thus likewise can be greatly influenced by the ebb and flow of music.



Symbol for  
Serenity/Equanimity  
(Gelassenheit)

The power of music was further considered by notable experts such as Albert Einstein whom was not solely a renowned Physicist, but likewise a proficient Violinist whom stated, *"I often think in music. I live my daydreams in music. I see my life in terms of music. Life without playing music is inconceivable for me. I get most joy in life out of music"*. This was similarly asserted by Greek Philosopher and Mathematician Pythagoras, to which via his works on the harmonic relationship between tones and numbers, established that the 432Hz frequency was a fundamental piece-part of this dynamic and in such stated, *"There is geometry in the humming of the strings, and there is music in the spacing of the spheres"*.

Renowned inventor and engineer Nikola Tesla equally emphasised this significant interconnectedness, whom coined the axiom, *"If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration"* and was quoted as avowing *"I am part of a light, and it is the music"*, as what he discovered was not solely did this apply to energy and vibration limited to apparatus constructs and electrical energy, but that this interconnection unveiled profound insights as to the physical rejuvenating and/or healing of the body. Correspondingly he asserted that the universal frequency to which healing ensued remained found amid the numeric value 3-6-9, to which corresponding healing frequencies, energies and/or vibrations paralleled 432Hz.

Daily listening's and/or Meditations incorporating music and/or melodies which carry the frequency of 432Hz may promote an evolutive and/or harmonizing effect, which may be found amid composers such as Mozart, Bach, Chopin, Beethoven, Debussy and Liszt. While intaking melodies with the 432Hz frequency is deemed to hold the utmost value, simply listening daily to balanced and positive music in general ought similarly afford such benefits, to which these may be found amid modern instrumentalists such as Olafur Arnald, Ludovico Einaudi, Sara Ott and Yiruma.

Alternative means to which such harmonious melodies may be experienced and to which its tuneful effect may be visualized, may be found amid cymatics, to which sound and vibration are made observable via the use of tonoscopic devices which create soundwaves, in which unique patterns form in accordance with the fluctuations and oscillations of the swinging-waves being projected from the music, tone, frequency, sound and/or vibration.

Marilyn | FIGU USA

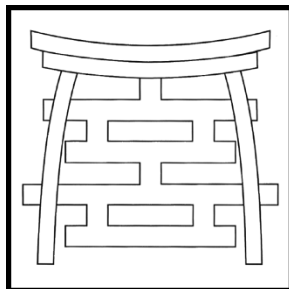
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## MEDITATION

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### **Meditation and Life Itself are the Best Teachers**

“Whereby human beings trigger and build up valuable impulses, intuitions and ideas as well as thoughts and a striving for peacefulness, growth, blossoming and progress within themselves, because they tap into their own subterranean knowledge of their Creation life energy and endeavour to build and expand this continuously. Through regular daily meditation and through the daily practical experience and living experience of life, very many and valuable cognitions can be gained. In relation to meditation, there are many of those which can be practiced every day, however in particular three kinds of meditations, which are of particular significance, are to be mentioned.



Symbol for Meditation  
(Meditation)

The one kind is the concentration-meditation, through which a consciousness-based calm is produced, whilst the other kind is the analysis-meditation, through which deeper insights, in relation to all those things which are analysed meditatively, come about. This refers, for



example, to the differentiation of one's own ego and that of fellow human beings, as well as to the mutual dependencies between fellow human beings, all living creatures, and all things. The third kind of meditation is the feeling-for-others-meditation, with which the feeling for one's own person as well as for fellow human beings and for all forms of life is examined, evaluated, and further created.

Devoting oneself daily, in a good manner, to a suitable practice of meditation and to studying, learning, and implementing that which is valuable in relation to the building of consciousness and the creational-natural laws, is of very great significance, consequently this should always be observed when the opportunity for it presents itself. However, one must always be clear and conscious of what is done and that there is practically no difference between the creational-natural laws and recommendations and the daily routine. This is because these principles and recommendations are also continuously effective throughout everyday existence, namely, no matter whether the human being is conscious of it or not."

Eduard | FIGU Switzerland  
Semjase Silver Star Centre | SSSC

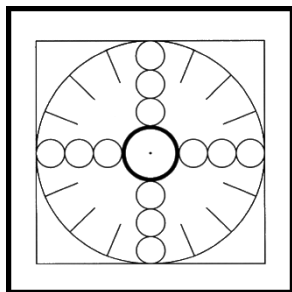
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## **Spirit (Spirit-Energy = Creation-Energy) Preservation**

Necessitates nourishment immaterial in nature for preservation.

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### **Nourishment of the Spirit**



Symbol for Spirit  
(Geist)

"The Spirit takes in its nourishment from the outside into itself, into its Spiritual mass, which does not need a mouth. This nourishment consists of pure fine-fluidal-energetical, cosmic electromagnetic form and lives in all things. Every life form, however, also sends out energy streams from its inner Spirit-form, which are again picked up by other inner Spirit-forms and processed as nourishment.

From this it follows that all existing life forms are connected to each other through their inner Spirit-forms and provide each other with Spiritual energies. This means that each life form is dependent on the other and forms a oneness in the individual as well as in the mass. This is the brotherly and sisterly connectedness of the life forms."

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## What Actually is the Spirit

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"Well, first of all I want to explain the ur-term 'Spirit' or respectively its original term 'Gheist', which actually traces back to Nokodemion and can be found in the storage-banks, where the meaning of 'Awakening' can also be found. Therefore, when we speak of 'Creational Spirit-Energy', for example, this means 'Creational Awakening-Energy'. From this it can be understood that 'Creation' or respectively the 'Creation-Spirit' is a factor of 'Awakening' or respectively of 'Creating', and this is done through the power, swinging-waves and impulses of its own energy. The term 'Spirit' is to be understood in this sense alone. An addition in the storage-banks explains that the term has been handed-down since time immemorial, dating back to the old high 'German' language, from which the Deutsch language ultimately emerged. When the 'German' language was pushed into the background, the ur-term 'Gheist' underwent various changes, whereby the term was ultimately transformed into the word 'Geist'."

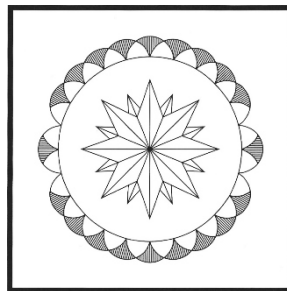
Eduard | FIGU Switzerland  
Semjase Silver Star Centre | SSSC

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## Nourishment of the of Consciousness

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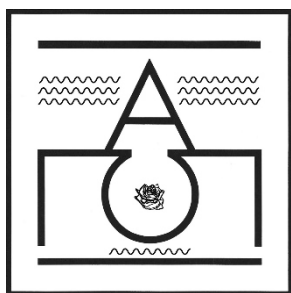
The Creation-Energy Teaching which speaks on the Evolution of the Consciousness, while extensive, remains rather simple to integrate into the everyday way of life. The aspects of overall health, as mentioned before, necessitates various means of body-, mind-, consciousness-integrations of a healthy diet and healthy thinking. It is essential to understand, it is truly a way a life.



Symbol for  
Consciousness  
(Bewusstsein)

To touch now on the sevenfold nature of a healthy Psyche (world of thoughts), which emerges from the consciousness-block, in short, it is structured naturally by the Laws of Nature that the sources of nourishment arise from influences of the outer -to- the inner. For instance, take how the sun nourishes elements of the planetary system, where upon mingling with aspects of the planetary environment, it creates life-generating elements for the planetary atmosphere, where further outer bodies such as comets, collect and bring further outer elements from around the universe to the inner system, adding further life-creating elements to the inner atmosphere and environment.

Similarly, as the outer sun provides the needed nourishing energies for the inner plants, and the outer planet provides the surrounding water for the innermost plants, etc., which ultimately bring forth life to various flora species, vital to the harmony of the totality of the environment. This Law of Nourishing is also relevant to the health of the material-consciousness, wherein a healthy connection made to the Creation-Energy Consciousness is a recipe for life, as nature intended, progressive and naturally effective in creating the life that is truly sought. It is the world of thoughts that creates the state of the Psyche, and how it evolves or develops, depends heavily on what the thinking patterns and processes are centred around, as well as in what is rejuvenated again and again by the thoughts.



Symbol for Knowledge  
(Wissen)

In order to have a healthy Psyche, the consciousness needs to be fed valuable knowledge which helps one consider the Laws and Recommendations of Nature (Creation) itself, which in short, helps guide one on the path to a daily balanced life, via the might of the thoughts. A conceivable side effect of persistent negative thoughts is a damaged and/or unhealthy state of the Psyche, to which whether this result arises be it by seemingly continual thoughts of the positive or negative is of insignificance, because it is a balancing of the thoughts which is essential. Nurturing a

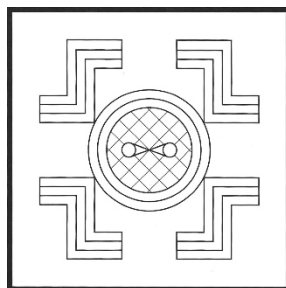
continued imbalance within the Psyche, generally leads to creating a life of misery, discord and/or unrealistic values, which can lead to negative consequences such as Alzheimer's and/or Dementia, due to misuse of the thoughts, in opposed to cultivating balanced thoughts, as nature intended. It is thus important to consider what is read and likewise listened to on a daily basis, as it is more often than not the case, that these influences are permitted to take hold of the feelings, emotions and world of thoughts.

The entertainments enjoyed via television, music, or reading all play important roles in the nourishment of consciousness, and due to the high volume of television programming available, one ought be aware of that which is taken-in and understand the effects it may have on the consciousness. Similarly, the world of thoughts may be profoundly influenced by the general environment, such as by societal and cultural norms, as well as by familial customs that may be carried from generation to generation, if such perceptions and/or customs are taken in, and made one's very own, etc. Negative side-effects which may result from improper use of the might of the thoughts, which can result in a damaged Psyche (world of thoughts), as thoughts shape feelings and develop into physical

and/or psychic effects of being, can present as manifestations of various disorders such as Anxiety, Bi-Polarity, Depression, Mental Exhaustion, Alzheimer's, Dementia and/or Schizophrenia.

So it is imperative that one stay vigilant and focused, because it will not be an overnight thing, but takes its own fair amount of time, space and creation-energy to develop, either slower or faster, depending on the complexity of matters being dealt with, and noting that as a rule opposing forces never fade away completely, it is simply that such becomes better to handle, as human nature on earth is still not yet far along, where consideration and empathy are forerunning. This journey begins the 21st day after conception when the Creation Life Energy enlivens the material consciousness and unites with the Creation-Energy in accord with the Law of Unity, bringing a new existence and a new world of possibilities. The thoughts begin in the womb, as well as the beginnings of the self-created destiny, so also determining the ending, to which what happens between the start and finish the, is a self-created destiny via the might of the thoughts.

There is also Laws of Consciousness development wherein every 7-year period of consciousness development ensues, where the consciousness is refined based on the studies of observation that one has invested, etc. It starts from birth, so in multiples of 7, the ages are hallmark certifications of what has been studied and observed and added to the knowledge, be it consciousness-related or worldly-related, the learning up to that point becomes part of the overall knowledge. The thinking is the power of the BEING that brings evolution and creation of the life that is wished to live.



Symbol for Cause and  
Effect (Ursache und  
Wirkung)

Just as the body must be nourished with the proper food and exercises, so too does one have to take time to properly evolve and exercise the consciousness in thinking and actions, especially in accord with the Laws and Recommendations that are cognisant. The Psyche is to be understood as a state and not a physical organ that can be treated with drugs and such, but must by the Laws of Nature be tended to by one's own conscious-efforts of focused study and experience via trial and error, which all in all is the way of living that cannot be deviated from. A healthy regimen not only of good food and trace elements of vitamins, etc., is needed, but also a healthy diet centred on development and study of the teaching and/or observation of the Laws of Nature (Creation), to lay a good

foundation for consciousness development, as well as implementation of the studies in the daily life is key. As the saying goes, practice makes perfect, or relative-perfection, if anything at all.

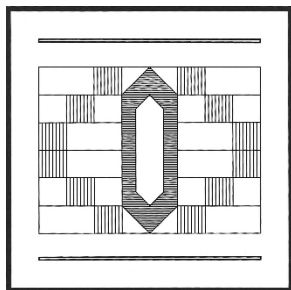
Erik | FIGU USA

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### **Laws of Nature (Laws of the Creation)**

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The Laws of Nature are to be understood as that which remains observable and experienceable (proven) within Nature (Creation), which remain recognized as universal principals (undeniable truths), that remains applicable to all that is present (i.e. human, fauna, flora, etc.), which intrinsically governs the behaviour (being) of all that exists. The Laws of Nature, which respectively are the Laws of Creation, do not remain human laws which tend toward the arbitrary, but rather those laws which remain constant (indisputable and omni-present) across all that subsists.



Symbol for Law  
(Gesetz)

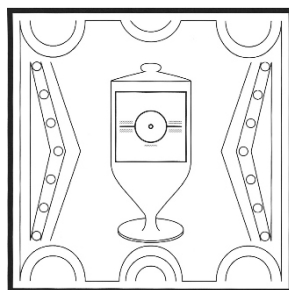
The sevenfold order of the Laws of Creation, to which sevenfold sub-laws persist as 7x7, etc., remain undeniably evident amid Nature (Creation), observable in the Becoming (Birth/Being), the Living (Life/Learning), the Creating (Procreating/Producing), the Progressing (Material Emerging and Immaterial Evolving), the Dying (Transition/Transforming), the Passing (Death/Unbeing), and the Recreating (Reformation/Regeneration/Reincarnation/Reintegration), to which renewed life and/or life in new form from existing and/or preexisting life comes about.

These Laws of Nature (Natural Laws, respectively Laws of Creation) remain universal laws found within anything and everything, in some way, shape, form, or another.

Fundamental examples of such natural laws may be easily observed amid nature itself, to which fauna, flora, and the human being alike adheres, such as with the union between Male (Positive) and Female (Negative), where as it pertains to the human being, there is Man (Masculine) and Woman (Feminine), amid flora these forms may be realized with the Stamen (Male) and Pistil (Female), and to which amid the vast faunal classifications a myriad of genus may be defined (i.e. Deer: Buck and Doe, Horse: Stallion and Mare, etc.), to which these opposites join/mate and produce/reproduce (create/procreate) offspring (i.e. Human: Children, Plant: Seedlings, etc).

This Male and Female (Law of Opposites) sequence may be further observable amid the standards of physics, to which the opposing energy-fields are distinguished via the Positive and the Negative, which remains relevant in ascertaining the direction of a fluctuating (opposite) current (energy-flow), respectively pertaining to differentiating the Male (+) positive inward pointing field -from- the Female (-) negative outward pointing field, to which neither is regarded as superior -or- inferior, but rather as the opposite spectrum (charge/polar-field) of a piece-part within the whole of an electric-field, to which upon joining/connection (union/oneness) of the opposite/bipolar magnetic electric-currents, a compliment and/or enhancement (balance/harmony and/or multiplication/amplification) of the pair (current/energy/frequency/vibration/etc.) ensues. This rudimentary exemplification reveals not only how incomplex the Creation has fashioned this matrix we fathom as material-existence, to which the Natural Laws are made evident, but reveals within it a myriad of Laws of Nature, such as the Law of Bipolarity, Law of Vibration, Law of Attraction, Law of Interaction, Law of Creating, Law of Transformation and Law of Harmony, to name but a mere few.

While the Laws of Creation remain the incontrovertible laws to which all that has been created by the Creation essentially adheres (irrefutable laws), the Recommendations of the Creation remain the principals by which to live (exist/coexist) amid the entirety of the created-Creation, that bestows the truest of harmony (i.e. *"You shall not kill in Ausartung (Depravity)"*, *"You shall not be robbing and not be expropriating"*, etc.).



Symbol for Goblet of  
the Truth (Kelch der  
Wahrheit)

The Spiritual (Creation-Energy) Teaching provided by the FIGU, which is the Teaching of Truth, Teaching of the Spirit and Teaching of Life, is indeed the Teaching of Creation, which all-encompassingly sets forth the Laws and Recommendations of the Creation as handed down to humanity since time immemorial, which bestows the criterion of Creational Natural Laws (respectively Laws of Nature/Laws of Creation), within the framework in which humanity has truly been created, to which the guiding Creational Recommendations imparted, remain oriented towards a creational-natural way of life. Such Laws and Recommendations present as constructive guidance to humanity, to which when practical use is given in the living of the life, the fostering of peace and harmony, as well as natural evolutionary fulfilment, may be effectively realized.

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# PEACE

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## Peace in Trees



Trees remain significantly more than mere flora standing majestic amid our landscapes. Their soothing presence relics perpetual strength, resilience and growth. With their extending roots reaching far below the earth, likewise towering branches stemming high above the sky, Trees exemplify the quintessence of life, emphatic of the interconnectedness of all. Trees awaken a sense of humility, as they present as silent witnesses of truth, as to the natural laws of nature and simplistic essence of creation. Trees bestow shade, shelter and oxygen to life, yet beckon not the adoration of the life in which it tends. Therein, may the symbolic truth of the Peace Symbol be illuminated, as the Tree of Peace, and respectively the Tree of Life. Consequently, the mass of humanity unfortunately remains unaware that the current symbol in use is wrong and must be turned upright.

Marilyn | FIGU USA

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## Wrong Peace Symbol

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The wrong peace symbol – the globally widespread “death rune” which has been fabricated from the Celtic Futhark Runes and/or inverted Algiz Rune – is the actual embodiment of negative influences and evokes destructive swinging-waves regarding unpeace and hatred, revenge, vice, addictions and bondage, because for many human beings the “death rune” means reminiscence (memories) of the Nazi Era, of death and ruin as well as ambitions concerning war, terror, destruction of human achievements, livelihoods as well as global civil unpeace.

Therefore, it is of the utmost necessity that the wrong peace symbol, the “death rune”, disappears from the world and that the ur-ancient and correct peace symbol is spread and made known all-over the world, because its central elements reflect peace, freedom, harmony, strengthening of the life power,



Symbol for Death /  
Death-Existence /  
Death-Life (Tod /  
Todesexistenz /  
Todesleben)

protection, growth and wisdom, which have a constructive and strongly soothing effect, and help peaceful-positive swinging-waves to break through.

Therefore, we appeal to all reasonable human beings, who are honestly striving for peace, freedom, harmony, fairness, knowledge and evolution, to do, and give, their best to spread the correct peace symbol worldwide and to bring forth clarification about the dangerous and destructive use of the “death rune”, which in memory of the Nazi crimes collectively furthers deterioration and neglect of character-“Ausartung” and terribleness in the reflecting and striving of the human being

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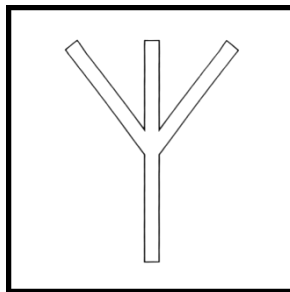
### Right Peace Symbol

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In contrast to the symbol ‘death, deadly existence’, the symbol ‘peace’ contains a rich formal language pointing to growth, which, like all other symbols, contains completely neutral archetypal information, but which also points to peaceful and rich growth, as well as to tranquility and progress or evolution, and concludes this statement.

The tree full of life, its crown wise to the sky, enthroned on a bubbling spring, promises flourishing growth and prosperity – which is symbolized by the stylized lotus flower that springs from the crown of the tree – making it the actual tree of life.

In addition, symbols, although they are fundamentally intrinsically neutral, have effects on the unconscious, uncontrolled and undirected behavior of the human being, who does not defend himself/herself against his/her own negative and destructive swinging-waves and impulsations, does not fight back and who triggers it himself/herself due to the symbolism of the Death Rune, and simply lets himself/herself be overrun by them and acts them out uncontrolledly.



Symbol for Tree of  
Life (Lebensbaum)

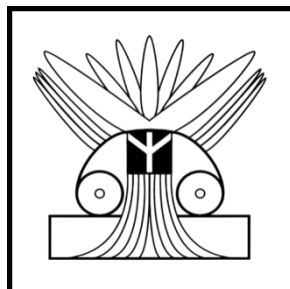
For that reason, only the correct peace symbol should be used, the symbolism of which is unconsciously absorbed, interpreted and understood by human beings as constructive, soothing, peaceful and progressive, through which he/she also builds up corresponding swinging-waves and impulsations in himself/herself, and gradually begins to act them out.

For many millions of years an ancient symbol for peace exists that likewise



is traceable to Nokodemion. Besides embodying the tree of life, this true and very old symbol for peace embodies also a flower, and it is portrayed as follows:

- The rectangle represents the grounding/ fundamental block of peace which holds together and bears the tree of peace and life.
- The black and white square represents the symbol of life and peace.
- The seven "feathers" on top are the seven consciousness forms.
- The 2 x 3 "feathers" below represent Spiritual vibrations.
- The two wheels represent the universe and Creation.



Salome Symbol for  
Peace (Frieden)

Christian | FIGU Switzerland  
Semjase Silver Star Centre | SSSC

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### **Meditation on the Symbol**

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Contemplating the symbol awakens peaceful and progressive associations in human beings and allows them to come to the surface, pointing to prosperity, growth and a rich harvest. This is simply because, by perceiving the symbol, the human being consciously becomes powerful in his/her clear understanding and reason. As a result of which he/she absorbs the archetypal information of the symbol's formal language and utilizes it in an evolutionary manner. In order to transform everything into the value of correct action, work and behaviour in this respect.

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### **Peace Meditations**

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Peace Meditations are intended to bring about a change for the better regarding the future of humanity on Earth. This works by sending out powerful and logical impulses (energies), through which a polarity is built up which is opposite to the negative 'power field' which surrounds Earth much like a huge bell and which influences the human beings and all of nature.

World Peace Mediations are carried out on a monthly basis, fulfilled on the first full weekend and the third weekend of each month, totalling 6-sessions per month [twice on Saturday's and once on Sunday's]. Each session consists of a meditation period of 20-minutes per sitting.

Anyone may freely participate in the Peace Mediations, to which all that is necessitated is the continued repeating of the below peace phrase, to which the positive-energy effect that is generated is harnessed upon use of a Peace Pyramid.

***“Salome gam nan ben Urda, gan njber asala hesporona” [Lyan]***  
***“Peace be on the Earth, and among all created-creations” [English]***

FIGU is an acronym for the German words  
**“Freie Interessengemeinschaft Universell”**

which translates to  
**“Free Community of Interests Universal”**

The mission of FIGU USA, which remains a non-profit community of free interests engaged in Spiritual Sciences and Ufological Studies, endeavours to foster true peace, freedom and the longevity of all.

By virtue of imparting to the public information for consideration, regarding the key subject matters which encompass the aforesaid objectives, may such a goal be realized and made possible. Such surrounds, but is not limited to, truths concerning Peace and its Symbol, the root of Climate Change and the unfolding's of Humanities Origin.

In essence, this may be wholly achieved via dissemination of the Creation-Energy Teaching, respectively the formerly regarded Spiritual Teaching, which touches upon the aforesaid, yet foremost bestows to mankind the Laws and Recommendations of the Creation, as given since time immemorial, which may truly aid humanity on this essential course.

*Salome (Peace) | FIGU USA*

### **- RECOMMENDED READS -**

- Might of the Thoughts
- Introduction to Meditation
- Rebirth, Life, Dying, Death and Sorrow
- The Psyche
- The Way to Live
- Arahat Athersata
- Goblet of the Truth
- Decalogue
- Dodecalogue
- About the Fluidal-Energy

**[ VISIT [US.FIGU.ORG](https://us.figu.org) FOR MORE INFORMATION ]**