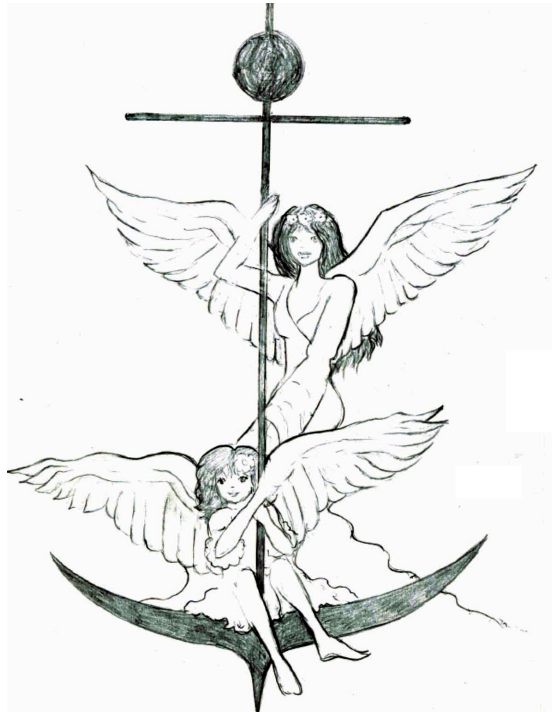


ORIGIN AND DESTINY OF MAN

Understanding Consciousness and Health



Johan Oldenkamp

Origin and Destiny of Man

Understanding Consciousness and Health

SUMMARY

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TABLE OF CONTENTS

0. Introduction.....	4
PART I. LIFE	5
PART II. CONSCIENCENESS.....	7
PART III. TIME	8
PART IV. CREATION.....	14
PART V. PURITY.....	21
PART VI. SELF-KNOWLEDGE.....	24
PART VII. HEALTH.....	25

0. Introduction

Our sciences are fragmentary. When a professor tries to connect to another field of expertise, then everybody immediately starts to attack this intruder. And even more worrying, a common basis that could tie all separate sciences together, is clearly lacking.

This book does both: it paces straight through all fences and at the same time presents a basis on which real science can be developed. This book links Physics, Mathematics, Philosophy, Astronomy, History, Biology, Geology, Archaeology, Medicine, Theology, Psychology and Psychiatry. Moreover, this book adds scientific disciplines that generally are considered unworthy for ‘real’ scientists, such as Astrology, Parapsychology and Esoteric Sciences. The new foundation for all sciences this book presents is *Energetics*. Everything is energy, and therefore every science concerns energy.

This book does even more. This book also describes to the origin and the destination of man. This book exists from seven parts, everyone dedicated to one main subject. Everyone part starts part with a summary of the chapters in that part. For an overall impression of the contents of this book, this summary only consists of read these summaries at the beginning of everyone part. The seven main subjects are life, consciousness, time, creation, purity, self-knowledge, and health. The subtitle of this book only mentions two of these seven subjects, because mentioning all would make it too long.

This first version of this summary of a book of 388 pages just gives an overview of the contents of this book. Soon, a second version will explain this content much further.

PART I. LIFE

What is our life? Many consider our life as the period between birth and death. However, our life does not stop at the death of our physical body. In addition, our (most recent) birth was neither our very first beginning. We are all immortal spirits provided with a soul. We all play the Game of Living, so we can experience everything through reincarnating in physical bodies. In this game, we also grow and remember previous lessons learnt.

Everything in the Game of Living obeys to the 13 Cosmic Laws:

1. Law of Conservation of Energy: *energy never disappears*
2. Law of Conversion of Energy: *energy always recycles*
3. Law of Polarity: *every energy has two extremes*
4. Law of Rhythmic Movement: *everything moves back and forth*
5. Law of Correspondence: *each smallest part corresponds to the essence of the whole*
6. Law of Gender: *both genders are complementary to each other*
7. Law of Expiration: *nothing lasts forever*
8. Law of Attraction: *equal attracts equal*
9. Law of Compensation: *every intention is always compensated*
10. Law of Acting: *action × intention = karmic impact*
11. Law of Cause and Consequence: *everything is a consequence of a cause*
12. Law of Karma: *everything given, will be received*
13. Law of Relativity: *everything is always relative*

During our live on the surface of Terra we have simultaneously five different bodies:

- our physical body (our 'flesh and blood')
- our astral body (partly perceivable as our aura)
- our ethereal body (for our energy transformation)
- our causal body (in which our soul lives)
- our light body (in which our spirit lives)

When we die in this life, then we leave behind our mortal physical body, and we start our (next) travel in the afterlives. Here, the Game of Living simply continues. After the death of our physical body, we still can experience, grow and remember, until we ourselves decide to reincarnate again. We are all on our own unique journey, in our own special manner and in our own personal pace, back to the Original Source from where we all originate.

PART II. CONSCIENCENESS

What is consciousness? The contents of our conscience includes everything of which we are aware. We can be aware of something that we perceive, but also of what we think or feel. Our consciousness is always the total of what we perceive, think and feel. This can differ from moment to moment.

By shifting our attention, we change the contents of our conscience. Our attention tends to behave like a jumping monkey, always paying attention to something new.

Everything what has been present in our conscience, but which we no can no longer remember, that has fallen into our sub consciousness. Stored in our sub consciousness lies everything that we ever have observed, thought or felt, both consciously and unconsciously, and both during this life and during previous lives.

In our sub consciousness we find our soul. Everything from our (distant) past lies stored in our soul. This is our immortal, long-term memory. The ancient word *psyche* means soul and does certainly not mean mind, as our so-called psychology wants us to believe. This mistranslation dates back to Sigmund Freud, one of the mayor frauds of modern 'science' together with Charles Darwin, Louis Pasteur, and Albert Einstein.

Besides our daily consciousness and our sub consciousness, we also have a super consciousness. In fact, our daily consciousness is more like an in between consciousness, exactly in the middle between our sub- and our super consciousness.

In our super consciousness, we find our personal spirit. Our spirit is directly connected with the whole of all spirits everywhere in the Cosmos. This whole of spirits is called the Cosmic Spirit or the Holy Spirit.

To understand the world of spirits, we need another understanding of time. The world of spirits, there is no time difference between past, present or future. Spiritual growing means that someone lives more and more in contact with its own spirit.

PART III. TIME

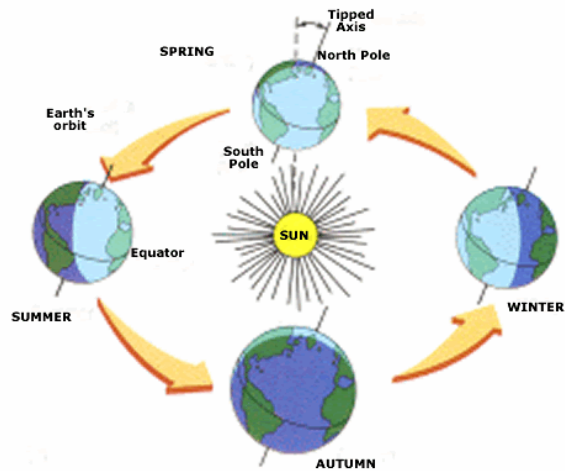
What is time? Moreover, why seems time (on our planet) to increase in speed? Our idea of time is based on the movements the planet on which surface we live. The original name of this planet is Terra. Terra is our mother planet. This is indicated also with the name Gaia, literally Mother Terra. In addition, the name Earth is used.

In our understanding of time, we can distinguish five dimensions, though most people only recognise the first two. These five dimensions of time are:

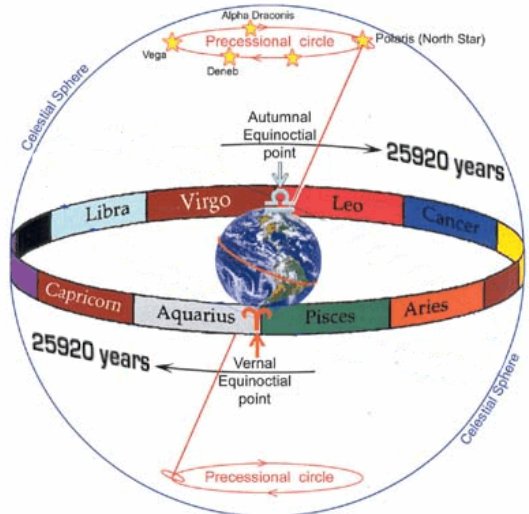
- Natural Time of Rotating
- Natural Time of Orbiting
- Natural Time of Tumbling
- Natural Time of Approaching
- Natural Time of Creating

Our mother planet Terra rotates around her axis. Relative to this rotating movement, our sun Helios stays in same position. This means that each spot on Terra's surface receives a different amount of solar light, and this amount is always increasing or decreasing. This, we call morning, afternoon, evening and night. This is our first dimension of time: the daily time or the natural time of rotating. This is our natural time rhythm of (physically) being asleep and awake. This understanding of time is based on the dynamics the relative amount of sunlight during one rotation of Terra.

Terra not only rotates, she also orbits around our sun Helios. The angle her rotation axes makes with the direction of the orbiting movement is not right. Due to this slanting angle, we experience time periods with relatively more or less warmth. This, we call spring, summer, autumn and winter. This is our second understanding of time: the time of the four seasons. For some warm-blooded animals this is also a rhythm of being asleep and awake, since these animals hibernate. The figure below shows Earth's orbit and the four seasons.



The Old Greeks used the phrase ‘Panta Rei!’ to express that everything is always moving. And this is very true. So, this means that angle of Terra’s axis also moves. This movement is shaped as an ellipse. A full elliptic movement of Terra’s axes angle last 25,920 orbits of Terra around Helios.



At this moment Terra’s axis (almost) points (in the direction we call North) to the star we call Polaris. The official name we gave to this star is Alpha Ursae Minoris. It is commonly known as the North(ern) Star or Pole Star, and sometimes Lodestar. But 12,960 years ago Terra’s axis pointed to the star we call Vega in the constellation of Lyra. In those days, the season of winter was the hottest.

This tumbling spin of Terra’s axis is called the precession of the equinoxes. This is our third understanding of time: the time of separate Aeons. This Latin word Aeon is mostly translated as ‘age’, or ‘eternity’, but it’s true meaning is a time interval related to the full circle of 25,920 years. And this is also a rhythm of sleeping and awakening, but then in a spiritual sense. Here we call this the natural time of tumbling.

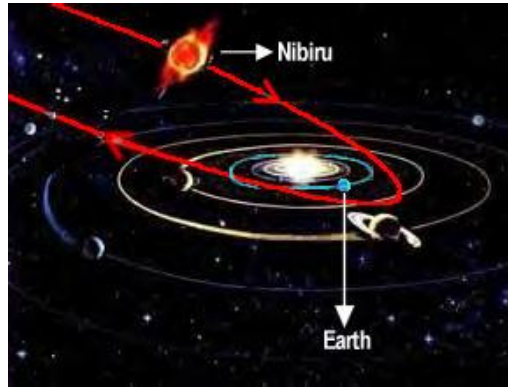
About 12,960 years the spiritual sleeping period started with the downfall of Atlantis. Now, we are experiencing the daybreak of spiritual awakening. This can be understood by the precession of the equinoxes.

In the period the historical figure of Yahushua, by many people referred to as Jesus, lived on this planet, Terra’s axis tended towards the astrological constellation of Pisces. Now, this axis almost tends towards Aquarius. By entering the Aeon of Aquarius we shift from the dark period of spiritual sleep into the light period of spiritual awakening.

The precession of the equinoxes is caused by the attracting influences of the remaining planets in our solar system. Around our sun Helios ten planets orbit, where some planets themselves are surrounded by one or more orbiting moons. Nine of these planets orbit leftwards around Helios, seen from our North. These are Mercury, Venus, Terra, Mars, Jupiter, Saturn, Uranus, Neptune and Pluto. There used to be another planet between Mars and Jupiter. All that remains of this planet, called Maldek, is an asteroid belt.

The tenth planet of our solar system orbits rightwards around Helios. One cycle of this planet equals 3600 cycles of Terra. This tenth planet is called Nibiru. The shape of the orbit of Nibiru is an

ellipse, just like Pluto's. The figure below shows a part of Nibiru's orbit.



Every time Nibiru passes by Terra, this passage of a planet with the size of Saturn has enormous influence on all life on Terra. The previous time this happened, this impact was recorded as the so-called Plaques of Egypt. All these events can easily be explained when we consider the consequences such a passage can have for life on Terra. The enormous attraction by the mass of Nibiru at the period of closest distance, will, for example, such all Terra's surface water to the side facing Nibiru. With this astrological knowledge, we could all have done what Moses did, which is arriving exactly at the right moment by the disappearing shore of the Red Sea. All these events took place between 1587 and 1580 B.C.

And two Nibiruan cycles ago, the passage of Nibiru caused the Great Flood. In the Epic of Gilgamesh, we find the oldest written capture of this global event. Much later, parts of this story served as basis for the Book of Noah. This Great Flood took place between 5187 and 5180 B.C.

Both the Great Flood and the 'Plaques' of Egypt can fully be explained by the passage of a planet with the size of Saturn. And when we look at the rhythm of these events, we can easily calculate the next arrival of Nibiru. In the period between 2013 and 2020, Nibiru will again be very close to Terra.

The passage of Nibiru is actually peanuts compared to a much larger passage our spacecraft Terra is heading towards. Once every 108 millions year our solar system pass through the photon belt originating from the central sun in the middle of our galaxy called the Milky Way.

Passing through this photon belt strongly affects each Celestine body and all life around, on or in the sphere of this body. To give an example, the heartbeat of Mother Terra, measured by the so-called Schumann resonance, used to be around seven beats per second. Since Terra has entered this photon belt, her heartbeat has speeded up to almost twice this frequency.

All planets in our solar system are transforming due to the highly powered present in the photon belt. The so-called global warming has nothing to do with the increase of greenhouse gases. The way humanity treats Mother Terra for her hospitality is horrible, but the blessing Terra and all her life forms now receive is a very different story. Al Gore does what any politician does best: professionally lying!

The forth understanding of time shows us the impact of both the passage of Nibiru and the passage through the photon belt.

The Old Greeks used two very different words to refer to the intangible phenomenon of time: *chronos* and *kairos*. Chronos refers to the mechanical or chronological aspect of time. The first four ways to understand time, as introduced above, all concern chronos.

Kairos concerns the awareness aspect of time. This is the fifth understanding of time. Awareness is directly related to the processes of creation. When we investigate the processes of creation, we start to see that Creating enables consciousness to take a quantum leap into the next level, time after time. This is exactly what is measured in the Tun calendar of Mayans, also referred to as the long count calendar. This calendar shows that all creation occurs in thirteen phases, consisting of seven days and six nights. The Book of Genesis in the Bible also writes about these seven days, but 'forgets' to mention the nights in between.

Each day phase of creation, something new is added. This period of 'light' has Yang energy. Each night phase of creation, the newly added aspects are applied. This period of 'darkness' has Yin energy.

This fifth understanding of time is the natural time of creating. In this understanding the core concepts of time, consciousness and creation are tightly connected.

Our understanding of time has therefore four extrinsic dimensions (chronos) and one intrinsic dimension (kairos). We can apply chronos understand the dynamics of time in the physical, three-dimensional reality. Through kairos we learn to connect to higher dimensions. With chronos and kairos together, we learn to understand how all these aspects of time jointly work like a Cosmic clockwork.

PART IV. CREATION

In all processes of creation, we see a fixed pattern that repeats itself with extremely high precision, time after time. In the ongoing creation of our 'world, each new occurrence of this pattern creates a higher level of consciousness. By understanding this pattern of creation, we can see the jump-style evolution of consciousness fully in line with the kairos dimension of time.

To show the cyclic nature of these patterns of creation, the Mayans used the concept of *Tun*. The length of the time period called *Tun* equals 360 rotations of Terra.

Every time again, the next occurrence of this pattern creates a higher level of consciousness, it accelerates to a creation speed twenty times as fast as before. In the first pattern of creation each day and night lasted 20^7 *Tun*, which is over 1,26 billion year. We are now (2009) in the sixth night of the eighth cycle, which takes a little shorter than one full orbit of Terra around Helios. The table below shows this increasing speed per cycle of creation.

cycle	length of each day and night per Creation cycle		
I	20^7 Tun	1,28 billion Tun	1,26 billion year
II	20^6 Tun	64 million Tun	63 million year
III	20^5 Tun	3,2 million Tun	3,15 million year
IV	20^4 Tun	160 thousand Tun	157.703 year
V	20^3 Tun	8 thousand Tun	7.885 year
VI	20^2 Tun	400 Tun	394 year
VII	20^1 Tun	20 Tun	19,7 year
VIII	20^0 Tun	1 Tun	360 days
IX	20^{-1} Tun	0,05 Tun	18 days

Every following cycle starts during the thirteenth phase of the previous one. This start of a higher cycle of creating starts nearly halfway this seventh day. When we divide this seventh day into 20 equal parts, then the exact moment of this start of the new creation cycle is at the beginning of the 13th part (as counted backwards from the end

of the seventh day). These thirteen parts form the new days and nights of the next creation cycle.

The creation of our world started more than 16.4 billion years ago with the so-called Big Bang. On Tuesday, January 5th, 1999 the eighth creation cycle, in which we are now (2009), started. And on Tuesday, March 8th, 2011, the ninth and last cycle of creation round will start. The seventh day of this last creation cycle (and therefore of all creation cycles) will finish on Friday, October 28th, 2011. Also Time has to obey the Cosmic Law of Expiration.

Cycle	Level of Consciousness	Description	Principal
IX	<i>Universal</i>	absolute equality (our Universe)	conscious co-creation (Unity)
VIII	<i>Galactic</i>	equal destination (our galaxy: Milky Way)	ethics (intuition)
VII	<i>Planetary</i>	equal influences (our planet: Terra)	power (ego)
VI	<i>National</i>	equal laws (our country)	legislation (imposed rules)
V	<i>Cultural</i>	equal habits (our region or area)	shared reasons (logic)
IV	<i>Tribal</i>	equal origin (our village, neighbourhood)	resemblances and differences
III	<i>Family</i>	genetical resemblance (our bloodline)	individual stimulus/response (thinking)
II	<i>Herd</i>	closest life forms (our parents or siblings)	collective stimulus/response
I	<i>Organic</i>	our life form (our own organism)	action/reaction

Every next cycle of creation results in a higher and broader level consciousness present in the highest evolved life forms on Terra. And a broader level consciousness means a larger understanding by these life forms of how big their world really is. All previous levels of consciousness are still present in every human being. So, by exam-

ining ourselves, we can also learn about this evolution of consciousness. The table above shows these nine levels of consciousness from the highest to the lowest level (which means the order is reversed compared to the previous table).

The first cycle of creation created organic life together with the principle that all action results in reaction (according to the Cosmic Law of Cause and Consequence). On our most basic level, we are also aware of ourselves as a living organisms. This awareness helps us to keep our physical bodies alive. At this level, our world is all about our own physical body.

In our second layer of consciousness, we are aware of ourselves as members of our 'herd'. Our herd includes the people with whom we spend most of our time, such as our parents, siblings, or our own children. This consciousness at the level of herd explains why a school of fish moves like one organism. All fish in the school react collectively, exactly at same the moment and in the same manner (*response*) to for example a movement of an attacking shark (*stimulus*). This is called the principle of collective stimulus/response. When, for example a fire suddenly breaks out in a crowded space, our consciousness drops immediately to this level of herd awareness. We then do exactly what the rest of the herd is doing. At this level, our world is all about our own herd.

The third time the pattern occurred, it created the capacity to think. The first creatures on Terra that were able to think or to reason were the hominoids such as the man-like monkeys. These life forms learned individually how the bests react (response) to, for example, a hungry tiger (stimulus). This ability to think was also used to protect and serve the own family (of blood relatives with genetic resemblance, existing of several herds). At this level, our world is all about our own blood-bond relatives.

In the fourth cycle of creation, consciousness jumped to the level of a tribe. In our present time, the village or neighbourhood we come from, is our tribe. The Homo Erectus and also the Neanderthal Man, both evolved from man-like monkeys, were created in this cycle and lived in tribes. Both species used their evolved mind to dis-

tinguish more and more resemblances and differences in their tribe-based world.

But then, during the sixth night of this cycle of creation, suddenly the Homo Sapiens arrived at the surface of Terra. How on Earth was this possible, because genetically the Homo Sapiens differs totally from both the Homo Erectus and the Neanderthals? The whole story about the so-called missing link is utterly ridiculous. The genes of the Homo Sapiens are so different from those of the Homo Erectus, that an evolutionary chain of hundred links lasting more than a hundred millions of years would still not be able to explain this. The real truth is that the Homo Sapiens were generically engineering by the Annunaki, coming from the planet of Nibiru. This first part of the history of man has been carved thousands of years ago into Sumerian clay tablets. Thanks to Zecharia Sitchin, we could re-discover this true story of our origin.

The Homo Sapiens is present on the surface of Terra for period of at least 170.000 years. But what do we really know about this period. Our official history books only tell us (al little) about the last five thousand years. So what happened in those other 165.000 years human beings are living on Earth?

In the fifth cycle of creation, resulted in the development of human culture. Now we still see that culture is related to a specific region, and commonly shared by all tribes within that area. Each culture is originally based on shared, underlying reasons for habitual behaviours or customs. All this is this present on Terra.

The first human culture was in Lemuria, also called the Land of Mu. In those days, all continents (as we know them now) were still connected Mu was in fact one very large island surrounded by what we call now the Pacific Ocean, based on the Latin name *Mare Pacificum*, meaning 'peaceful sea'.

And, later on in this fifth cycle of creation, there were the rises and falls of the culture of Atlantis (some say twice, others claim it happened three times). Also Atlantis was an island, but then much smaller, at the place where we now have the Atlantic Ocean, west of current Africa.

When our consciousness is at this fifth level, our world is all about our own culture. Humanity jumped tot this level with the rise of the culture of Lemuria. And this new consciousness developed itself into full glory during the culture of Atlantis.

The history of the events in the sixth cycle of creation is well documented. The most important result of this cycle was the birth of sovereign countries. Each nations is kept tight together through national laws. Therefore, together with separate countries, also legislation was created. People were now governed by formal rules written down in statute books.

The industrial revolution formed the starting point for the seventh cycle of creation. Technology served as a means to raise consciousness to the level of the whole planet. Every new day of this cycle of creation, communication technology upgraded to our understanding of overcoming distance. On the third day, we saw the birth of the electronic telegraph, followed by the telephone on the fourth day. On the fifth day the radio made its way into our lives, followed by the television on the sixth day. And finally, on the seventh day, the integration of internet into our home environment, brought us to the level of planetary consciousness. Since then, we have a global economy on Terra, in which all economies are more or less connected.

Together with the jump to planetary consciousness, the seventh cycle also created the rise of planetary power. Hidden structures of power joined forced and seized control over sovereign countries through the monetary system. The top of this hidden pyramid of unlawful power calls itself the Illuminati, and is dominated by 13 bloodlines. The families used the most profitable way to earn big money: war. Through manipulation and lies, they were able to create all mayor incidents and war in the last 250 years and they always finance both sides to ensure maximum returns.

These families are now so rich and powerful, that they never appear in any quote 500 overview. But bloodlines are much more difficult to hide. These lines show that nearly all presidents of the USA are blood-bond to the Illuminati, including Barrack Hoessein

Obama. And also Adolf Elizabeth Hitler, the leader of the German party of national socialism, who started a mayor war in 1939, belonged to one of the bloodlines of the Illuminati.

Due to this hidden coup, People's Representation became a sham democracy. The entire planet was contaminated by a selfish power virus. Humanity started to think, to feel and to perceive based on power. *I want to have a good life; I do not care about others. This property is mine. Everything must happen as I want it to happen.* These selfish intentions dominated the consciousness of the people in this seventh cycle of creation. And the (hidden) powers made sure that all means available were applied to lower the general level of consciousness as far as possible. They intentionally contaminated our air, water, food, healthcare, media, education, science, technology and spirituality with poison or lies.

The overture to the new millennium was also the start the eighth cycle of creation. This cycle started at Tuesday, January 5th, 1999. The purpose of this cycle is to create galactic consciousness. People who already have jumped to this level of galactic consciousness, are aware that there are many other civilizations in our neighbouring planets. We are surely not alone, neither have we ever been alone! Our so-called civilization is very primitive compared to the other 250.000 highly advanced civilizations surrounding us. Together with our neighbouring civilizations in our galaxy called the Milky Way, we share the same destination.

In order to allow our consciousness to this galactic level, we learn to recognize the origin of the hunger for power in our personality. We allow our intuition to overrule our personality. Ethics becomes our personal guide to each decision, big or small, that we may take.

At the galactic level, we no longer need formalised rules, auditors and punishers to tell us what to do or not to do. We intuitively know, feel or perceive what is ethical to us, and what is not. This is the conscious decision facing every one of us in the present cycle of creation. Do we dare to jump to the next level, or do we selfishly

continue at the current level, witnessing how others dare to upgrade their own consciousness?

For every brave human who has the courage to jump the galactic level of consciousness before March 8th, 2011, there is also ninth cycle of creation. Homo Sapiens with a galactic consciousness are referred to as Homo Galacticus, the Awakened Man. The outcome of the ninth and final cycle of creation is the Homo Universalis, the Enlightened Man. Enlightened people know, feel and perceive that all life, anywhere in the Cosmos, is one. Enlightenment also ends the imaginary duality, so dominantly present is in all lower levels of consciousness.

To learn more about some of the subjects presented in this part, visit the website www.GACU.nl, which is the the preliminary website of the Golden Age College & University. GACU aims to integrate the fascinating works of Nassim Haremein, Carl Johan Calleman, Hira Ratan Manek, Ernst Brox and others.

PART V. PURITY

Our society is virtually bankrupt. Our financial system is like a bubble that is already exploded. Our health care serves the interests of the pharmaceutical industry and results in more and more unnecessary diseases and deceased. Our mainstream news is full of lies, secrecy and distortions. Our education system is designed to brainwash and deliver uniformity, and all beautiful children with their unique talents that do not quite fit are stamped with labels such as ‘Pervasive Developmental Disorder Not Otherwise Specified’ (PDD-NOS), ‘Attention-Deficit / Hyperactivity Disorder’ (ADHD), autism, dyslexia or dyscalculia. Our sciences are fully based on misguidance, fraud and ignorance. Our technology damages and pollutes Mother Terra so increasingly that all life is seriously threatened with extinction. Our misleading religions make people scared and ensure division. We live in a sham democracy in which elected representatives only represent themselves and the interest of the powers behind the curtain.

Our air is our first need. Our air is becoming dirtier and is more and more filled of dangerous electromagnetic radiation. This radiation not only stems from every device use wireless technology, but also from high voltage cable, so-called energy-efficient lamps, microwave ovens and flat screens.

And on top of all this, toxic chemicals are intentionally sprayed in our skies. These chemtrails do not disappear like normal contrails. Contrails is short for condensation trails or vapour trails are they are visible trails of condensed water vapour made by the exhaust of aircraft engines. These chemtrails consist of toxic chemicals combined with heavy metals such as barium. These heavy metals have no function in the physical body and can be highly toxic.

The spraying with chemtrails started in the early nineties (of the previous century). The heavy metals high up in the air are charged with the radiation technology called H.A.A.R.P, which officially is an abbreviation of High Frequency Active Auroral Research Pro-

gram. This kind of ‘research’ is based on the same type of lies the Japanese use to brutally murder whales.

And we should also not forget that we dissipate oxygen by obsolete explosion-based technology. To make it even worse we cut down as much as possible the natural producers of oxygen, namely our beautiful trees.

Furthermore, our food and drinks that we buy in ordinary supermarkets are poisoned by adding harmful E numbers (with the E of Europe, because the greater the distance to the citizens, the more easy it is to pass criminal legislation).

Not only all formal systems our society is based upon are bankrupt. Our lifestyle is also bankrupt. Almost everyone is addicted to narcotic or stimulant substances such as alcohol, nicotine, caffeine, their, refined sugar and all other hard and soft drugs. But we are not there yet, because what to think sex addition, compulsive gambling, and pollution based on indifference or ignorance? Ego-tickling television programs, magazines and the latest trends, all trying to stupefy, are nothing else than further evidence of the bankruptcy of our way of life.

<i>deliberately impure from outside</i>	<i>conscious purity from within</i>	
ego	intention	intuition
money	society	civilisation
radiation & toxic	air	oxygen
polluted	water	alive
detrimental	food	nutrients
diseases	health	inner balance
manipulation	news	truthful
brainwash	education	self discovery
nuisance	sound	432 Hz
sham democracy	parliament	public interest
fraud	science	truth
pollution	technology	sustainable
religion	spirituality	Unconditional Love

When we analyse all this, we can only reach one conclusion: money corrupted everything and almost everyone. The table above shows 13 key issues that are clearly impure in our current society. It is up to us to make each issue pure again. This can only be from within, based on our intuition. And it also requires honest and open cooperation. Egos have no role to play in this major operation.

The 13 key issues are listed above in the middle column. Each row shows, in fact, both extremes of these issues: deliberately impure from the outside (left-hand side) and conscious purity from within (right-hand side).

PART VI. SELF-KNOWLEDGE

Above the entrance of the temple of the Oracle of Delphi, the Ancient Greeks wrote: *Gnoti Se Auton*. In old English, we have translated this as 'Know Thyself'. But how well do we really know ourselves?

When we know ourselves better, then we discovered that we have a lower and a higher self. Our lower self helps us to live in the three-dimensional reality. In all higher dimensions, this lower self is completely inadequate.

Anyone who wants to grow spiritually, and to explore the higher dimensions, first of all learns to distinguish between the lower and higher self. The lower self is our personality. Our personality is our personal way to think, to feel and to perceive. We learn to know about our personality by recognize recurring patterns. Our usual ways of perceiving, thinking and feeling shows a fixed pattern, if we dare to investigate ourselves that close. When we start to recognize these patterns, then we know that it originates from our personality. We do not have to blindly obey our mortal personality. We always have a choice! We are always fully responsible for everything in our lives. Blaming others, the circumstances or even our personality is pathetic and proof of our weakness.

Our higher self is the domain of our immortal, super consciousness. Our higher self is also called our spirit, our true nature or our energetic essence. This book used character to refer to our super consciousness. We learn to recognize our character through the energies that dominated at the time of our physical birth.

PART VII. HEALTH

No (Western) doctor can tell what health is. Their education and practice is all about disease. They have only learned how to suppress diseases, preferably with pharmaceuticals. The pharmaceutical industry made substantial financial contributions to science, education and practice. In return, everything was labelled as 'medical' referring to the pharmaceutically produced 'medicine'.

For 144 years, the pharmacy has taken full control over our so-called health care. Our government values money over health or anything else, so that silently sold out our health to the pharmaceutical mafia. Also our doctors value their money over our health, so the pharmaceutical mafia was more than happy to bribe our doctors with *our* money.

The pharmacy produces xenobiotic substances. These xenobiotic substances disrupt the self-healing power of our physical body. And in some cases, they damage this ability irreversibly. Everyday again, people are dying by poisoning through unforeseen interactions between these xenobiotic substances. Our doctors then just quickly write down that there was a natural death. If this is not murder, then it is surely manslaughter.

Anyone who wants to become healthier and remain healthy, is strongly advised to never allow medical treatment that is not fully understood and acceptable. We need to take back full responsibility for our own health. We deepen our own understanding of health and we always first want to know the underlying root causes of any loss of health. To facilitate this self health management, a new field of science called Salveology has been developed. Salveology is the integrated science of living in full health.

Salveology teaches us that health is always a result of an internal review of three separate systems. These systems form the three pillars on which our health is based. These are the *energetic*, the *emotional* and the *elementary* core pillar of health.

The *elementary* core pillar is all about the physical aspects of our health. It deals with the level of individual cells all the way up to the functioning of our organs and muscles.

The *energetic* core pillar is all about the energies we need to stay alive. Different names are used all over Terra to address these life energies, such as chi (China), ki (Japan) or prana (India). This pillar deals with the transformation and distribution of these life energies.

The *emotional* core pillar connects the energetic pillar with the elementary pillar. Hormones and enzymes are used to allow both pillars to communicate.

Salveology can be seen as a collection, a structuring and a further development the most successful health practices from India, China, Japan and the West, such as the Ayurveda, the Traditional Chinese Medicine, Jin Shin Jyutsu and Osteopathy.

The novelty of Salveology is that the relationship between body, mind and feeling is not only identified, but also explained. This knowledge is nowhere else on Terra available in such a coherently grouped, organized and developed way.

To learn more about Salveology visit www.Salveology.org.