

## *Table of Contents*

Preface .....	17
---------------	----

Foreword .....	21
----------------	----

### PART 1

The Human Being as an Energy Field of  
the Spirit—The Right Way of Life to Stay Healthy  
and Spiritually Active

The positive or negative programming in the morning is decisive .....	25
--	----

The spiritually knowing, positively attuned person .....	40
---	----

The law and impact of the holy, divine ether powers .....	50
--	----

The willfulness of the fallen spirit beings led to the condensation of matter, to the human beings with their illnesses and blows of fate .....	59
---	----

Lawful thoughts and actions lead back into the energy field of the divine Spirit .....	63
---	----

The unfoldment of the “God-man” via the purification of the soul and the expansion of the ether body.....	71
Blessedness and well-being by the power of thoughts .....	76
The spiritual forces are also healing forces that every human being can request .....	81
The correct use of the divine ether powers that permeate all life forms .....	84
All that is condensed must be transformed .....	89
Those who want to enter the Kingdom of God have to bring heaven with them .....	93
The effects of negative thoughts and human conceptions .....	96
The reaction of the body cells to negative thoughts and medications .....	100
Negative effects caused by the exploitation of the Earth and by technical achievements .....	103
Patience, persistence and devotion in prayer for healing .....	106

The knowing person can make use of the constructive odic forces of all life forms .....	113
Many radiations influence the energy fields of human beings .....	118
Dead food and the heavenly elixir of life .....	122
The law of cause and effect .....	125
Killing and consuming animals leads to soul burdens .....	128
Incorrect preparation and usage of farmland .....	133
Animal foods develop sensuality, a hard heart and brutality in human beings .....	136
Prayer releases energies—Fanaticism causes harm .....	140
Self-chastisement does not dissolve cravings— Repression and its incalculable consequences for the soul .....	142
What vibrations adhere to animal products and to organic foods? .....	145

Humankind is annihilating itself .....	152
The human being can regain health only by abiding by the laws of the Lord, also with regard to the plant and animal kingdoms .....	154
Thoughtlessly treated natural products reduce their energy-giving qualities .....	157
Especially high ether powers at sunrise are active for human beings and for the harvest .....	161
How can the vibration of “auxiliary food” be built up? .....	163
The heart prayer and its actualization is the highest dispenser of energy .....	165
The meaning of the instruction “Subdue the Earth” and of the spiritual law “Like attracts like” .....	166
Ether power as nourishment instead of the satisfaction of the lusts of the palate .....	168
Illnesses, physical and spiritual death as the result of wrong thinking and acting .....	170

## PART 2

### The Spiritual Vegetarian—Self-Healing of Various Illnesses

#### Structure and function of the ether body—

The soul and the physical body ..... 173

What is a spiritual vegetarian? ..... 177

Conduct with headaches. Possible causes of this complaint ..... 179

Relief of tension and pain through meditation ..... 190

Patience and persistent devotion to God are decisive for success ..... 195

The human being should consciously turn to the strengthening ether powers early in the morning ..... 199

The healing ether powers in dew ..... 201

The alignment with the magnetic currents of the Earth—A support for the sick or weak organism ..... 204

Beneficial effects of water veins and the crossing of water veins ..... 209

How can people who possess special spiritual abilities, for instance, dowzers, be tested? .....	211
Healing meditation for brain tumors and mental retardation. Pointers for the absorption of the Earth's magnetic currents with brain injury, epilepsy and the like .....	213
Invocation of the ether powers during headaches, migraines and brain disorders .....	217
The surrender solely to the will of God is necessary—Dangers involved with invoking the Spirit power .....	218
Illnesses in your head can be relieved or healed by activating the sixth consciousness center .....	220
Prerequisites for the effectiveness of the healing ether powers in a person .....	224
The ether tree in the human being supplies all the organs of the body with the holy ether power—Significance of the seven consciousness centers .....	226
Increased activity of the ether powers by way of self-analysis and refinement .....	235

Healing meditation and healing exercises .....	237
Directions for activating the fifth consciousness center. Toothaches, festering tonsils, illnesses of the respiratory organs .....	242
Praise the cells of your body—the life force in them will increase .....	247
Finishing the healing meditation—Subsequent thoughts and actions .....	249
The correct use of medicines and medicinal herbs .....	251
The life is in the herbs—The ether power is the best remedy.....	254
The various effects of the sun's radiation .....	256
About the thyroid gland and its treatment .....	263
Get to know the anatomy of your soul body and activate the consciousness centers .....	267
Further instructions for activating the fifth consciousness center. Larynx, vocal cords, breathing .....	273

About the fourth center of consciousness .....	279
Further instructions for activating the fourth center of consciousness. Heart and circulatory problems .....	283
There is no illness in the domain of the Spirit. Fear and worries open the door wide for illness ...	286
Instructions for illnesses of the lungs. Rules for a short and an extended meditation .....	289
Composure—An upright posture— Physical exercises .....	298
The second and third consciousness centers .....	301
The spiritual treatment of the spinal column .....	305
Your digestive organ, the stomach, also obeys the third consciousness center .....	309
Changing our thinking and practicing our way into a God-conscious, positive way of thinking and acting .....	316
Spheres of purification and incarnations—Their significance for the development of the soul .....	324



An operation—A turning point and opportunity in the life of a human being .....	330
Your fate lies in your hands .....	334
Conduct before surgery .....	336
The first consciousness center: The coccyx area ...	344
Summary of the wisdom vital for healing body and soul .....	357
Daily preparation of the soul in the morning .....	360
How can I keep my soul and body in harmony? ...	363

### PART 3

#### Further Instructions and Recommendations Concerning Certain Illnesses

Increased performance and equilibrium by positively charging the magnetic field .....	366
Conduct when feeling fatigue, depression and loss of energy.....	368
The frequencies of ocean waves increase the vitality of the body and the life forces of the soul .....	370

Why older people like to feed birds .....	371
General indications for the illness of cancer .....	371
The healing effects of rye and wheat fields .....	373
The ether powers of various kinds of moss and of forest grass .....	375
Cleansing the body should also take place from within .....	376
Advice for scrofula and psoriasis .....	377
Ulcers, wounds and burns .....	379

## PART 4

The Various Fragrances and Their Effects .....	380
---	-----

## PART 5

The Significance of Colors and Sounds and Their Effects on the Soul and the Person .....	384
--	-----

## PART 6

To Attain Spiritual Evolution, a Life According  
to the Laws of the Lord Is Necessary—

Summary of the most important laws of God  
revealed in this book ..... 418

Every soul must complete the seven basic levels  
of the Spirit ..... 421

Order ..... 423

Will ..... 426

Wisdom ..... 429

Earnestness ..... 431

Patience ..... 433

Love ..... 434

Mercy ..... 436

Schematic Drawings of the  
Consciousness Centers ..... 441

Index of Herbs and their Latin Nomenclature ..... 444

Recommended Reading..... 447