



The Peace Meditation

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The Peace Meditation

By: Christian Frehner

Date: June 26th 2005

**SALOME GAM NAN BEN URDA,
Peace be upon the Earth,
GAN NJBER ASALA HESPORONA!
and among all created creations!**

Introduction

In spring 1984, the FIGU members in Switzerland began with the so-called PEACE MEDITATION. Organized by our extraterrestrial friends, the Plejaren, this peace meditation was 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, 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. Over several centuries, this negative power field has been (that is to say, is) built up by the human beings by means of religious-sectarian and extremist thinking that is out of the control of the good human nature. Therefore, the idea was to send out – with the help of more than 3.5 thousand-million from the Plejaren Federation, via a telemeter disk hovering high above the Semjase Silver-Star-Center and by means of some other devices – powerful 'counter impulses' on Earth; with obvious success as it has turned out in the meantime. Regarding this, the further three excerpts from contact reports with Ptaah and Semjase, which can be found further down, shall provide some explanations and background information.

Since the terrestrial humankind is primarily responsible for its own state as well as for that of the planet, for better or for worse, and accordingly also for a healing process, we call upon all rational and responsible human beings to participate in FIGU's Peace Meditation. The more human beings become involved, the greater and more mightful will be the positive-neutral power! – Although we do not wish to cause any anxiety: the threat of a fourth global conflagration and other bad happenings has not been averted by a long stretch! Therefore, for a long time to come further big efforts are required in this regard, until one day in the distant future, the terrestrial humankind in its entirety thinks and acts along more peaceful lines. Since every turn for the better (or worse) is always only worked out by the decisions and efforts of individual human beings, the leitmotif for rationally thinking individuals must be not to sit back and do nothing and not to allow themselves to be pushed like sheep by the herd instinct of the masses, rather to form and direct their own destiny for themselves.



Therefore, anyone who lives by the maxim, “devil-may-care” – which shows low intelligence and hostility towards human beings – and not according to the maxim, “live and help live”, is given a piece of advice for life, namely that rebirth (reincarnation) is not merely a speculative, philosophical theory, but a fact verifiable through logic. Every human being will repeatedly incarnate on Earth as a new personality (regardless of whether one wants to accept this or not), and at that time he/she will find exactly the type of world he or she has helped to shape in the past – no matter whether it was done actively or passively, destructively, or constructively.

The Peace Meditation in Practical Terms

Who can participate?

Every human being, who possesses a clear material consciousness (no drugs; no alcohol; no severe mental/psychical illness that impairs the consciousness) can participate.

It is very important that an absolute voluntariness prevails regarding the participation in the peace meditation. Therefore, it must not be prescribed to a child, for example.

From what age can one participate?

As soon as a child is intellectually able to understand and comprehend the issues (but as mentioned, only if it is voluntary and his/her own initiative).

What is the schedule of the peace meditation?

The peace meditation always lasts for 20 minutes and takes place on the 1st (decisive is the first Saturday) and the 3rd weekend of the month, namely

on Saturdays at 6:30 and 8 pm CET (normal time)

that is to say, 7:30 and 9 pm CEST (summer time)

on Sundays at 8 pm CET (normal time)

that is to say, 9 pm CEST (summer time).

Milliarde: On August 22nd 2011 it was decided with Billy, not to use ‘Trillion’ for the German term ‘Billion’ and not to use ‘Billion’ for the German term ‘Milliarde’ as it can lead to confusion. Therefore, the German term ‘Milliarde’ (1000-million) should be translated at ‘Thousand-Million’

Original Source: https://shop.figu.org/sites/default/files/Die_Friedensmeditation_lp_0.pdf

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