

# Toward the Truth

A Collaborative Resource to Support and Connect Those who Study the  
Spiritual Teaching

## Castles in the Air

By Nell Arnaud

We all remember being in grade school and hearing the teacher call on another student or perhaps even ourselves to say something like this, “OK, Johnny, stop daydreaming! Rather than looking out the window, please pay attention to the lesson!” Even though it’s important to be fully attentive to our studies, there’s something to be said about the importance and value of daydreaming and how this actually contributes to self-healing.

When I visited Schmidruti in 2009, I had an opportunity to talk with Billy briefly about a personal difficulty in my life. Billy responded with these simple words, “Castles in the air.” I said, “I don’t understand.” He told me that I needed to spend time daydreaming and that this would heal the subconsciousness and help manage the difficulties in my life. Billy also went on to say that the times in his life that were the most difficult is when he wrote children’s books.

At the time, I couldn’t imagine how such a simple suggestion would be helpful. Then I found the text in his book, *Die Psyche* that elaborated on Billy’s advice. Below is an unofficial translation taken from this book. The FIGU Canada group, our neighbors to the north, are in the process of translating *Die Psyche* into English with plans to release the book sometime this year in 2012. We can all look forward to that!

I have a sister named Yvonne, and she is an Interior Designer in the Seattle area. Yvonne is usually a very happy, up-beat person, a hard worker and very successful in her work. In the past year and a half, I’ve watched her become depressed due to personal problems, the economic climate created fear in people resulting in lower sales at her work, and she talked about her own mortality in a tone of hopelessness as I’ve never seen in her before.

She asked me for advice and I sent to her the translation written below. She began doing the process of proactively daydreaming and especially whenever a negative thought entered her mind. Within 7 days, I began to feel like I was getting my sister back. Her mood became upbeat again, and she’s even beginning to increase sales at her work, in spite of the current economy. Yvonne found this simple process to be so helpful, she said she doesn’t let a day go by without setting time aside for conscious daydreaming.

### from *Die Psyche* by Billy Meier

Die Drie goldenen Regeln (The Three Golden Rules)

Pages 85-88

1. From Childhood on, everyone has a daydream; a daydream creation existing in his fantasy of something he likes to dream or has had dreams of, which he would like to become real at some time. A daydream can be of anything one finds good, beautiful, sweet and nice. It can be a daydream, which can become a reality or simply represents a creation of fantasy for all times. A daydream is much better if it can become a reality. If you forget your daydream, than you can make up a new one, a new daydream in which one can get lost in fantasy.

In order to learn neutral-positive thinking, it is simply necessary to turn to the daydream, old or new, and get lost in it with great fantasy, mainly, each time negative thoughts start to influence the thinking. When thoughts of worry or sadness begin to weigh down the normal positive thinking, to influence it and to torment it, remember to dream. It is also advisable to lose oneself in a daydream as much of the time as possible because then one is not overburdened with thoughts of sorrow and sadness.

It is permissible to let ones thoughts ride along the most fanciful ways in one's daydreams, build gigantic castles in the air and become lost in all that gives pleasure to the senses; fortune, love, beauty, understanding and everything which gives a life to the heart and emotions. Fantasy has no limit for this, and no attempt should be made to curb it. However, be watchful and reach for the daydream immediately when even the smallest negative thought tries to break out of the subconscious.

All beginning is very difficult and so is the learning of neutral positive thinking. In the beginning it will take extreme effort to concentrate on the daydream because the negative world of thoughts constantly shoots it's moral tainting arrows. The subconsciousness continually tries to push the prevailing negative thought matter into the foreground, which makes it very difficult to achieve concentration on a daydream. Nevertheless, over and over again, every thought must be directed to the daydream, until the negative forward movement of the subconsciousness slowly relaxes and in the end disappears entirely and leaves the upper-hand and leaves the domination to the positive thinking. Under certain circumstances this procedure can take only a few minutes, or, depending on the severity of the case, even several months. Therefore, it follows that the patient must keep practicing because, in the first place, no man is born a master of his craft, and in the second, the Spiritual strength varies from person to person.

2. One should always wear a sure smile, just as the Chinese have taught, even if the atmosphere is sad and depressing. There is no question that right at the beginning the whole temperament could be all smiles because, since the frame of mind is opposed to it, it is impossible. At the start the smiling is only on the outside and in the course of time, develops into a habit, while sooner or later, it promotes the positive way of thinking. The external settles on the internal also, therefore a sad and depressing feeling unavoidably produces sad and depressing thoughts while a smiling and happy face promotes smiling and happy thoughts.

3. At all times the head should be held high, straight and erect. While speaking to another the eyes should look fully into the eyes of the other. The entire surroundings, articles, animals, people, plants, all of nature, and everything else ought be accurately observed and inspected. Everything must be realized very precisely, every detail. Letting one's head hang low and casting one's eyes down must be avoided. Only a determined realization of the world around is of advantage because in this way impressions are collected and positive thought processes are amassed and stimulated.

It cannot fail that when these golden rules are followed intensively and constantly, in a very short time first results and realizations are achieved and by then the first big step is taken toward self-healing. However, the first result should not lead to the interruption of this hard work because it must be continued for as long as it takes until the thinking has accepted the final form of the balanced positive power as absolute. This being so, the worst catastrophe will never be able to damage or even oppress a human being so built up and invigorated Spiritually.

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During the first 3 days that a patient starts to think of a daydream he will experience hell. This is because the subconsciousness constantly nags and foams with rage and does not want the daydream to surface. But it will be better after 3 days, if one again and again reaches for the daydream with intensity. Between the third and seventh day, it is guaranteed that the first results will show up somewhere and somehow, if one carries out this teaching with intensity and endurance. With each person the results will be different because everyone thinks and feels individually. This is why it cannot be stated at the outset how and where the first results will be.

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## MEMBER SPOTLIGHT-KEVIN PIGFORD



I am a native of Dayton, Ohio, U.S. I have always questioned the reason for my existence. After graduating college in 1985, I moved to Phoenix, Arizona to find work. Two years later, I moved to the San Francisco Bay Area where I became involved with the New Age movement. At that time I discovered that all religions are false, to my relief. However, I was still unsatisfied with the fantastical explanations provided by the New Age community about Spirituality. In 1990, dissatisfied with my life in San Francisco, I disposed of all my belongings and left for London with the intention of traveling as long as I could. I had hoped my

final destination would be Tibet, as my plan was to study with the monks to find enlightenment.

A month after my arrival I had only traveled as far as Ios, a Greek Island. At that point I was out of money. I then returned to England where I worked for two months to earn enough money to move back to San Francisco. My quest for enlightenment was over after three months.

After I returned to San Francisco, I faced many hardships and personal struggles, which eventually forced me to return home to Dayton in 1998. In 2005, I heard my first Michael Horn interview about Billy Meier. Initially my interest in the Meier material was only for the prophetic information as it coincided with what I had envisioned for the future. As I continued to study my interest in the material broadened.

In 2008 I became permanently disabled due to health issues. For the past two years the Meier material has been my primary interest. My goal is to increase my personal knowledge and awareness of the Truth for my own evolution and thereby spread the Truth to others in accordance with the mission.

### **Telling the world about it?**

By Patrick McKnight

Thursday, January 19, 2012 8:53 AM

As a new member of a group, which you have finally decided can provide you with the direction and resources to discovering the truth you have spent your life looking for, you now want to share it with the whole world so they can feel as happy as you do. In your enthusiasm to share your wonderful findings you tell your family, your close friends, your distant friends, strangers. This is the wrong thing to do.....

Your life's journey has led you to this point, being the person that you are based on all your past life's experiences. At the time each of these experiences occurred you may have deemed them good or bad based on how you felt at the time but in fact each was a learning experience that has brought you to this point and have all made you who/what you are. All your experiences can no longer be classified as good or bad since they have resulted in the core of present person you know yourself to be, without all of them you would be a different person. No one else has been through all these experiences quite the way you have and the sum of them define who you are now. Each experience refining you a little more and answering some, but also opening up new, questions about your purpose in life continually seeking the truth from some source you are hoping is out there for you to discover. Then it happens, you find it, the truth finally!

Every human has the right to find their truth on their own in the process that is right only for them, when they are ready and start searching for themselves.

This is the time those seeking the truth will find us. And they will ask questions they are ready to ask. That is when you can share your answers to their questions, no more and no less. When they ask a question don't dump all your answers on them. Listen to their question and hear what they are asking. Those are the only answers you should be sharing with them as they are presently ready to accept them. They will ask more when they are ready to hear more and will only grow at their own rate not the rate you choose to feed them or they may choke on it.

Give every human the opportunity to grow at the rate they choose to grow, the same right you had the opportunity to experience at your own rate.

Anything outside of this is what is considered proselytizing (Proselytizing is the act of attempting to convert people to another opinion). Attempting to force-feed someone with something or too much of something before they begin looking for it for themselves will only choke them and drive them away. Any attempts to change their opinion (including one of no opinion) are only doomed to failure. Just think how you would act in the face of such attempts made on you. Again when they are ready they will ask. Be sure to listen closely to what they ask and only give them the truthful answer they are seeking at that time. If you don't have an answer you KNOW to be truthful refer them to someone that might. Don't just feed them with something that might be true. That would only drive them away from ever asking again when they realize what you have told them is not the truth, destroying any trust that may have been shared.

You as a member have a responsibility to follow these guidelines as anything you say will reflect on the rest of your group and the damage you may cause will not only result in loss of trust for the entire group but more importantly the loss of one personality that may not seek answers about the truth from you OR your group again in this lifetime. Would you want to be responsible for this type of damage? Please be careful, sure and knowing of the truthful information you share when asked. If you aren't sure don't share it until you have researched it fully and know it to be the truth, don't just believe it to be true. There is a big difference. Otherwise refer the question to someone that can provide a truthful knowing answer (this is probably the hardest thing for most to humans to do, due to ego and believing they have all the answers). That is what being part of the group is all about, we are here to support you.

The most vulnerable of these individuals seeking the truth are our new members. We are most knowledgeable as a group but very few of us have the real knowledge of the truth as taught in the spiritual teaching lessons. The only members that have actually studied the spiritual teaching lessons are FIGU Passive members that have requested to take the course from FIGU and are receiving, translating, studying and understanding them (12 per year) on their own as it is a requirement that these never be shared with anyone else and must be completely worked by themselves. The group does contain members that are taking the spiritual teaching lessons as well as FIGU English Forum moderators that are additional resources to us as a group. Don't be afraid to tap into your most valuable resource, the group, when you feel your answers are not the ones someone is asking you for.

## An initial assessment of the Munds Park, Arizona area Part 2 By Michael Helfert



Taken from the same scenic overlook along the highway, a few days after a snow storm

(continued from last issue)

One week later I again drove up to the Munds Park area after having given the snow several days to melt off. Snow covered the ground at 5000 feet AMSL; Camp Verde was unaffected. The scenery was simply beautiful, as serene as a grand snow covered landscape can be.

The general vibes and cultures of Flagstaff and Phoenix substantially differ. Whereas Phoenix is a sprawling modern metropolitan conglomerate nearly the size of Holland, with a culture similar to nearby Los Angeles, Flagstaff is a smaller town of 65,000 people that maintains its local flavor. It hosts a regionally respected university, Northern Arizona University, with an associated funky college town element, which values arts and the environment.

If other areas of Arizona are any indication, Flagstaff has enormous growth potential: it is sited on the intersection of two interstate highways and one of the nation's major railroad arteries, though the city's airport is still quaintly small. One can find pockets of serenity in outlying areas: Arizona's most popular ski resort cascades down the side of a 12,000 foot tall volcano just north of town, and the magnificent Grand Canyon is a short distance (by Western measures). Flagstaff is a very nice small Arizona town



Humphrey's Peak rises over Northern Arizona University

Munds Park is a small, unincorporated community of approximately 1500 full-time residents and 3000 homes lying along Interstate Highway 17 approximately 20 miles south of Flagstaff and 120 miles north of Phoenix.

(continued on page 6)

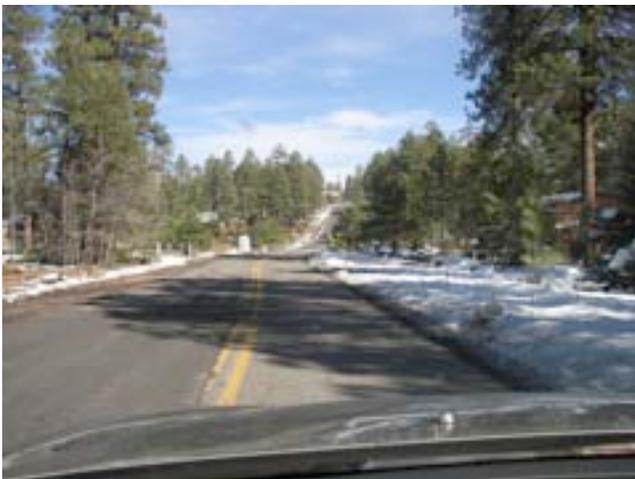
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### Newsletter Subscriptions

The newsletter subscription price of \$16 covers the cost of four issues. If you have received four issues and would like to renew your subscription (we hope you will!), please contact Brenda Winkler at [brenda.winkler@towardthetruth.org](mailto:brenda.winkler@towardthetruth.org) for subscription information.

The little community is currently undergoing expansion of its Interstate highway access— it would seem that Munds Park is expecting to grow. The community is comprised mostly of small lots and cabins developed in association with an adjacent regional golf course. The small parcel sizes available (generally < 1 acre lots) do not easily lend themselves to building a single cohesive community for FIGU, but a diffuse community approach may be viable. Looking around the greater region that surrounds Munds Park, there are few undeveloped larger parcels. Northern Arizona has definitely been discovered by developers and would-be land profiteers.

For the most part, the community is quiet. Highway noises do not intrude, helped in part by all the pine trees that grow in Munds Park. It has a small lake (Lake O'Dell) with a public buffer. The private golf course, Pinewood Country Club, is surrounded by homes. Community businesses include a gas station, two restaurants, a fire station, a school, a small hotel, several realtors, an RV park, and a number of home-owned businesses. The local church plays a significant role in this community as a community center. Both condos and homes are available in Munds Park, with just a few parcels remaining undeveloped. In the summertime, many properties are rented to people escaping the Phoenix heat for a weekend.



Cabins line the main street of Munds Park

While Munds Park does not easily present itself as a place to develop an interplanetary community, it does have a very nice sense of place. It is a peaceful neighborhood. The lot sizes lend themselves to single houses. Any disperse and impromptu community would still need a community center, around which houses would be scattered in the neighborhood. However, a community developed within the framework of Munds Park itself would lack what I consider vital opportunities for growth. For instance, it would not be possible to start a new school in Munds Park that might evolve into a small university over time.

Instead, Munds Park might best represent an area where people who are not part of a core group but would like to be in the immediate vicinity could move to, to test waters of community living and learn more about what FIGU would come to represent. While the opportunities for redeveloping Foxboro Ranch Estates as a separate, cohesive community are easy to envision, the same cannot be said for Munds Park.

Overall, I have enjoyed viewing the Munds Park area and considering our options for building a community there. The vibe of the place was pleasant and serene, while still lively and progressive, as well as not so far-out as the hype over Sedona. I think that the neighborhood would make a fine stepping stone to further a nearby community development project such as



Looking across the Mogollon Rim

Thank you for your time and consideration. I hope that we will continue to build a community together, one that serves everyone's purposes, both short term and long.

J Nov. 13, 2011

## Education – or what is it and why is it only associated with children?

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Written by Nicolas Weis, Luxembourg - 24.01.2012  
Further additions by Catherine Mossman, FIGU-Landesgruppe  
Canada - 25.01.2012

### 1. Education on a personal and individual level

1.  
In our civilization, it has become known that education plays an important role. However this importance has lessened in value during the last 50 years, due to a shift in values which focuses more on material wealth and pleasures of all sorts and especially on the wrong value that “doing nothing” and idleness, is a way of relaxing and that it diverts us from the hard work we do. The old proverb holds true: “Idleness is the beginning of all vice” or “The devil finds work for idle hands”. Another factor is that our economy is shaped now in such a manner, with enormous debts, a social system that suffers from this, that some persons have to take two or even three jobs to sustain their household and with it, education goes in a downward spiral. If we want to have a look at what education really is, we have to start from the beginning.

If we look at the definition on Wikipedia about education we can read the following:

„Education in the general sense is any act or [experience](#) that has a formative effect on the [mind](#), [character](#), or physical ability of an individual. In its technical sense, education is the process by which society deliberately transmits its accumulated [knowledge](#), [skills](#), and [values](#) from one generation to another. Education can also be defined as the process of becoming an educated person.[1] An educated person refers to a person that has access to optimal states of mind regardless of the situation they are in.[2] That person is able to perceive accurately, think clearly and act effectively to achieve self-selected goals and aspirations.[3]”

At first glance it is mainly about transferring knowledge, skills and values to our children or others. However, it is so much more and an algorithm that encompasses not only material life, but also the immaterial cycles.

A new person is born. The new personality incarnates in a new body with the spirit form. The new personality is like a blank paper, but where there is already written something on it, with “invisible ink” which represents the “essence” gathered from all the lives before. In the absolute best case for a person, education should overwrite this invisible ink, letter by letter so that the dark ink and the invisible ink are overlaying, as fast as possible. In other words, the invisible ink has to be made visible through education again as fast as possible, so that the new consciousness can start to gather new knowledge and thus evolve.

In a contact block Ptaah, the JHWH still responsible for our planet, who is in contact with <Billy> Eduard Albert Meier (BEAM), said that the humans from earth, stop learning at the age of 25. This is a pertinent sentence as “learning” is not only about gathering information and “knowledge” but it is about “self-education” and “education” through others. It is about mastering every life situation. The main goal in evolution is to work on values like “love”,

“discipline”, “*Mitgefühl*”, “Ethical values” ect. and not on mere numbers or “scientific knowledge”. This knowledge is only important to heighten our “*Gehirnquotient*” (brain quotient). So the majority stops learning at the age of 25. If we look at our lives we see that school or university continues until the age of 25 approximately. At this period it is said that the children are adults and “mature” enough to handle life alone. The parents stop educating and the “grown up” children think they now know enough and that they are smart enough, saw everything that is to see in life, or that they can stop learning and educating themselves. This truth can be seen and experienced in daily life, for example if one sees adults behaving like children. In this context I do not mean the good and the positive aptitude of children to explore their surroundings like scientists, without biases or preconceived opinions, but the lack of development of their reason, their common sense and their ethical and moral values. A good example is our politicians. There are always exceptions of course, but the last time I saw the German parliament on TV, as they were sitting there, their attitude and their speeches made me strongly remember my classes with 16 year olds. Even their nice and expensive suits and ties could not alter this impression...

So we grow biologically “old” but our consciousness often stays only at the state of only one or two sentences more than was written with the invisible ink. This lack of education leads to a very slow evolution of the individual.

If we look at it precisely we can see that “education” is everywhere at any time. We educate ourselves often indirectly through doing mistakes and correcting them. We are educated by others who open our eyes for the mistakes we do. We are educated through nature when getting the consequences of the law of “cause and effect”. Thus the sentence from <Billy> Eduard Meier which says that education is “*the non plus ultra*” as it is written in the Book “*Erziehung der Kinder, Jugendlichen und Erwachsenen*” from BEAM, is absolutely true.

### 2. Education on the level of society and the earth population

If we look at the schools in Europe it can be seen that those children entering pre-high school or high school already have a huge lack of education which implies the simplest rules and the lack of simple moral values like “respect”, “tolerance”, “*Mitgefühl*”, “the thirst for knowledge”, “love”, “empathy”, ect. We have to be careful with the word “Empathy”, it can be used for the bad as well as for the good. “Empathy” is only the capacity to “feel with the other person”. Like anthropologists observed in a tropical forest (do not recall the article anymore), great apes tortured each other, so in other words they tortured because they “knew” or “felt” that the other ape suffered through it. “Empathy” on the other hand lets us also “feel” the happiness of others and this feeling also rewards us, because it also automatically creates neutral-positive thoughts that have again a positive effect on our psyche. “Empathy” is thus a tool that should be

used for ethical and moral positive values and not for bad and degenerate actions. Education should teach us the benefits of using our “Empathy” for the good and not the bad.

Like it is already in many Brazilian public schools today, where

teachers get harassed with weapons, knives and the one or the other gets killed by their students, it will become in Europe one day, because of this lack of education, self-education and social care, if nothing is done to the current situation. Treating the children like pets, giving them all they want without asking for an effort, or seeing them as a social status or an accessory, is wrong and degenerate. Without educating them to self-responsibility, or that in life “Nothing is for free”, as my father used to say, and that they have to work to actually have success and a good life, gets lost in our world of consumerism. We not only want to consume resources, TV, radio, cars and houses, but also information and education without having to do any effort for it. This irrational logic, leads to a mere societal bubble, where a small needle is enough, to make the whole system collapse. The fact that during the big earthquakes in Haiti and Italy whole gangs rioted through the streets and stole what they could, or raped women, or that some criminal organizations used the situation to steal children and sell them on the pedophilia marked as sex slaves, shows that “a needle” that could destroy the bubble, could be a severe earthquake.

Also because the learning process stops with many at the age of 25 or sometimes even before, there is no good education for the next generations either. Imagine still being an apprentice and wanting to teach what you do to someone else. You could never explain it in such a way and also apply it in a good enough manner to teach the other person this, so that that person actually could use it by himself later. As I explained in paragraph 1 this snowball effect leads to “grown up” persons who are unqualified and often are not able to do their job correctly, as I explained with the politicians. Ethics and Morals are important in every job, as they give us a frame for social behavior and neutral-positive, constructive values as they are given to us by the spiritual teaching also. So through this lack of education and self-education, we are creating whole masses of persons who are not really “grown-ups” in the moral and ethical sense, but who are in reality Teenagers with suits, who worry more about their material wealth or their dresses/suits from Armani, than about the real problems like the climate change or geopolitical tensions between the giants China, Russia and the US.

### 3. Some thoughts on possible solutions

First of all the parents are the first responsible and also a role model, for the education of their children. Too much time gets lost because of work, material pleasures, or through idleness. At the moment in schools, too much time gets lost on discipline problems, which could be invested into the transfer of knowledge, so that the child could get a correct diploma. Also many teachers are overburdened, because they not only have to transfer knowledge, but also educate many children as well as they can in what constitutes behavior, politeness and other matters, because they come from destroyed families or from families where the parents are alcoholics or worse. At the moment this is a privilege of the rich by sending their children to expensive private schools. The governments and especially the ministries of education, have to build up a social system where parents can have enough of time for the education of their children and not have to hunt after the money 24 h a day. The ministries also have to take distance from the “child petting” policy and produce a new correct and fair order, where the children learn again that “nothing is for free”.

We have to learn again that education is in fact a lifelong process

integrated in our evolution and that we learn not only from our grandparents and parents but also from our siblings, cousins, friends, coworkers, bosses, apprentices, neighbors and from nature (law of cause and effect) itself. We also learn from our selves when we do mistakes, recognize them and then try to correct them. This is the “self-education”.

Another aspect could be to offer a “skill enhancement” or a “basic and advanced training” in matters of “education of the grown-ups or teenagers”, for different jobs. As an example the police forces which have to deal with law offenders, do in reality nothing more than “educating” by punishing the delinquents, so that they stick to the law next time. They have already a pedagogical training in the EU to some extent, but in my opinion all these forces need themselves a different teaching in pedagogy specialized on kleptomania, brutality at home, or in society and in psychology. Like this they could be able to handle the delinquents in a better way or to educate them better, than through the stupid “Carrot and stick” policy. As I said, they are also “educating” teenagers and “grown-ups”, and should find a method specifically worked out for that field.

All this should be done to better not only the life of ourselves, but also to better the life of our children and their children. Something is clear, I plead for a ‘**coming out of the Lethargy and idleness**’, and act.

Sources:

- (1) Don, Berg. "Definition of Education." teach-kids-attitude-1st.com. N.p., n.d. Web. 30 Sep 2011. <<http://www.teach-kids-attitude-1st.com/definition-of-education.html>>
- (2) Don, Berg. "Definition of Education." teach-kids-attitude-1st.com. N.p., n.d. Web. 30 Sep 2011. <<http://www.teach-kids-attitude-1st.com/definition-of-education.html>>
- (3) Don, Berg. "Definition of Education." teach-kids-attitude-1st.com. N.p., n.d. Web. 30 Sep 2011. <<http://www.teach-kids-attitude-1st.com/definition-of-education.html>>

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- 2.
- 3.
- 4.

Last Updated on Thursday, 26 January 2012 13:50

## My Experience at the July Brazil Retreat

By Karrol Steeves

Our group (left to right), Christian Frehner, Betsy Snitkin, Audrey Lee, Bruce Lulla, Flavio Zuffellato, (front) Karrol Steeves, Sarita Garg, Michael Horn, Amit Garg, Michael Jager.



We ate lunch frequently at a local buffet style restaurant. The food was very fresh Brazilian food, with rice, several kinds of meat, beans, and many vegetables, which came from the owner's garden. The food was kept warm using a wood stove that was built underneath the buffet bar.



(Above) So beautiful and peaceful. The view from the door of my Chalet. Very charming and rustic with a fireplace. I enjoyed a fire each evening during my mediation. We also enjoyed a fire each evening in the dining room.



Michael Horn croons us a tune at his Brazilian bachelor pad. He stayed at a beautiful estate in his little hideaway.

When I arrived in Sao Paulo, Brazil the first thing I saw was Ricardo's smiling face when he picked me up at the airport. I then met Christian, Sarita and Amit for the first time and then experienced an "exciting" cab ride to Campos do Jorado which was near the hotel we were to stay at. (I think Brazilians fancy themselves to be racecar drivers). We had fun teasing Ricardo all week about his driving. We enjoyed lunch that first day at a tiny Brazilian sidewalk cafe, and began to unwind from our travels and meet each other as we arrived from all over the US, Brazil and Switzerland for our new adventure.

Each morning we started our day with breakfast in the charming dining room and then did some form of gentle physical exercise led by Michael Horn, after which we would head up the hill to the meeting room to hear Christian's interesting, thought provoking presentations. Which of course led to much discussion after which we would head to lunch, and sometimes an outing to experience some of the local culture. Then it was back to the meeting room for more presentations and discussion.

Each evening at dinner, and then around the fire, Christian would patiently answer the many questions we had about the contact notes, the Teaching, the Center, his personal life, etc. We all had the opportunity to get to know each other a little and share something rare and very special. We ate great quantities of soup and pizza and shared many bottles of wine while we enjoyed the solitude of our lush surroundings, and the opportunity to talk to each other about subjects most people would find shocking and outlandish.

I will never forget my trip to Brazil, and would love to go back someday for another visit. I made friends with some great people there, and now have more new friends here in the US that share my interest and commitment to the Spirit Teaching and the mission.

### REQUEST FOR CONTENT

We need your help! Do you have a knack with the pen? Have you some story you would like to share? Maybe you wrote an article about this material? Do you have some poetry or song lyrics you wrote? Have any news of interest that relates to the Spirit Teaching or Contact Notes? Please e-mail to:

[karrol.steeves@towardthetruth.org](mailto:karrol.steeves@towardthetruth.org)

**Deutsch Ecke (German Corner)**

In keeping with the effort to learn the German language. We have a little ice breaker for you. Just a reminder to practice your Deutsch if you desire to learn the language.

Would you like to eat something? -**Möchten Sie etwas essen?**

over there -**drüben**

street -**Straße**

How are you? - **Wie geht es Ihnen**

me too - **ich auch**

excuse me -**Entschuldigen Sie**

at my place - **bei mir**

at your place -**bei Ihnen vor Ort**

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## First Biannual Toward the Truth

### Group Meeting

April 21 & 22, 2012

8AM-5PM

Upstairs at the Gurley Street Grill

230 W. Gurley Street

Prescott, Arizona 86301

Optional Lunch and Dinner Buffet provided  
\$67.20 per person for both days (includes tax and gratuity)

### Meeting Agenda to Include:

- FIGU Statutes and Study Group Guidelines-Where do we go from here?
- Arizona Project Presentation
- TTT Website-Ready for the world?
- 501c team update
- Text to speech Translation Project

Contact Karrol Steeves at [karrol.steeves@towardthetruth.org](mailto:karrol.steeves@towardthetruth.org) to RSVP,  
or for transportation and lodging information.

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RSVP by March 1, 2012 with attendance and buffet participation.

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