

# KOSMOS

ENGLISH MARTINUS COSMOLOGY NO.6 1995

THOUGHTS AT THE TURN OF THE YEAR

NO NEED FOR HUNGER!

THE IDEAL FOOD

50 YEARS WITH THE UNITED NATIONS



# In this issue...

- ... page 3 *Thoughts at the turn of the year* by Martinus
  - page 9 *No need for hunger!* by Thorkil Schultz Nielsen
  - page 11 *The Ideal Food*, a book review by Ejnar Hjorth
  - page 14 *Fifty years with the United Nations* by Eigil Kristensen
- and below, a letter from Ole Therkelsen who is currently on a lecture tour of Japan, Korea, New Zealand, Australia and USA. **Merry Christmas and a Happy New Year!**

## Ole Therkelsen writes from Japan

The 82nd Japanese Esperanto Conference, which took place in Yokohama 13-15 October 1995, is the first stop on a journey that will take me around the world in 74 days. From Denmark to Japan, on to Australia, New Zealand, USA and back to Denmark. During my stay in Japan I will also make a brief trip to Korea to participate in the Korean Esperanto Conference from 27 to 29 October.

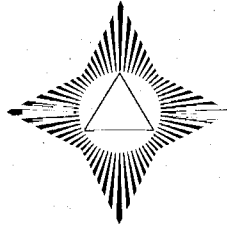
In its April issue the international Esperanto magazine included a large advertisement from Yokohama Esperanto-Rondo, inviting non-Japanese to participate in the conference as singers, dancers or speakers. Thanks to this notice in "Esperanto" I was put on the programme with an address on Martinus Cosmology to be held on 14 October at 9.30 a.m. My address was introduced in the programme with these words: "Mr. Ole Therkelsen speaks on Martinus (Danish writer 1890-1981) and Cosmology, Martinus' philosophy. Mr. Therkelsen works at the Martinus Institute whose official international language is Esperanto. Cosmology is not a religion but a logical model explaining life."

It was my impression that the

Japanese were listening with great interest and concentration, but it is hard to say what thoughts were going on behind the listeners' friendly-looking and smiling facade. After my speech I had a table arranged in the large conference hall where I presented brochures, books, and copies of Kosmos in Esperanto.

As readers of this magazine may know, Martinus went to Japan in 1954 to speak at a conference of world religions organised by Ananai-kyo. Eleven years later in 1965, Ib Schleicher was invited to Oomoto to make speeches in Japan and Korea over a period of two months. One of the fruits of this event was the translation of "The Ideal Food" from Esperanto to Japanese. Only recently did Yashimo Umeda, who was Ib Schleicher's interpreter, translate the script for the video *Martinus - the Man and his World Picture* from Esperanto to Japanese. I have brought two copies of the Japanese version of this video along on my journey, and it may prove significant for the spreading of Cosmology.

Ole Therkelsen, Japan  
Translated by Mogens K. Bech



# Thoughts at the turn of the year

by Martinus

## What we can learn from the year cycle

Christmas is the occasion of a great wealth of wonderful thoughts, but there are also grounds for having wonderful thoughts in connection with the turn of the year, which has an extraordinarily great cosmic significance. Within the year cycle we have spring, summer, autumn and winter, and when we have passed through all these stages a new year begins with the same four principles or seasons, and so the years follow on after each other. This brings us into contact with something in life that will gradually help people to understand the structure of the whole of existence. The whole of existence is controlled by a great principle that manifests itself in cycles that stretch all the way from quite microcosmic forms right up to massive macrocosmic forms. Through observation of these cycles we will be able to experience the meaning of life, the position of the whole of humankind and the fundamental morality that humans will attain with evolution. We will be able to experience the explanation of our fate and ex-

perience that the structure of the universe exhibits the very highest form of justice and love.

## The contrasts of the cycle

About now at the turn of the year we wish each other a happy new year and there is a good reason for it. It has a far greater significance than the fact that it is just a new year we are about to experience. The evolved human being beginning to find an interest in the meaning of life and what it is witnessing in everyday existence has to begin with the turn of the year and the year cycle. The four seasons are not especially rich in contrasts over the whole of the earth, but in our latitudes they exhibit the greatest possible contrast and because of this they constitute an address or speech from which one can draw extraordinary conclusions. At the moment we are in winter and we know that after winter comes spring and summer, and after summer, autumn and winter again. Even though people perhaps treat this only as physical knowledge, this is in fact knowledge about cosmic realities. There

are many more cosmic realities than these four seasons but they begin to affect people's faculty to experience in such a way that people become practised in tuning into contrasts and getting to know them.

### **The cycle of the year**

The principle of winter is the principle of death, winter is the time of darkness with its long nights and short days, with frost and cold, where life hibernates and unfolds to the least of its extent. In the spring life begins to wake up and unfold, light is on the increase and it gets warmer. Life develops further on to the summer, where we have the most sunlight, the longest days and the warmest time of the year, as a result of which life bursts forth and unfolds to its greatest extent. After this culmination comes the autumn, where life again diminishes, the leaves wither, it gets colder and the days shorten. Winter, darkness and coldness again take over, and life moves towards hibernation again and the state where it unfolds to the least of its extent.

However, it has to be said that at the poles there is more or less permanent winter and at the equator permanent summer. At these places we have the least intellectual development and experience of life, people live a more feelings-orientated existence. It is not in these regions that the great scientific discoveries or inventions are made, but in the more active part of the world where we have strong contrasts in the seasons.

### **The day cycle**

The principle of the cycle is especially impressed on us by Nature in the form of the day cycle. The principle of winter corresponds to midnight with its cold and darkness, where life is asleep and it unfolds to its least extent. Then comes the morning, the principle of spring, when life wakes up, the sun, warmth and light come forth. In the day cycle, midday corresponds to the principle of summer,

where the sun, warmth and light are at their peak. Then follows the evening, which is the same as the autumn, where life again begins to diminish and seek out rest. This is succeeded by a new midnight, a new darkness or a new culmination of darkness, and so a new day arrives. We experience this again and again; anyone who reaches the age of seventy experiences this cycle 25,550 times.

### **The cycle of the life of the human being**

Life from birth to death demonstrates the same four principles. It begins with childhood, corresponding to the principle of winter. Little babies are just like the flowers and leafless trees of the forest in winter; they have the whole wealth of life, all the seeds of life and potentiality for unfolding within them. The child then grows into a youth where it begins to express itself, it gains consciousness, begins to think and to be able to take part in the functions of life. Youth is like the spring where the plants wake up and unfold. Next the being grows into adulthood where it unfolds physically to its fullest extent, this is the same as the principle of summer. The being is at the peak of its maturity, it knows what it wants to do and what it ought to do. And so it grows on past the culmination, the principle diminishes and it reaches old age. Hair turns grey, sight and the other senses weaken, just like the leaves and everything in the natural world lose their colour and wither. Old age is the autumn of life, where the organism degenerates, becomes decrepit and can eventually no longer be used.

### **The cycle of matter**

In just the same way the various forms of matter are subject to a cycle with four stages. "Ray-formed" matter is analogous to the principle of childhood or winter, while gaseous matter corresponds to the principle of youth. Out in space

suns are born of radiation and gaseous states. And so we reach the liquid state, which is in contact with the principle of adulthood, and the solid form, which is in contact with the autumn principle. We will always see matter in one of the four stages of the cycle, just as a human being will always find itself in one of the four stages: childhood, youth, adulthood or old age. There is absolutely nothing at all that we can observe in this world that does not find itself in one of the four stages of the cycle. Nothing can exist without being a part of a cycle.

### **How the belief in one life came about**

The cycle of the human life represents one cycle only because the sensory apparatus or organism does not outlive the cycle. The organism as such is designed to let people experience these four seasons, but because they cannot see any further in this chain of cycles, many people have the superstition that they begin at conception and finish at death, and that is all there is to it.

### **Recognition of an unbroken chain of earthly lives**

Why should people in fact see these four principles repeated hundreds and hundreds of times? Well it has a cosmic significance, it is a divine address to people that will gradually make them understand that their own life is also subject to a cycle. Life forms these cycles specifically in order to show that it is superstitious to think that there is only one life.

The fact that this one life is a cycle with four seasons, we can deduce from the other cycles. As the godhead has let many other cycles exist, e.g. the twenty-four-hour cycle, in which we are able to have an overview of every single one of these cycles, we are witness to nothing more than the fact that every single cycle is merely a link in a chain of cycles. Now as all the cycles that we can see are

links in an unbroken chain of cycles why should the terrestrial life cycle be the absolutely only one that is not a link in such a chain of cycles? One can see that in order to be logical and to be in contact with what is of universal validity, one is forced to accept that the terrestrial life that humans and animals live is a link in a chain of cycles. With the recognition of this chain of lives the divine happens, a new discovery begins to take place in the consciousness: there is justice in the world.

### **The justice of life and the ladder of evolution**

If one believes that there is only the one life it means that there is no justice at all in the world, nothing is perfect, the whole structure of the world is perverse. We see how children are born into the world under very different circumstances. Some children are already sick when they come to the world, they are born to primitive parents, are treated badly, they have poor living habits and learn to be immoral etc. Other children are born to loving parents, learn to be good and loving, are brought up and educated and come to be honoured and respected in the community. Some people end up in a sorry plight and in derailments, while others come into light and happy conditions. It is not possible for the cause to lie in this one present life. The little child born with syphilis or some other illness cannot possibly be the cause of it if there is only this one terrestrial life.

When we can see that the present life comes as a result of previous lives, things begin to make sense. We see that the beings of the whole world make up one great scale of evolutionary steps from primitive states right up to more and more perfect states. If there were just the one life, everyone would be born in the present terrestrial life with the same conditions and would be able to achieve the same. But we see that some

people are born very primitive and are very far behind, and others are born with considerable ability and talents that they have not acquired in this life. There are examples of "child prodigies" who are born with such abilities and talents for music that they are able to conduct large orchestras. Others are born with great talents for painting and drawing while yet others have to laboriously learn these skills. They have to practise music, for example, for hours on end and perhaps become only an inferior musician in this life. If one imagines that abilities and the step one is on in evolution can be passed on from life to life, one can then reach perfection and the level of genius, and this is what we see.

### **Understanding life's divine speech**

Sayings have been handed down to us by great wise people to do with being good and loving and that this leads to perfection etc., but these days these are not enough for people; they want to be able to see the truth for themselves. It is this tuning of the consciousness that will become the foundation of the new world civilisation. In connection with these "thoughts at the turn of the year" one can learn how to look and by studying life in this way one can come to understand the mighty divine speech calling out: "*You are eternal, you are immortal. Your consciousness and the gifts and fate that you have at the moment you have developed throughout previous lives. The manifestations you are bringing about in this incarnation you will reap the effects of in your next life. If they are manifestations with unfortunate effects, it will be an unhappy fate; on the other hand if they are manifestations that have good effects, the next life will be a light one with a happy fate.*"

### **Humankind's position in the cosmic cycle**

We can achieve even more by being tuned into these cycles. We can see that

humankind also is placed in a gigantic cosmic cycle. How can we? Well, humankind cannot possibly be without its seasons, it has to be in one or another cosmic or mental season. Which season would you imagine that human beings represent? Well despite their great gifts and skills there is nothing that humans are better at than killing. These days they can wipe out great cities along with their cultures. They have the capability to trigger off forces that can destroy enormous areas of the earth's surface. Humankind is divided into nations that live in anarchy. They are arming themselves, and those that have the best weapons and the greatest assets are the strongest. This is the principle of death, frost and cold. This is not the principle that offers people happiness and bliss. It is what damages peoples' nerves and their zest for living. Stealing, murder, killing and suicide are prevalent to an unusual extent. Is it not clear that here cosmic life is in its least degree of unfolding? Is this not the season of death?

Humankind is placed in the winter zone of the cosmic cycle, but it is on its way towards spring, which takes the form of a divine and bright human world. And it is this kingdom of which Christ said "My kingdom is not of this world". After this comes the summer which corresponds to the divine world, a completely spiritual state. But I am not going to go into that now; you can read about the cosmic kingdoms in my books.

Without this confirmation of humankind's position in the cycle we would not be able to know which morality we should cultivate and which way nature is leading us. There is no point in going against the forces of nature. Can a mosquito fly against the hurricane? If it doesn't go along with it, its wings will be smashed to pieces. Also in the same way human beings have their consciousness, joy and zest for living smashed to pieces when they go against the laws of life and the flow of the universe. That is

why it is so important to know one's position in the cycle.

### **Spring breezes - a new current in the world civilisation**

Humankind stands at the threshold of a cosmic spring, and we can already begin to notice a new current in the world civilisation or feel spring breezes which will cause the winter to disappear. We can see that people more and more are longing for peace. The spring breezes can be seen as everything that opposes war and longs to resolve things in a peaceful way. The spring breezes are all of that power and energy which cause people to forgive, to exhibit a sense of morality and to be good and loving. Many people believe that one can bring about peace by building all the many kinds of war machinery and weapons of defence, but the tide of civilisation or the universe will crush them all.

### **How to go along with or be in agreement with the universe**

As it is life's intention that people should move into this new epoch, it would be sensible, logical and scientific to go in for being good and creating joy, light and happiness. Then one would be in agreement with the whole universe, which one is not when one goes against it. In everyday life farmers have to reckon with the seasons, it would be awful if they mistook the month of December for April. But such a mistake does in fact happen very often among humans in their great cosmic cycle.

It is important to get to know these principles, and so at this point we can see as a scientific fact which morality is the fundamental one. It is not the warlike one, because that is not the one that promotes peace in the world. Peace is everything that leads on to what the world redeemer Jesus Christ said in his sermon on the mount. We can see that life or the speech of the universe itself reinforces or underlines his statements to

an enormous extent. Those who manage to understand the speech of the universe do not get caught up in all the many crises and misfortunes that belong to the winter principle. They begin to sense the spring, and peace begins to bring about spring within them. Summer obviously follows on after spring resulting in people having a very joyful outlook. You may well say that this is such a long way away, but there is life enough and one can begin already now to make life pleasant. You are working in agreement with things when you forgive the person you do not like. You are with the spring when you begin to melt the icicles that surround your mentality.

### **The direct speech of life**

One can see how divinely the world talks to the living beings. The little baby in its cradle does not understand what its parents are saying, but when it grows up it learns to understand and talk to its parents. In just the same way humankind is now on the threshold of being able to talk to the godhead. At the moment people are learning by talking to scientists and philosophers, but they will one day talk to the universe itself, learning about all the principles that are in evidence. It is so divine or wise that all the principles that one cannot get a complete picture of are also found in smaller scale so that they can be experienced by all sets of senses.

### **Spiritual science and spiritual research**

So by having such thoughts as these now at the new year, one can in the coming year already begin to prepare for the entry of summer. One can read the cosmic analyses and begin to be guided by them. But it is not enough to just read the analyses, one cannot live on that alone. What I have made is a signpost to point the way, a handbook for observing life. My work is designed so that people can learn to check my analyses and consider

my thoughts. No one should believe in me, it is not my wish to create believers. I wish to create knowledge and show how people can see these facts for themselves. There is no advantage to be got from it until people can see it for themselves, can know for themselves that that's the way it is! By looking into these things oneself and considering these thoughts, one will make even more discoveries and enter into areas that lead onto regions of more and more sunlight. This can lead to the sort of state where one can begin to notice the divine spring in this world long before the rest of humankind.

### **For the first time in history a cosmic science on earth**

Other globes exist that are analogous to the earth. Some have a higher and some a lower level of evolution. The intellectual people of earlier times that reached the stage that people are at today had to continue their evolution on higher globes, because at that time there was no cosmic science on the earth. But with the great new world impulse it is now possible to create a cosmic science with analyses enabling people to learn to explore life and nature and to experience with their own senses and observations that this is the way it is. These are the facts. In this way one becomes colossally well rooted in life. One begins to see that it is possible to decide on one's future fate and already now begin to bring forth manifestations that return as light consequences. However, many people act blindly, believing that what they do is right even though it is wrong. This means that they do not get the experiences they expect and so many people become unhappy because they cannot understand why they should be suffering in this or that way.

### **The necessity of darkness - death as a release**

For the evolved human being longing to

know the truth, it is absolutely necessary to study these cycles and experience that the contrast of winter is a necessary state. Without contrasts one would not be able to sense or experience. That is why there has to be so-called evil.

We can see that the newspapers are full of accounts of misfortune, mutilation, suffering and illness but from a cosmic point of view no sort of evil exists at all. One may ask to what extent suffering affects a person's fate. Indeed the body is only temporary, it is a tiny thin overall that is intended to be able to sustain injury. When the point has come that it has been damaged so much that it can no longer be used we are freed from it. That is what many people are so afraid of, they believe that they die, but nothing could be further from the truth. It is certainly divine that one can be freed from what is a pain or a nuisance and from, what can no longer be used. It is divine that the terminally ill, the wounded and those killed on the battlefield can be released. From the physical plane it looks frightful, but seen from the spiritual plane it is divine caring to be released from all the dark conditions of the earth. After that one is made ready to come back again on to the physical plane in order to learn to think in a perfect way. That cannot be learnt on the spiritual plane. On the spiritual plane there is no grief, anxiety, suffering, mutilation, killing or murder. If there was an overall uniformity there would be no divine world.

### **The way to a transfigured state**

It is a divine decree that a certain area exists where people in their ignorance can kick over the traces and do what they want. That way they can find out that what they did at one time was not good and what they did at another time was good. And in this way they can grow towards a greater and greater consciousness, and they grow to such an extent that they can learn from the experience



of others and that is when the whole process begins to take off. At the point when one can begin to put aside the books and read life itself, that is when something comes about, that is when one begins to be fundamentally conscious. When one practices following nature and creating spring breezes and sunshine for one's surroundings one will, one fine day, be enveloped in a completely different state of consciousness: the godhead will reveal itself. A change will take place in certain brain cells; these at the moment are lying in a state of latency, but are to a certain extent being developed through cosmic studies or spiritual research. One fine day these cells will be opened up for a new conscious-

ness, and one will then be conscious not just in the physical but also in the spiritual world. One will be fully day-conscious of the structure of the whole universe, of one's own immortality, one's own fate, in fact of the conditions of fate of the whole of humankind. One will gain unlimited access to cosmic science and God's consciousness, and reach the stage of living on the physical plane in a truly transfigured state.

---

From a lecture held at the Martinus Institute Monday 5th January 1959

Original Danish title: *Tanker ved årsskiftet*

Translated by Andrew Brown, 1995

---

## No need for hunger!

by Thorkil Schultz Nielsen

"The population of the world need not starve" was the title of an interview in the Danish newspaper *Politiken* on Sept 17, an interview with Per Pinstrup-Andersen, the director general of the IFPRI, the International Food Politics Research Institute in Washington. Here a large number of experts from different disciplines are working together to forecast the global food supply situation in 25 years time.

Whether the world's population will have starved or not by the year 2020 is solely a question of political will. Technically there is no obstacle to prevent feeding the 2 billion more people that, according to estimates, there will be at that time. Per Pinstrup-Andersen says

that it is a question of having a sufficiently strong will to make decisions and stick to them. He is of the opinion that the known resources can provide enough food for everyone.

As a concrete suggestion Per Pinstrup-Andersen points to the importance of investing in agricultural research in the third world. Since the agriculture of the future in his opinion is dependant on biotechnological development, research has to be done not only on the basis of the needs of the industrial countries but must also consider the agricultural situation of the third world.

From a cosmological point of view it must be added that the political will depends on the average consciousness of

the individual population, since this consciousness forms the background for which political will will be expressed. The consciousness of the individual depends on the experience he has had up to now - in this life and in previous incarnations. The collected consciousness of a people is expressed through the individuals' collected experiences. The entire consciousness of the world expresses itself through the consciousness of the individual countries or peoples, which are of course an expression of the consciousness of the total number of people.

Whether there is the political will to abolish hunger on Earth within the next 25 years or not will depend on what mankind experiences in the course of the next 25 years. The conclusion reached by Per Pinstrup-Andersen that political will alone will determine whether the earth's population will starve or not is thus basically true, when seen in this slightly larger perspective. The question, however, is whether mankind by the year 2020, has, through experience, become humane enough to be able to distribute food supplies fairly so that no one need go to bed hungry. Time alone will tell.

Here it is important to mention a very significant factor in connection with the above-mentioned problem about the distribution of food supplies. In his cosmology Martinus foresees the individual human being becoming a vegetarian at a certain point in his evolution. Gradually, as people over the entire earth become more and more humane, they will not have the heart to eat animals.

Here too is an area where people's individual experiences count. The suffering people experience as a result of meat-eating will, in the long run, make them realise that animals are also beings that have to be looked after and cared for, and certainly not eaten. Karma is not merely an interhuman matter but also a matter between people and animals. The painful experiences brought on by meat-eating gradually make the individual

conscious of the need to stop eating meat. Thus the humanisation of man progresses.

The food supplies that were intended for animals can instead be used to feed people. The value of this vegetarian food is far greater when it does not have to go through the animals' link in the food chain.

These experiences will thus contribute to guaranteeing enough food for everyone on Earth by the year 2020 or later.

(For more information on Martinus' view of vegetarianism see his book "The Ideal Food", see review page 12.)  
*Translated by Mary McGovern*

---

## **Martinus Centre, Klint, Denmark**

### ***Programme 1996***

#### **Independent Study Courses**

March 3 - May 31

August 11 - November 23

*Independent study with two hours daily tuition in English, German or Esperanto. Come for a week, a month or up to 15 weeks.*

#### **Esperanto Week**

August 11 - 17

*Lectures, symbol explanations and study groups in the international language Esperanto.*

#### **Summer School**

July 27 - August 10

*Daily programme of lectures, study groups and symbol explanation in English, German, Danish and Swedish (interpretation into Dutch and Esperanto).*

Programme available from the Martinus Institute (address on back cover).

# The Ideal Food - according to Martinus cosmology

by Ejnar Hjorth

## Who was Martinus?

Martinus was born in Sindal, Denmark, on 11th August 1890. During a long life - Martinus reached ninety years of age - he exhibited a true respect for all living creatures and derived his philosophical and scientific knowledge from cosmic laws. He was the author of some thirty books, particularly appropriate to our present era, while his main work, "Livets Bog (The Book of Life)" extended to seven volumes. A convinced vegetarian, he also advocated the use of an international language as a suitable means of communication and a number of his books were translated into Esperanto.

In his book, "The Ideal Food", Martinus deals with the question of nutrition from a cosmological viewpoint, and asserts that the question of a healthy, balanced form of nutrition suitable for present-day rapidly evolving humanity, but whose nutritional senses have deteriorated, is of major importance. Mankind, having evolved from a primitive animal condition, has gradually reached a more refined state, and the more refined an organism becomes the more delicate the form of nutrition it requires. In

fact, while primitive man could eat coarse impurities with impunity, civilized cultured man is only able to enjoy food produced by the most hygienic methods. It is nevertheless remarkable that the evolution of man's sense of nutrition has failed to keep pace with his evolutionary advance generally.

## Nutritional Instinct

Every living being is originally provided with organs that promote normal hunger and thirst or the nutriment that is suitable and healthy for its organism. In the case of the animal the instinct for suitable food is generally fully active, which signifies that it is protected from error and longs only to enjoy food that is natural for its well-being and evolutionary level.

That the nutritional instinct of the being we call civilized man does not promote natural hunger and thirst but, on the contrary, quickens a desire for unnatural food and delights, is proved by the numerous illnesses and suffering by which he is afflicted.

## Defective senses

Something very similar occurs with regard to narcotics, alcohol, tobacco, etc.

The instinct of present-day man is defective to a high degree, having deteriorated and become unreliable to the extent that he often craves for items completely unsuitable for the human organism, and such unnatural, foreign elements become part of his every-day intake. This indicates that he has not yet reached the balanced stage of the fully evolved man and is, to some degree, still to be found in the grip of the dark zone of the killing principle - the ruling principle of the animal kingdom.

The fact that the degenerated state of the sense of taste is not sporadic but a completely normal phenomenon raises the question of how to recreate a healthy sense of taste. The reply is both simple and natural - through practice. One must accustom oneself to natural products, to correct tasting foods. That is, to nutriments whose vibrations harmonise with those of the human organism. Once that is accomplished, so that natural products become the only correct tasting foods, the being will then be liberated from unhealthy killing products.

### **Vibrations and Life-Units**

Do then nutriments vibrate? According to cosmic analysis everything in existence, that is the whole universe, is living. Everything living has two aspects, the life aspect and the material aspect. When we term something "material" it is, in effect, something living as viewed from the material aspect, and the so-called living being is material viewed from the life aspect. "Material" and "Something living" are then identical but perceived from essentially different viewpoints. To investigate or testify to only the material aspect of an object is a primitive form of perception. Material is energy, power, movement and vibration. Vibration represents an infinite world of various forms, as substance and organisms, as light, colours and sounds. In brief, everything created can be regarded

as a form of vibration. If we observe from the material aspect, everything is, indeed, movement and vibration, and nothing appears to be eternal but only subject to change, something that seems only temporal. But if we observe from the life aspect then everything appears as life, as living beings, and not merely material. In this way objects present themselves to us not as various material phenomena but as eternal objects, that is, realities having no beginning and no end. The primitive perception of present-day humanity recognizes people, animals and to some extent also plants, as living or as life-units, but finds difficulty in recognizing the same quality in minerals, which are normally perceived only as being material. But as mankind gradually evolves he then acquires the capability to perceive cosmically, and to the same degree he will come to regard the minerals as life-units too.

The life-units known as humans, animals and plants require both certain internal and external conditions in order to maintain life, together with the well-being of the small life-units we consume as nutriments and which, in turn, depend on certain internal and external conditions for their well-being. For mankind, animals and plants, the external conditions are provided by our surrounding universe, the planet on which we live, the climate and other influential forces of nature that control the atmosphere and other conditions constituting the organism in which we living beings experience life. The internal conditions to maintain our organism harmonize with the life-units that experience life in the form of organs, cells, molecules and so on within the greater organism.

### **A suitable environment**

Also for the nutritional life-units, their external conditions constitute their surrounding universe with its forces of nature, atmosphere etc. Or, in other words, affect the conditions of the uni-

verse in which they live but with the difference that the latter is the body of some human, animal or plant. The forces of nature surrounding these small beings are the blood circulation, digestion and cell renewal of the greater being concerned. Their internal conditions require that they receive the appropriate nutrition and surroundings. So, if we take into our organism life-units for which that organism is not a suitable universe then they cannot find there healthy conditions for their normal progress and either become defective or are destroyed, while by that same process our own organism is made to suffer. There are materials which contain life-units especially suitable as nutrition for our human organism and which can live there a perfectly normal life, whereas certain other types of life-units, under those conditions, would suffer and die. Humans who consume the former types of life-units find themselves on the right road, away from dark barbaric ways and from the killing principle which is the main reason why we still fail to enjoy good health.

Each being represents - through his appearance, by everything he creates and especially by his bodily structure - a certain type of energy or vibration. On that vibration his whole experience depends, whether it be agreeable or disagreeable. Vibration is the means whereby the being preserves its identity and its position as a living being.

This self-conservation entails overcoming other forms of energy, and providing this results in harmony and happiness not only for the being concerned but also for the energy-forms vanquished, then the whole process is fully in accord with the laws of life. But if the being, by his action, causes harm to other beings then he, himself, will later harvest the same damage and suffering, will receive a dark fate. The fate of that being is then determined by the reciprocal influence of his own vibrations and those of his surroundings. To base one's

actions on the harmony between these two types of vibration, on each plane of existence, is the highest aim for the individual.

### **The Ideal Food**

The ideal food for present-day cultured humanity is most certainly not animal derivatives, but solely vegetables. Of the latter, the edible flesh of fresh fruit is the purest and most suitable, but because it is too high in the "vibration scale" for man of today it still cannot provide his sole nutritional needs, and for this reason he must augment his diet mainly with vegetables. Evolution gradually changes our organism, so that our digestive system becomes incapable of coping with the killed animal material and adapts to more natural fare.

### **Nutrition and Fate**

In order to ensure a happy fate we must learn not only to respect our own species, mankind and other forms we recognise as living beings, but also those species which, in the form of so called "materials" constitute our own organism, and of whose lives we are not usually conscious, because here also it is our duty to extend to them our love. If we fail to do so, to love the microcosmos within us, then we have no right to expect favours and well-being from the great macrocosmic being within whose organism we for a microcosmos.

---

First published in the 1994 edition of "Esperantista Vegetarano".

Translated from Esperanto by Alan Johnson.



# Fifty years with the United Nations

by Eigil Kristensen

*"The United Nation Organisation can never be anything other than a mirror of the world as it is. It is merely a gathering place for a multitude of national states with all their mistakes... There is therefore no use blaming the UN for shortcomings that are due to the fact that the world is as it is. The UN is precisely as good or bad as the countries that make up the UN."* Evan Luard, ex-UN delegate.

## After the second world war

On June 26, 1945 representatives from 51 countries met in San Francisco to sign the Covenant of the United Nations and thereby begin a new chapter in world history. The covenant is the UN's basic set of laws. In 111 articles it lays down the goals of the UN, and describes how they are to be attained. It commits the peoples of the UN to:

- ◆ free mankind from the curse of war
- ◆ defend human rights and equal opportunities between men and women, and between small and large nations
- ◆ promote justice and respect for international commitments, promote social progress and improve living standards in increasing freedom.

The UN consists of 21 organisations - including WHO (The World Health Organisation), UNICEF (UN Children's Fund) and FAO (Food and Agriculture Organisation) - who take care of different areas and co-operate internationally. They are all answerable to the UN, but are led and can act independently.

## Peace in the world

The main task for the UN is to secure world peace and take part in ensuring that human rights are upheld - undeniably a considerable undertaking.

Despite being plagued by problems it is still the best common forum in which to settle disputes, to bring into focus oppression, to mitigate economic crises and help the world's poor.

President Franklin Roosevelt's dream was that the Security Council should act as "the world's policeman" and step in against aggressors, an undertaking that has seen both success and failure.

Since the founding of the UN in San Francisco just as many people have been killed in local wars as during the second world war. The superpowers, however, have not been at war with one another. Whether this is due to the UN or the atom bomb is difficult to tell.

## Pioneers and midwives

The UN has succeeded in solving conflicts in many places around the world. Cambodia, El Salvador and Namibia are

some examples. The peace-keeping forces in for example Yugoslavia have protected hundreds of thousands of human lives; the Blue Berets have likewise protected many human lives around the world. The United Nations has often been a pioneer and has helped weak nations out of a miserable existence.

Above all the UN has acted as a mid-wife helping the decolonisation of the world and has contributed to effecting social development in a great number of ex-colonies. The age of colonial powers is almost at an end, and most countries in the world have recognised that human rights are universal. The United Nations Organisation was established on the basis of the view that war ought no longer to be the method for solving problems, and that every individual in the world ought to be guaranteed fundamental human rights. If these goals are to be attained changes are demanded in the attitude of the individual and the states to the United Nations.

Today the UN is made up of three times as many sovereign states as it was when it was established in 1945.

### **Long-term goals**

Just like the UN, Martinus has described in his cosmology some long-term goals - the real human kingdom and a global society. Within about 3000 years the human kingdom should be a reality. This can seem like a long time, but here we are talking about a totally transformed human being and society. As early as in a few hundred years a global government will most likely be established and it is presumed that the goals of the UN will have been fulfilled by then.

### **Humanistic policies**

On December 10, 1948 the third General Assembly of the United Nations agreed on the World Declaration on Human Rights. In 30 articles some humane principles of law are described, which have many points of resemblance to the huma-

nism we meet in Martinus Cosmology.

In 1932, some years before the second world war, *Livets Bog (The Book of Life) Vol. I* was published. In its fourth chapter there is an analysis of the political situation in the world and some visions of a future humane society.

In 12 points the new world impulse's view of the political world is set forth.

Martinus mentions that we will get a common world government and that all countries will gradually be disarmed by, among other things, an international judicial system. Private ownership of natural resources will in time be phased out, and technology will be used to shorten working hours considerably. The present monetary system will be changed totally, and the human being and his surroundings will be taken radically into consideration. Health, light housing conditions and the development of vegetarian food are also some of the areas where a significant change will take place.

In the twelve points Martinus ends by describing the development of spiritual freedom, tolerance, humaneness and love to all living beings. (See *Livets Bog I* page 107-108.)

### **Common development**

It is Martinus' view that the twelve points are "an analysis of a fact based on realistic experiences". Being in touch with them is being in harmony with the divine world plan and thereby being a stimulating factor in the creation of world peace on Earth. We are all a part of this common or collective development and contribute, each in his own way, to changing the world.

Erling Bjøl, a historian writing in the Copenhagen newspaper *Politiken*, said: "The criticism that is directed towards the United Nations has often the wrong address. One shoots at the pianist, but it is the member countries that deliver the music." The UN has not yet reached its goal, but it is hopefully on its way to doing so. *Translated by Mary McGovern*

# MARTINUS COSMOLOGY

Martinus Cosmology provides an all-embracing world picture logically describing and analysing the spiritual laws of life. In his works Martinus describes a concept of life which can be summarized as follows: All living beings have eternal life. Man has reached his present stage through evolution through the mineral, plant and animal kingdoms, and is at present a sphinx being, part animal and part real human being.

The temporary goal for our evolution is the establishment of a real human kingdom, a union of all nations in one global state capable of guaranteeing every living being on earth peace, justice and a completely happy life.

Through reincarnation and evolution Man gradually develops new faculties which change his way of

thinking and acting. The law of karma, "what you sow you must also reap", guarantees that he gradually becomes perfect, a moral genius capable of differing between good and evil. The human being of today will thus finally appear as a real human being – "man in God's image after His likeness".

**THE MARTINUS INSTITUTE** in Copenhagen was established in 1932 in order to make Martinus' literature available.

**THE MARTINUS CENTRE** in Klint, Denmark is a school for the study of Martinus Cosmology. Courses are available in English.

Martinus Cosmology is not the basis for any kind of sect or association.

## LITERATURE

**Martinus (1890–1981)** was a Danish writer. His entire output is known collectively as "The Third Testament", and comprises "Livets Bog (The Book of Life)" in 7 volumes, "The Eternal World Picture" in 3 volumes (symbols with explanations) and about 30 shorter books. At present the following publications are available in English:

Livets Bog (The Book of Life) Vol. 1  
The Eternal World Picture Vol. 1  
Logic

Easter

Marriage and Universal Love  
Meditation

The Fate of Mankind

The Ideal Food

The Mystery of Prayer

The Road to Initiation

The Road of Life

Martinus Cosmology – An Introduction

## COVER SYMBOL

The symbol on the front cover, which is called "The perfect man in God's image after His likeness", shows the perfect way of behaving or what it means "to turn the left cheek when one is smitten on the right".

At the bottom of the symbol we see the course of evolution through many lives from animal (orange) to the perfect man (yellow). The rectangular areas symbolize our physical earthly lives from birth to death. The smaller pale yellow areas between these show that we find ourselves in spiritual worlds between our physical earthly lives. After each stay in these worlds a new earthly life begins based upon the qualities and talents we have developed through previous physical lives. The orange and yellow arcs show that our fate is

a result of our own actions from previous lives as well as our present life. The large orange arc which stretches from the left side to the middle symbolizes an unpleasant or so-called "evil" action which is sent out towards someone. This is answered by friendliness and understanding symbolized by the heart and the yellow arc. The symbol therefore shows the perfect man's total initiation into fate and the mystery of life, his understanding of eternal life, evolution and the law of fate: "as thou sowest, so shalt thou reap".

Through this eternal law we will all learn to differentiate between what is evil and what is good. We will become perfect; we will become "the perfect man in God's image after His likeness."

## KOSMOS

### Editorial Office

Martinus Institute  
Mariendalsvej 94–96  
DK-2000 Frederiksberg  
Denmark  
Tel: +45 38 34 62 80  
Monday–Friday:  
9am–4pm

### Editor

Mary McGovern  
Readers are welcome to contribute articles to KOSMOS. Please send them to English Department, Martinus Institute.

### Subscription

6 issues per year  
With EU: DKK 180,-  
incl. tax  
Rest of world:  
DKK 144,-  
Airmail: DKK 25,- extra  
Loose sale: DKK 30,-

### Publisher

Martinus Institute, Copenhagen  
Copyright © Martinus Institute.  
No part of this publication may be reproduced without the prior permission of the publishers.  
ISSN 0107-7929