

KOSMOS

ENGLISH MARTINUS COSMOLOGY NO.6 1996

A Christmas Greeting

The Christmas Star

Cosmology and the World Today

On Slander



A Christmas greeting

from Martinus to those interested in his work (1948)

The sunny days of summer are gone. The season of coldness and darkness is upon us. We are passing the winter solstice. But in the clear and frosty night sky planets, the moon and stars are shining, sending their heavenly illumination into the dark shadows of the earth. And from even the deepest ravines and abysses we are thus able to see thousands of light years into infinite space, the vast depths of God's kingdom. Yes, the lights of heaven shine for the beings of the abyss too. This is the principle of world redemption and thereby also the principle of the Christmas gospel symbolised on the physical plane through the stars of the sky.

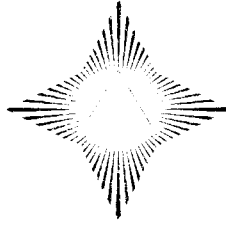
The Christmas gospel is a message, a real-life fairy-tale about the shining spirit of God for all those who wander in darkness. It is the great light that shone upon the world's first epochs of creation and later down through the ages. It shone over the making of the pyramids of Egypt, it shone upon Indian temples and pagodas and overshadowed the terrains of China in forgotten days of long ago. It shone with all-outshining brilliance upon the mountains of Judea and today concentrates its heavenly light in the middle of the Western World's dark night of fate. In truth its light is like "the lighting that cometh out of the east, and shineth even unto the west". The spirit of God still moves upon the face of the waters. It smiles to us here in the midwinter of our Nordic domain in the form of the "Christmas spirit" and manifests itself as warm, heartfelt handshakes wishing "a merry Christmas and a happy New Year", as loving greetings, letters and presents for relatives and friends, for the

poor and outcast, for the homeless and lonely. This spirit created the tradition that during the happy time around Christmas no one should starve or freeze, no one should be homeless or abandoned. This loving Christmas spirit, this warming light of the mind and heart is the first weak peep of the dawning of a new world epoch. It the the lasting "peace on Earth" of the Christmas gospel and the ensuing goodwill to all men that is beginning to dawn.

In remembrance of this divine closeness I would hereby like to wish all my friends a very merry Christmas and give you all my heartfelt thanks for all the loyalty and love who have shown my mission, my co-workers and me in the year that is now coming to a close. The heartfelt greetings, letters and other expressions of love that I have received from you have been an extraordinarily encouraging and inspiring pillar of support in our great joint work in the service of world redemption. And with this continued understanding and loving attitude the burdens will be easier to bear and the obstacles to the birth of a new world culture easier to remove in the new year that is now on the threshold, and on through the coming years.

Through our loving cooperation I see people rise out of the great Armageddon and enter the epoch of light and initiation in which they will each gradually become the way, the truth and the life, become a warming and shining sun for their surroundings thereby revealing that "the human being in God's image" has become flesh and blood in the zones of the earth.

Translated by Mary McGovern



The Christmas Star

by Martinus

The lecture below was given by Martinus at Christmas in 1941 during the Second World War. Its content is, however, still relevant today. The original Danish was recorded in shorthand and reconstructed.

Christmas symbolises an immortal principle

People have one of two different attitudes to Christmas, which we are about to celebrate again, namely a materialistic attitude and a religious one. Christmas has lost its inspirational value for modern, intellectually developed Man. Modern Man regards Christmas as a feast that has outlived its usefulness, and strives to get away from it. For the religious person, however, Christmas is rooted in a profound belief in the Christmas gospel, a feast to which it looks forward from the bottom of its heart.

Christmas will continue to exist as a symbol of an immortal principle. The only thing that will change is the form in which it will be manifested. Here in the northern latitudes Christmas occurs, as we know, in the middle of winter. You can see how this fits with Christmas being a festival of light. This might be due to some adjustment so as to coincide with the solstitial festivals of former times. You will, nevertheless, see how the placing of this festival in the heart of winter fits with what Christmas symbo-

lises.

As children you learned that Christmas was a symbol of light, and that this light came to the earth through Jesus Christ. The events or narratives connected to Jesus' birth, childhood, life, crucifixion and death are symbols for great cosmic principles. This does not, of course, mean that these events have not taken place. They have. But it means that they veiled something greater; they became an enormous revelation of great cosmic principles, a mighty example or model for people.

The Christmas gospel

This example or model manifests the cosmic principles in a form in which the ordinary human being can grasp them. Gradually, as evolution proceeds, people will gain a greater and greater ability to see the light for themselves, the light that they first became familiar with through the symbols. Such is also the case with the Christmas gospel. It was not merely a matter of Christ being born; thousands upon thousands of children are born. People celebrate Christmas in order to

express their longing for light, their belief in and their never-extinguished hope for a time quite different to the one we are now experiencing. In their hearts people have long since acknowledged that life consists of giving, not of taking. And we see too how Christmas have become a time for presents. Everywhere we see people rushing around with packages; they have all a deep need to express the humane aspect of themselves by giving presents. And we see how the law of fate here works almost immediately. We cannot receive a gift without feeling a deep longing to give a gift in return. The most profound nature of this principle of giving is noble; it has merely to be developed in all the other areas of life.

We see too that the most profound mission of Christmas is to give us an understanding of the fact that when we are able to look at our fellow beings with far greater empathy and understanding than now, our own lives will be much more beautiful and much richer. Christmas promotes a great wave of empathy between people. We have Christmas trees with many lights, and we have many beautiful old carols, all of which in words and music express our longing for a more beautiful and purer existence. The fact that Christmas has become outmoded for a lot of people does not change the principles on which it rests. It is, of course, not the words but the light behind them that matters.

The Christmas star

When celebrating Christmas was established a star became its main symbol. This star symbolises the innermost kernel of the Christmas gospel. There may well have been a particularly clear, bright star in the sky around the time of Jesus' birth but that is of no importance for us. What is important is that at this feast we meet a direct manifestation of people's longing for another form of life than the usual one. The light in question in thus not ex-

ternal in nature but, on the contrary, internal. The model for this light is Jesus of Nazareth. His birth gave rise to the events that, more than anything else, became the factor stimulating the transformation of the human being, and thereby of society, from animal primitivity to the civilisation that we know today.

The evolution of light and the degeneration of darkness

Through the cycle within the great section of evolution that I call a "spiral" we can follow the evolution of light. At the same time as this we can follow another principle that degenerates and disappears. This principle is at its peak at the moment. This peak is experienced as everything that we know by the name of war in all its various aspects. The relationship between these two great principles that we know as light and darkness are now of such a nature that we can see that waging war is really no longer in harmony with the inner world of the terrestrial human being. People no longer fight for the sake of the fight itself. When so many people today are to be found on the battlefields of the world one must not believe that it is because these people want to be there. They are not there out of interest in darkness but because they believe that their presence there promotes the peace that is the innermost essence of Christmas.

It is of course not the intention that Christmas, as is now the case, should last only for a few days in the darkness of winter. The purpose of Christmas is that its spirit should last all year round. Those who today think that Christmas has outlived its usefulness and has become obsolete have been hypnotised by its form. Every intellectually developed human being wants to be in harmony with its spirit. No normal human being today want darkness, that is all the un-intellectual kinds of thoughts, to control life and evolution. Today one does not kill out of a desire to kill but, on the

contrary, because one believes that it is in the interest of light. It is too, but in quite another way than one had imagined. Light cannot of course be experienced fully on earth as long as there also has to be a place for darkness. But the only way in which one can really remove something is by letting it outlive itself. Darkness in itself is a wave of energy, a fire that has to burn up before light can manifest itself totally. Today people all over the world are counting on light prevailing, and are thus in a way all going in the same direction. But there can be numerous deviations from this direction. And it is really these ways or paths that people are fighting about today. One person thinks that his way is the best while another thinks that his is the best.

Light has its own laws

When analysed cosmically Christmas is the very incarnation of the real human kingdom's form of existence here on Earth, that form of consciousness with which the living being, in the light of the cosmic analyses, sees that everything is very good. Everyone is heading for this form of consciousness. When people deny light in the form that Christianity preaches it, it is in reality merely the form that they object to. If they had anything against the content they would be followers of their own downfall, a state that has nothing to do with normality. Since all normal human beings are counting on light it is in reality more widespread than most people imagine. Everyone looks forward to "Christmas" as a light that is to come, but every individual has those ideas about this light that best fit his or her ideals.

Light has its own laws, and these are in harmony with the highest logic of life. Many people are longing for light, but only in a purely materialistic way. This longing is not in harmony with the laws on which the experience of light depends. By denying life after death an ex-

treme disharmony arises in the terrestrial human being's relationship to its own wishes for a light and beautiful existence for itself and others. This denial of life after death has nothing to do with logic. In reality all normal human beings want to live - after death too. It is true that a human being, because of ill health or other misfortune, can be in a situation in which it sees death as a liberation and wants to die, but every healthy, normal human being has no wish to die but must, however, experience death. Here Christmas comes with its message that we are eternal beings. We can leave the form in which we today celebrate Christmas, but we can never leave the innermost essence of Christmas. For the spirit or atmosphere that belongs to Christmas is precisely that mental state in which light alone can grow.

All year round people have so many material and egoistic wishes that demand granting so the goodness in their nature is, so to speak, compressed by the pressure of all these wishes. But Christmas has the effect that the goodness in people is in command for a short while. The compressed demand for humaneness is aired and manifested in a desire to be loving, to do something for others, to give presents. At Christmas people's most profound wishes and their kind hearts surface physically. If you had cosmic vision you would see how this concentrated desire to manifest love and goodness shines and sparkles in the atmosphere of the earth. But even without cosmic consciousness one cannot avoid feeling how the atmosphere during the days around Christmas is permeated by love. One of the things that this finds expression in is the wish that no one should freeze or starve on Christmas Day.

"Doomsday"

This whole atmosphere has to develop and gain far greater power than is the case now. A great obstacle to this is that aspect of terrestrial human beings' mind

which is still in harmony with the principles of the animal kingdom. This obstacle has to be removed, and it is this removal that we experience as "Doomsday". This "day" has always been described as the antithesis of Christmas, and this has never been seen more clearly than in our own day where we experience the contrasts more strongly than any generation has previously. But the closer darkness comes, the more clearly shines the light. Today everyone can see how wonderful life would have been if mankind had had another attitude than that which led to the war. But people's attitude - even if the majority perhaps now see that it was wrong - was all the same a link in that evolution which was to lead them forward to the total experience of light. Society, as well as the individual human being, must act as its reason dictates. If the way of acting is wrong this will give rise to the friction that leads to the material of experience on which a new mode of existence can be built. In this way wisdom is created. Wisdom is light, and light is the gospel of Christmas.

A cosmic wave of energy from the centre of the Milky Way

An impulse of light greater than any before in the history of the earth is sweeping the world. It shines with tremendous force from the centre of the milky way. The milky way system is a gigantic organism in which the individual solar systems are organs that get their power and energy from this centre in the organism in precisely the same way as our organs are supplied with power from the centre in our organism that we call our I. This wave of energy from the centre of the milky way contains all the power necessary to lead people forward to the experience of the real human kingdom. That fact that there is war now is due to this world impulse. When such an impulse begins working it causes an enormous movement. Various thoughts are

weighed against each other. That is how it is on Earth today. We see a lot of thoughts about creating light being weighed against other thoughts that promote the same. From this follows war, but in its most profound analysis war is merely accelerated development with the purpose of bringing about clarification.

This cosmic wave of energy is felt particularly strongly at Christmastime because people, by virtue of their attitude to the Christmas gospel, are more receptive to it then. Besides the Christmas celebration that has now been held for centuries has gradually managed to create a lustre around it that no other celebration has. By directly proclaiming the victory of light over darkness it has to an enormous extent prepared the way for the new cosmic world impulse. In the light of the love that people show one another at Christmas it can very easily be seen that benevolence and humaneness are increasing and that war is decreasing.

The individual human beings should be careful about being so highly evolved that they feel too "grown up" to celebrate Christmas. Here I am not thinking so much about the outer form of Christmas, which will change like everything else. I am thinking about its inner truth. Being reminded of the existence of one's fellow beings if of tremendous value, so that one can think lovingly of them. Most people have a tendency to think merely of themselves, to be sufficient to themselves. Christmas neutralises this state, showing us, as it does, that a loving person is someone who does something for others. Christmas is the feast of love, but love is the cosmic force that will illuminate our hearts and minds. As long as we do not manage to maintain the beautiful attitude of Christmas in our minds all the year round then we are not completely happy but contain a certain percentage of unhappiness in our minds. Christmas is thus a direct model of how life will turn out for us every single day. People will really manage to be in daily

life as they are at Christmastime. That they are still incapable of this does not mean that this way of being cannot be put into practice. It tells us merely that people have not yet gone through the training that has to precede the appropriation of any new skill.

When you experience war today you must try to understand that it is in itself a kind of teaching. War expresses a way of acting that is in disharmony with the forces that create harmony and happiness.

The mission of darkness

You will experience the same if you become angry and jealous. Here war is raging within yourselves. While you do not have very much influence on what is happening today out in the world, you have a very great influence on your daily way of thinking and acting. What you experience in the way of disappointment and adversity is given to you as training material for your spirit. Without adversity no ennobling would take place neither on a small or a large scale. People have now to understand that it is not enough to merely believe in the light as the truth. Through these difficult times people will gain knowledge of the law of fate. People must learn to understand that it is not enough to think, one also has to think in the right way.

Today darkness is made out to be a great contrast to light. Never before have people lived in a time where unreliability had such favourable conditions. Everyone wants light, but each is so sure that his specific light is the right one that he denies to move to one side for the others. Through this the violent friction that we now see arises, friction that, in the form of collisions and mutilations, will reach dimensions that no one can imagine. If life was not eternal it would be an immense catastrophe. But life is eternal, and the body being broken does not mean that the spirit is destroyed. On the contrary, enriched by a wealth of experi-

ence of how life should not be lived it returns one day to life here in a new body, and then in much greater harmony with the divine laws than before.

There is nothing that I would rather abolish with a few words today than war, but I cannot do so, and if I did have the power to do so such an act would in itself express the highest degree of unkindness to people. For it would mean that the evolution towards beautiful states, which we are now experiencing, would be stopped. People today are far too highly developed to be able to return to a primitive South-Sea-island existence. Deep in the individual's mind there is a demand to meet God, to become acquainted with real life. But people would not be able to find God if light and darkness did not exist. Through the appalling horrors of war people today are receiving an education that will lead them forward to an existence in undreamt-of beauty. It sounds paradoxical, but it is the suffering that the individual as well as society has experienced that makes them valuable. The innermost secret of suffering is that it creates the experiences on which a new existence can rest. I know that the best way I can contribute to the abolition of war is to dedicate my life to describing to people the experience through which I myself attained the inner harmony that my life today confirms. Through this experience I became conscious of the causes of everything that people experience today, and by showing you these causes and their effects I put the same light into your minds as that which governs my own. When you take part in this work it is because it gives you a feeling of well-being. Since it is not a matter of my person but on the contrary the work that I produce that gives you this feeling of well-being (and this work can only rightfully be expressed as light), you will see that it is really the study of this light that makes you feel happy to devote your time to these things.

The centre of the new world impulse is affecting Denmark and is emanating from Denmark over the entire world

Since Christmas expresses precisely a brilliant spiritual light you will see that you cannot be interested in my work without being in harmony with the innermost essence of Christmas. It is true that war would be an education for you too without my work, but since, through my work, you learn to understand the causes of war and likewise attain far greater insight into what war leads to, you will, when the turmoil of war has quietened down, see that much of what is today desperate darkness and hopelessness has already been revealed to you as a brilliant light. Where others see only proof that God does not exist you now see in the same things absolute proof of his existence. You have the great privilege of living right in the middle of the centre for the new world impulse, since this impulse is affecting Denmark and is emanating from Denmark over the entire world. This impulse will protect us. When the war is over and you can follow its course to its end you will see how the Nordic countries, in comparison to the other countries of the world, have been treated leniently. It is true that we have experienced heavy repercussions, but no one can honestly deny that we have come through these heavy years more lightly than other nations. This must not lead you to believe that the Danes are completely evolved - they are certainly not. But the Danes are no longer a warring nation, and that in itself is a very great step forward. The Danes are a peaceful people, and their peaceful attitude is an enormous protection. But in many other areas this people has many things to learn.

Gradually as war meets its own destruction the cosmic analyses will be spread throughout the world

The terrible darkness that today domi-

nates the world has thus as its mission the creation of a longing for the opposite of this darkness in the individual's mind. As far as you are concerned this longing for light has today given rise to the fact that you are now pursuing a study that gives you access to a definition of this light in clear rows of thought that your intelligence can perceive. You are now permitted to experience this light, not as organ music and hymn singing, but as realistic facts. It is really only you that has access to this today, but this will not continue to be the case. As the war gradually heads for its own destruction these thoughts will spread out over the earth and the war will experience its own death throes, indeed, it will in a way commit suicide. The more it flares up, the more furiously it rages and the closer it is to its own conclusion. Therein lies its suicide. You who today are fighting one another have in reality the same ideals behind your fight; everyone is longing for a world in which the generations will not be armed against one another. Everyone is longing for global peace. In the light of this longing they will find one another, and, when this has happened, the light of Christmas will shine on the entire planet, and a new heaven and a new earth will be born. It is not within my powers to tell you how many years this will take but it will not be as many as you fear. You have to understand, however, that evolution towards a higher society will take place gradually. There are still many errors that have to be corrected, but evolution will progress rapidly. An entirely new administration of resources and far greater freedom between nations will arise. A continually growing technical evolution will permit an international life together of dimensions that are difficult for you to imagine today.

Cosmic consciousness

While most of what I have told you here concerns society, I would like to finish

by showing you that the individual is not dependent on the growth of society as a whole. It is in the hands of the individual to liberate itself from the fight that is going on around it. If you create neutrality within yourselves and by means of your will practise seeing things in an impartial light, your mind will be far more harmonious than is perhaps now the case. I myself experience living daily life in a light that makes it possible for me to understand everyone. This experience of mine will gradually be attained by everyone. This state in which the consciousness is adjusted so as to be in harmony with the law of existence is called cosmic consciousness, a state of consciousness that everyone will reach. Since it is so strongly desired there are people who seek to attain it by artificial means, through various exercises and so on, but this can lead to terrible states, so I cannot recommend this. On the other hand there is a road to cosmic consciousness that you ought to follow. It goes via a natural appropriation of the knowledge on which this state of consciousness depends. It is true that these analyses can be difficult or hard to grasp, but through this indirect experience of the spiritual states you will gradually be prepared for the direct experience. If one receives these energies directly without having organs that are developed for the purpose, one can easily meet with the terrible anguish of mental illness. But if one prepares oneself to acquire the ability to forgive, to never be offended and hot-tempered then one will begin to get some of the strength that one needs in order to be able to tolerate the influx of these high energies into one's brain. But the more of these energies that flow into your consciousness the more dangerous it is for you to be hot-tempered. Many people have become mentally ill by coming into contact with these energies too early. Others have become fanatics with violent desires to assert themselves and a raging intolerance of others. Still others

have got into states in which the spiritual energies have completely taken control at the expense of the material energies, and they live in imaginary states that make them quite unfit for life here. The fact that there are such dangerous pitfalls connected to these high energies is the very reason why I have made it a principle to teach exclusively the only natural way to this high consciousness, the training of oneself to love one's neighbour, which is the foundation of the real human kingdom.

This neighbourly love is not completed by one patting one another on the cheek, saying beautiful things or filling one's mind with sentimentality. All of this can be very nice and beautiful, but one has to love one another in a sensible way. If one hears that another person has spoken unkindly of another, one should practise thinking lovingly about that person. One ought likewise to practise always being neutral and refrain from passing on the least form of gossip. If one cannot say anything good about someone one ought at least to keep quiet. And if one really wants to there will always be something good to say about another human being. Being created in God's image there will always be something of his light in this person's eyes.

Hot-temperedness and mental instability are abnormal states in the human being

You can practise creating the real Christmas within you by among things keeping your thoughts going in the right direction. At first you will not be able to avoid being irritated, but these simply must not become visible to others. If you become irritated write down the thoughts that are controlling you on a piece of paper and do not read it until you have regained your calm. The same is true when you are writing a letter. No one ought to send a letter that is written in a state of anger. Let such a letter lie. It is always healthy afterwards to see how ab-

normal one is when one is angry. Anger and mental instability are natural only when the predator is face to face with his prey; in the human being it is an abnormal state. Explosion is justified only where it is a vital necessity, as it is in the world of the predator.

But within the field of nutrition there are also areas where you must practise love. Today it is natural for most people to eat meat, indeed, in reality most people celebrate the beautiful feast of light with an enormous bloodbath in the animal kingdom. They gather for great meals with roast goose or roast pork without finding anything whatsoever wrong with this. And I am not saying these things to you so that you should blame these people for their actions - not at all! But I wish to tell you that there is another, far more beautiful way of living than feeding oneself on the discarded corpses of slaughtered animals. If one wants to enter a higher zone one must bring one's life in harmony with the laws that are valid there, and to these laws belongs an adjustment to nutrition that does not demand killing highly evolved animals. The advanced human being feeds himself entirely on vegetable products.

Never make an important decision without first having slept on it! During sleep - in your night consciousness - you will work out your decisions and you will often discover that when you wake up you have a much milder attitude towards someone who angered you on the evening before. Always practise being in the adversary's shoes. Try to look at what you are experiencing at the moment through the other person's eyes, and you will see that it is not so difficult to avoid judging. One must not let one's dark stream of thought cause others to suffer. One should practise sending out light and loving streams of thought, but not of course in an annoying way. Just as a mind can be uncultivated, angry, hot-tempered and irritable it can also be uncultivated as regards the use of apparent-

ly loving feelings is concerned. You must above all practise having a controlled mind and heart, which does not at all have to be the same as being cold hearted.

The true Christmas atmosphere is a state in which one is far above material phenomena

Some people feel that if they do not get roast goose on Christmas Day then their Christmas is ruined. This is an expression of the old Christmas spirit, which one ought to get away from as quickly as possible. Making one's happiness depend on such primitive, physical things is expressive only of an undeveloped character. No one can destroy my Christmas spirit; it is permanent. There is no difference between my spirits at Christmas and at the other seasons. When one has cosmic consciousness one is in a state where one's joy is invulnerable. The true Christmas spirit is a state in which one is far above material phenomena. What makes the terrestrial human being's life so difficult is that it to far too great an extent attaches its consciousness to purely material things or finds itself in marriages where it is likewise far too tightly bound by ideas about ownership. Happiness must not be depend on the belief that one owns the person that one has tied oneself to; on the contrary it is true here more than anywhere else that happiness can grow only in freedom.

Only through selfishness can one reach a higher world

If people were to try seriously to think about how much of what they do is determined by consideration for themselves most of them would be appalled. For by far the majority of people neighbourly love is still only something that they long to experience but that they themselves have not had the courage to practise. It is this state one must get away from. It is impossible to reach a higher world without unselfishness. One must practise be-

ing open for those in one's surroundings and one must learn to understand that no one can be otherwise than they are at the moment. The world is at any time absolutely perfect in its relationship to the mankind that lives in it. But it will be different in the future just as we too will be different. And here the human being with a deeper understanding of life has a great mission. The advanced human being is the Christmas messenger to people. To the same extent as you begin to understand the brilliant logic with which life is organised, your fundamental character will begin to express the light that the feast of Christmas preaches.

The more you study spiritual things fewer things will irritate you. You will then discover that you gradually grow out of letting yourselves be influenced by

your surroundings. In this way you will build up in your mind and heart a solid attitude to goodness and, with this attitude supporting you, you will no longer need look to the narrative about the birth of Christ to get into the Christmas spirit, because then you yourselves will have become a part of the light that Christmas preaches to people. Then one will have become part of the light of the Christmas star that today makes children's eyes sparkle and moistens the eyes of adults, the star whose light for two thousand years has foreshadowed for people the peace that you today more than ever before long to experience, that peace whose birth time is now drawing near.

Original Danish title: *Julestjernen*
Translated by Mary McGovern

Cosmology and the world today

by Eigil Kristensen

A new column

Reading the newspapers or watching the news on TV can be a depressing business because of all the cruelty that goes on on the earth. Many people find it difficult to maintain their optimism and belief in better times.

In "Cosmology and the World Today", which is a new column in *KOSMOS*, we will focus on the initiatives and tendencies in the world that are taking us in the direction of a new world culture, whether it be within science, art, culture, humanism and so on. We would be very happy to receive articles about these things.

Vegetarians are healthier

There are many reasons to chose to be-

come a vegetarian. Martinus mentions love of the animals and the ethical and health aspects. The first comprehensive comparative health study of British vegetarians has been completed. It concluded that vegetarians suffer 30% less heart disease and 40% less cancer than meat eaters. The rapport, which was written by the British Vegetarian Society, also points to the protective effect of vegetarian nutrition against other health problems including intestinal disease, diabetes and obesity. The primary explanation of these advantages is more fibre, less fat, more trace elements and antioxidants.

A spokesman for the British Vegetarian Society said, "No figures, facts and recommendations are unfounded. They

are taken directly from highly esteemed scientific journals. The health benefits of vegetarian food are now documented more thoroughly than ever before." (Source: *Vegetarisk Forum*)

Peace is more than the absence of war

According to Martinus Cosmology the "quality" of our politicians and leaders reflects the average consciousness of the population. The attitudes that the people represent are thus expressed in the governments, parliaments and so on of the individual countries.

It is gratifying that NATO in its choice of a new General Secretary has found a leader whose attitude is pacifist and non-violent.

In an interview in the Copenhagen newspaper *Politiken* General Secretary Javier Solana airs points of view that reflect a very humane and positive view of Man.

Solana was born in 1942, immediately after the Spanish Civil War. His childhood and youth was strongly influenced by the after effects of the war, and, as he put it, "The front went right through our family".

His upbringing taught him the importance of reconciliation, of making peace and of dealing with the sufferings that war inflicts.

His basic view as a solver of conflicts was well summed up at the end of the interview: "One must not turn round and look back for the rest of one's life."

Humour and laughter

Most people know how liberating a good laugh is, but its healing effect is not so well known. According to the Danish magazine *Nyt Aspekt* (New Aspect) the Indian K.V. Patel has founded a kind of laughter yoga, and regards laughter as a science and a way to find bliss. Patel thinks that laughter is Nature's gift to mankind since we can laugh at any moment and in any place. As children we

laugh with our entire bodies. As adults we begin to laugh sarcastically and behind people's backs. Laughter is a versatile weapon and a wonderful tool. Above all else we ought to remember to laugh at ourselves.

Professor William Fry of Stanford University, USA has also done research into laughter, and his enquiries have shown that it strengthens the heart, the blood pressure, the muscles and the circulation among other things. He who laughs often is also more aware, better able to receive and find creative solutions to difficult problems.

Those who remember or knew Martinus will remember him as a humorous person who was very quick to laugh. It is undoubtedly a part of the real human being's nature to see life from the funny side.

Translated by Mary McGovern

The editorial and production staff

of

KOSMOS

wishes all its readers

a Merry Christmas

and

a Happy New Year

On slander

A reader has sent in a question that concerns all of us in our daily lives: What is slander? Is slander merely a negatively charged story about another human being, or is talking about other people at all slander? The reason why I am asking is that I work in a large workplace, and people chat in the lunch-break about one thing or another...

Answer: The question is a very straightforward and simple one that we all need to ask ourselves. Martinus warns us in many places in *The Third Testament* against malicious slander and gossip about other people. But does this mean that we ought not to talk about other people? Of course not. That would mean the end of all conversation. Martinus deals with the entire question in a very easily understood way in a lecture that he gave in 1947 called *Judgement and Protection*.

In this lecture Martinus says the following: "Of course we are allowed to 'evaluate' or 'assess' others; indeed, we even have a duty to do so because on the basis of such an evaluation we can best find out how our interaction with them can be most positive. In an evaluation, if it really is only an evaluation, there is nothing negative or disparaging."

In the same lecture Martinus says: "If when talking publicly to other people you *judge* a third person as a liar, as an unreliable person or worse, and says:

'He needs a good dressing-down', or 'it would be just if he were taught a lesson', then it is not certain that one has in mind merely the wish that the person in question receive some teaching, but the wish for punishment, for revenge in fact. *And thereby you judge yourselves.*" And later Martinus says: "And with that judgement whereby you judge another human being, you judge *your own future fate*. The spiritual measure with which you measure him or her will be the measure with which you too will be measured by others in the future". But then Martinus adds: "Here cosmology will be a great help to you. Through it you can receive a logical explanation of the reason why no individual at this moment can be otherwise than he or she is, because of their eternal past and with a view to their eternal future."

Once again Martinus links our behaviour towards others to our future fate. And if one thinks about this it is as if all slander and judgement of others disappears and is replaced by a loving evaluation in which there is nothing negative or disparaging.

And then the possibility for a more positive interchange with our fellow beings opens up.

Hans Wittendorff
translated by Mary McGovern

News from the Martinus Institute

by Ole Therkelsen

Winter study in Klint

The Martinus Centre in Klint, Denmark will be open in the three cold winter months, December 1996 to February 1997, for those who would like to study Martinus cosmology independently. Price 2,500 kroner per month including accommodation in pavilion A. Further details from Ole Therkelsen, Martinus Institute, Mariendalsvej 94-96, DK 2000 Frederiksberg, Denmark. Fax international code +45 38 34 61 80.

8 weeks independent study courses at the Martinus centre, Klint March 2 - April 26, 1997

The experiment in 1996 at the Martinus Centre, Klint with the so-called "independent study courses with two hours daily student guidance and tuition" turned out so well that they will continue in 1997. The participants can each choose what they would like to study. What has been read will be discussed in study groups with usually about 6-8 participants. We recommend reading Martinus' main work *Livets Bog (The Book of Life)*. The price for the independent study course including accommodation is 2,050 Danish kroner for 4 weeks or 4,100 for 8 weeks. One can, however, participate for one week at the time in which case the price is 770 kroner per week. Welcome to Klint!

Distribution of Livets Bog 1 in Paris

Previously Martinus' books have been

available through only one bookshop "Librairie du Graal" in Paris, but now the books are distributed by a little publisher's called "Soleils" who send the books out to about 20 bookshops specialising in religious, occult and esoteric books. The institute has sent its first shipping of 20 copies of *Livets Bog 1* and 10-15 of Martinus' shorter works to Paris. The publisher's address is Soleils, Diffusion/distribution, 23 Rue de Fleurus, 75 006 Paris, telephone 45 48 84 62, fax 42 84 13 36.

Autumn English week in Klint

During the autumn course at the Martinus Centre, Klint a special English-speaking group was established for one week for Jonas Bastys and Colleen Swearingen from California, USA and for Karl Williams, Australia. Every day they received intensive teaching from Svend Åge Rossen, Lars Östnæs and Ole Therkelsen where the 44 symbols in the Eternal World Picture were explained in detail. Mary McGovern and Solveig Langkilde joined them at the week-end to answer their questions and explain more of the symbols. Ole Therkelsen met Jonas Bastys in San Francisco and Karl Williams in Melbourne during his world tour in 1995.

Istanbul, Turkey

In April and May 1996 Stephan Perneborg from Sweden gave several lectures in Turkey. When he was there he established contact between the

Martinus Institute in Copenhagen and a publisher in Istanbul. The institute has now sent a contract to Bilyay vakfi (The foundation for spreading the knowledge to unify humanity), which will publish two books, *The Fate of Mankind* and *The Immortality of Living Beings* (2000 copies of each). They have been translated into Turkish from Mary McGovern's English translation.

A Cosmic View of Life

Niels Kalén's Swedish introductory book *A Cosmic View of Life*, 10,000 copies of which have been sold in Sweden, has now been published in Holland. It has been translated into Dutch by Gerard Oude Groen and André Stroobant and other members of the Dutch translation group.

From the council of the Martinus Institute

Plans for 1997

In a leaflet entitled "Information" in 1969 Martinus wrote that the institute's economy would gradually get into balance, that is, that it would be able to make ends meet without external help, but it will take some time for the institute to reach this stage.

There are many tasks for the Martinus institute to undertake in the coming year. *Strukturen* (a book about how Martinus's work should best be carried on after his death) was published in Danish in 1992 and *The Eternal World Picture 4* was published in Danish in 1994. About 900 copies of each have been sold, which means that they will have to be reprinted in 1997. Also waiting for publication in 1997 are several of Martinus' shorter works in German, French and Icelandic as well as the four volumes of *The Eternal World Picture* in Esperanto. *The Eternal World Picture 3* will be published in a temporary edition

in English for the International Course in Klint in July/August. During the study group feedback on the translation will be gathered and any necessary adjustments made before publishing it later in the year or early in 1998. Translation of *Livets Bog* and/or *The Eternal World Picture* into English, Dutch, German, Russian, Serbian and Spanish is in progress. The market for all these books is still very limited, which means expense without corresponding income. Work is in progress to improve KOSMOS as regards content and appearance. At the Martinus Centre in Klint there is continued need of substantial investment so that the centre can grow to become the educational centre that Martinus predicted it would become. In short there is must need of financial support in 1997.

And where is this support to come from? Martinus' cause consists only of those people who are interested in it and understand it, those who read and study Martinus' writings. For others it is unknown or unintelligible and thereby unacceptable.

Who then is to maintain and promote its existence? It has no wind in its back from the man in the street or from the general public. Nor is it known or understood by society's authorities or experts. Here it can only be those interested in Martinus's work, people who have found joy, inspiration and courage through its analyses or spiritual science. If understanding and loving people had not supported the cause, there would be no cause today. For this reason we apply to those who feel inspired to support, and can afford to do so, the spreading of this peaceful world culture over the earth. To reduce very high banking charges we prefer to receive cheques in Danish *kroner*, US dollars or British pounds.

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

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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
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publishers.
ISSN 0107-7929