

# KOSMOS

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**The Holy Night**

**Cosmic New Year Thoughts**

**A letter about gratitude**

**The energies of gravity and feeling in everyday life**



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# Christmas Eve

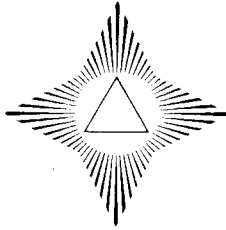
by Martinus

*An extract from a Christmas card sent by Martinus to his English readers in 1962 (translator unknown).*

Once again the hands of the great clock of eternity hasten towards the bright hour that we call "Silent Night, Holy Night". And again streets, shops and homes are being decorated and illuminated. Indoors as well as outdoors millions of lights are sparkling and glittering. They are symbols of the eternal light that radiated from the little child in the stable of Bethlehem throughout the world to distant regions and to distant periods. It made its way into the palaces of kings and princes, and into the lonely room of the very poorest believer. For about two thousand years this heavenly light has been shining in the world. Its blessed quality has been almost infinite. Today tons of presents of love, parcels and letters are being delivered by train, ship and plane from friends and acquaintances to friends and acquaintances all over the world.



Here we see the incipient effects of the divine light that constitutes wisdom, humanity and love. Unless man surrenders himself to this divine light he will never be freed from the lethal sufferings of war, sorrows, illness and distress. Thus the eternal light of Bethlehem constitutes the salvation of the world. This salvation is the great Christmas present to man from the Godhead.



# The Holy Night

by Martinus

*This is a manuscript Martinus wrote in preparation for a lecture given at Livets Bogs Bureau on Sunday 19 December 1943. The title headings are by Ole Therkelsen and have been approved by the Council of the Martinus Institute on the 23 March 1999.*

## **The cycle of eternal life**

Life, and everything connected with it, is formed as eternal cycles. Every such cycle is formed as two great rhythms, of which the one moves from light to darkness, from a spiritual to a material state, and the other moves from darkness to light, from a material to a spiritual state. Through this, the experience of life is made possible, because the being in every rhythm becomes acquainted with each contrast alternately, after which the opposite rhythm can be experienced. Day and night, and summer and winter are the most well known of these rhythms, because these rhythms are so short that the being experiences them many times within one of its terrestrial lives. On the other hand the rhythm from the material state to the spiritual state, and from the spiritual state to the mate-

rial state is not such a tangible fact since these rhythms extend over such great distances in time that hundreds of terrestrial lives are needed to cover these cycles. In a single terrestrial life the being will therefore be able to experience only such a little local part of this cycle that it will normally not see any rhythm or any change in this little part. Indeed, is it not so that for many lives it simply denies the existence of these rhythms? But this denial is of course a result of this rhythmic movement's creation of materialism or the mental state that we call "spiritual darkness".

## **The culmination of darkness**

This spiritual darkness cannot in itself be denied since it is culminating at this very moment. For everyone it will be established as fact through some

stronger or weaker signal. War, with its noisy din, explosions, destruction, mutilations, death rattle and heaps of ruins, is spreading its terror over the entire world. Everything is enveloped in the material rhythm's darkest night - even where we imagine there to be neutrality or peace. The vibrations of death fill the columns of the newspapers, scintillate and flash through every radio and are whispered from ear to ear, from one man to another. Indeed, the rhythm of spiritual darkness is very much alive. But that which is not so alive is the cessation of this darkness. Some people on Earth reveal their ignorance by asserting that "there has been war as long as people have existed, and war will therefore persist". For the cosmically clear-sighted being it is obvious that here the Mayfly, which cannot overview the spiritual dark rhythm, is speaking. For this being this rhythm is of such vast dimensions that it can perceive it only as "eternity" itself. Such a view can of course be only one of the seeds of hopelessness from which the darkness of the material rhythm grows. With this philosophy or postulate, such a being is in reality the very culmination of the mental cycle's utmost fossilisation or density. Such a postulate, like atheism itself, is the spiral cycle's mental blocks of stone or rock formations. They weigh the I down and keep it tied and bound to the cycle's most inane or uninspired spheres. Their pronouncements about the cycle's opposite rhythm, "light", are thus quite without authority. They are then wholly inhabitants of the dark rhythm.

### **The message of Christmas sparkles every night out in the universe**

But does the divine world order not state: "While the Earth remaineth, seed-time and harvest, and cold and heat, and summer and winter, and day and night

shall not cease". We have thus here the very law for the principle of the cycle, which of course in turn is the same as the principle of life itself. The principle of life thus determines that day can never entirely disappear from the regions of night. In the dark night we see a multitude of the heavenly stars, distant radiant solar clusters sparkling through space in order, after a passage of hundreds of thousands of miles, to light up the retina of our eyes and vibrate their shining story into our brains and consciousness. The only thing that shuts the light of these thousands of stars out from our horizon is the Earth's own atmosphere, its own grey, opaque clouds. Do these distant suns not contribute to making the night holy? Are they not in themselves a Christmas message that on every clear night is sent out from the great outer space? Does not a message emanate from their light, a message about the fact that even if day has disappeared from our latitudes, it exists there, far out in the Godhead's great world and, like a shining angel, sweeps over thousands of other worlds, planets and spheres? Does this divine message not open a colossal perspective for thought? Does not perfect logic or logical thinking tell us here about distant worlds with life, human beings, animals and plants? Is sunlight not the very seed that promotes the propagation of life and thereby populates the planets with life? But by which physical means could the life of the planets otherwise turn up in the various worlds? Indeed, the Godhead sanctifies every single night with a Christmas message. But how could this message about distant worlds, about the eternity of day or light, be related to human beings if the light of their own sun was not shut out for a short time? Would they not believe that their own little world and sun were everything that

existed? Would this not be a very distorted picture of the Godhead's eternal majesty or almightiness?

### **The light in the dark zone of winter**

But just as the Godhead reveals the presence of the light of day during the darkness of the night, so too does the Godhead reveal his presence in the form of the presence of the light in the dark zones of other cycles. Winter belongs thus to these. Winter is thus daily life's physical zone of darkness. This holds true especially on our latitudes. Because of the Earth's particular relationship to the sun, the days become darker and darker, and the further north we come, the more the darkness of night reigns. Plant and animal life diminishes. And the lack of sun makes the human being's existence and the maintenance of life difficult, in masses of cases promoting illness, melancholy and depression. When the human being nonetheless has been able to brave winter's hard conditions of life and been able to migrate from the Earth's warmer regions, and has tempted life in this cycle's sphere of night for thousands of years, it is also due to the eternal principle that allows the eternal light of day to shine during the night. The year cycle's winter zone or the sphere of night has also its shining night sky. This night sky is the human being's sphere of thought at an advanced stage. In this sphere greater and greater twinkling stars have gradually come to shine. And just as the Godhead, by means of the twinkling stars of the night in the sky, has been able to tell the human beings about the vast contours and areas of his kingdom, so too has the Godhead, through these stars of the human being's sphere of thought been able to tell the beings such wonderful fairy-tales about its nature and world, fairy-

tales so animating that these human beings have braved hardship, cold, hunger and, through the invention of clothes and shoes, houses and tents, light and heating, have simply been able to change a great deal of the night zone of the winter cycle into a day zone. With the light from the stars, that is, the brilliant ideas from their sphere of thought, they have carried so much of summer over into winter that for thousands of years it has been a tolerable, indeed sometimes even pleasant, sphere for their daily life and activities.

### **The world redeemers are twinkling stars in the night sky of the mental winter darkness**

But when these shining stars of the sphere of thought have been able to spread light so actively, it is due to the fact that a message from God's great world emanates from this light too, just as it does from the stars of the night - the ideas of higher beings, powerful godheads, whose favour it would be good to gain. The worshipping of these godheads became great celebrations and displays of joy with which one could stimulate and experience existence in the dark midwinter, when all other sensate beings in Nature seem to rest or dormant. These stars of the sphere of thought, like the stars of the sky, have too their paths and cycles. They came and disappeared, some quickly and some slowly. But they were always replaced by other twinkling mental stars. Indeed, some even came so close that they could be clearly discerned as great suns. These, the gigantic stars or shining suns of the mental winter darkness or the mental night sky, are the world redeemers. You can get an idea of how vast a light that can emanate from such a star when you hear that the light from one such star shone so much sympathy, love

and joy onto the human being's mental night sky that, with unchanged strength, it was able to light up the barren and desolate dark period of nineteen hundred midwinters with its superterrestrial light. Indeed, this heavenly light vibrated, quivered and sparkled so strongly over the snow and frost regions of midwinter, and made itself one with the experience of winter, that the inhabitants here simply cannot imagine this light symbolised by anything other than snowfields, sleighing, skating, festive gatherings around the plant peculiar to these cold regions: the fir tree. To this day tens upon tens of thousands of beautiful winter pictures portraying snow-covered fir trees, white, peaceful landscapes with the fresh and radiant manifestation of joy in living, are sent to and from all the countries in the world with greetings and wishes for a "Merry Christmas".

### **A tidal wave of love**

You now know what I am referring to. You know the star. You have all felt its light. It is possible that you no longer feel its brightness so strongly. You are perhaps not looking at your mental night sky at the moment and cannot of course see its shining light either. It is possible that you are filled with a more or less strong antipathy against all the small childish outer decorations of Christmas: Christmas pixies around the Christmas rice pudding, Christmas trees with their decorations gilded with silver and gold, presents and sweets, Christmas carols and so on. Indeed, you perhaps do not believe at all that the world redeemer, of whom Christmas is an after-effect, has existed, and that the Christmas gospel is

pure fabrication, sheer fantasy, which you take a downright pride in removing from the terrestrial human mentality. But even though the light of the star is thus at the moment overshadowed by your own dark mental clouds, then the fact will remain that every single year on 24th and 25th December a vast mental wave of love moves across the Earth. Hundreds of thousands of postmen are almost collapsing while delivering this tidal wave of love, which gushes around the Earth vying with the tidal waters of the moon. Who can fail to notice this? The beautiful fairy-tale that began with the poor child in the crib is thus today, nineteen hundred years later, not without basis in reality. Are we not facing a living revelation of the world redemption's enormous force and effort? Which being other than a world redeemer, does one believe, is able to leave behind such a monument? Which of the great autocrats or famous beings of the past have such an influence today on our exchange of post and thoughts? The world redeemer thus came to shine brightly in the human beings' mental sky. And thus we must ourselves become a shining star in the night sky of our fellow beings, shining on our enemies and those that do not like us. In this way we will be in harmony with the world redemption, and have become an open channel for its heavenly light. Our vibrations, our light will shine down through the history of man for thousands of years.

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Original Danish title: *Den hellige nat*, published in the Danish edition of KOSMOS no.12, 1999

Translated by Mary McGovern, 2000

### **BOOK NEWS**

A French translation of the first two volumes of *The Eternal World Picture* has now been published in one volume by the Martinus Institute under the title *Le Troisième Testament - L'Image Éternelle de l'Uvinivers 1-2* (Translation: Christine Cazas and Ingemar Fridell)

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# Cosmic New Year Thoughts

by Martinus

*This article is a manuscript that Martinus wrote in preparation for a lecture he gave at the Martinus Institute on Sunday 2 January 1944. The title headings are by Ole Therkelsen, and were approved by the Council of the Martinus Institute on 11 August 1998.*

## **The culmination of darkness lights a star of hope in our mind**

When we passed the winter solstice or the shortest day of the year, we passed the culmination of darkness or the stage where the sun or the day's source of light is furthest away from our latitudes. No terrestrial human being is left untouched by this passage. It, so to speak, alters our mind and our entire way of thinking.

While, before our passage of this shortest day of the year, we prepared for a continuously deepening winter darkness against which we had to safeguard ourselves by means of outer, artificial physical light, and as far as the mind is concerned, by inner, mental light, so, after this passage, we are now preparing for the light itself. We now know that the sun comes closer and closer every day in order finally to envelop our lati-

tudes in the brilliant clarity and colours of a summer day. The winter solstice or the culmination of darkness has thus lit an enormous star of hope in our minds. We are waiting for summer and sunlit days. Since this passage of the winter solstice is an unfailling, recurring phenomenon, after which a passage of the culmination of light or the summer solstice comes just as unfaillingly, this hope of ours is thus not built on imagination but on a living fact. We have an abundance of experience that our passing of these solstices is merely the cycle of night and day in a yet greater format, hence the Bible's words: "While the Earth remaineth, seeds time and harvest, and cold and heat, and summer and winter, and day and night shall not cease".

## **Eternity behind the cycles**

But what can this cycle now tell the advanced or intellectually gifted human being? What can it tell the seeking spiritual researcher? We all know, of course, that day follows night, and that summer follows winter, indeed, even the animals know that. If the opposite were the case they would not of course to such an extent prepare themselves for the coming of summer or winter as they do. Some animals gather supplies and go into hibernation; others, for example the migratory birds, seek milder regions. But providence's intention or purpose with these cycles is not completed or finished with this. These cycles do not exist merely in order that we should learn to subordinate ourselves or safeguard ourselves against them. It is true that they give life colour, create contrasts and multiply the living beings' possibilities for experience. But behind all this there is yet another special great experience or a specific answer that the Godhead or Providence, by means of the principle of the cycle, wants to introduce into and quicken in the consciousness of the thinking being. *This answer is the declaration of its own immortality and the Godhead's eternity behind the cycles.*

## **Logical thinking is the first prerequisite for a more elevated clear-sightedness**

How can one then come to experience or see this declaration in the cycles? Indeed, the first prerequisite for a truly more elevated clear view of the daily and yearly physical phenomena in Nature and life in and around us is of course the ability to think absolutely logically. If one cannot think logically, all experiences become of course merely suppositions, dogmatic beliefs, figments

of the imagination, which can often be one hundred percent false or illusory. In opposition to this false state or perception of life exists on the ability to think logically. To the same degree as one really possesses it one cannot be deluded or taken in by false ideas. If one has once found or experienced Nature's special structure and eternal laws, one knows that everything has to fit into this structure and these laws. If an analysis or account, a dogma or an assertion does not fit into this structure or these laws, one knows that these are merely human inventions, mistaken ideas or presumptions, regardless of whether these ideas are hundred-year-old traditions or any other particular powerful position, they may have taken up in culture or society. Every culture, tradition or phenomenon that is based on such an illogical answer, will inevitably sooner or later fail in relation to the nature or the life that it misrepresents with its false answer or foundation. Life or Nature moves in particular eternal paths according to just as particular eternal laws. Everything in life or Nature that is given a direction deviating from this cannot follow the rest of Nature's paths and cannot fulfil the eternal laws. Its appearance becomes therefore evident as more or less abnormal in order finally to be able to take root or find nourishment in the normal life or Nature from which it emanated. It must then, like a plant that has been pulled up from its nourishing earth and thrown to the sun, wither and perish. Thinking logically will therefore be the same as being able to think and find answers that are completely in harmony with these eternal paths and laws of Nature. And we will thus by virtue of this logical ability have a look at what lies hidden in the experience we call the turn of the year or the new year, and thereby acquire an answer that fits eter-



nity or expresses the eternal laws and paths, which are life's unshakeable structure.

### **Everything that can be sensed is stages in cycles**

It has of course long since become a fact for us that the winter solstice is the end of a cycle, and that the new cycle begins therefore after this solstice. This solstice thus marks for us the turn of a cycle. It is this turn of a cycle that we call "the turn of the year" or "New Year". Such a cycle, which is thus the same as a year, has the great characteristic that, in a brief, clear physical area it expresses a cosmic principle of far greater dimensions. This principle is known from my analyses as the "spiral cycle". But such a cosmic spiral cycle is of such huge dimensions, and its lifetime is such a vast period of time that it can be experienced only through hundreds of thousands upon hundreds of thousands of lives. That the ordinary terrestrial human being has no idea that it is in a process of traversing such a gigantic cycle before the world redemption or the representatives of wisdom make it aware of this, ought to be a matter of course. It does not of course have cosmic consciousness, and is not familiar with its hidden superconsciousness or eternal spirit. But despite this mental impecuniosity or as yet unfinished state, these beings are all the same not unfairly treated by the Godhead. It is true that they cannot directly see the enormous cycle that, with their rows of rebirths and lives, they are in the process of traversing, but the Godhead has all the same lifted a little corner of the veil aside for this, their vast cosmic expedition. So what they see where this little corner has been pulled aside is that the whole of life and existence appears exclusively in the form of cycles. They see that the passage of substances

through solid, liquid and gaseous states exists in reality only as passages in cycles. What is night and day, summer and winter other than the passage of the cycle of time through eternity? What is people's nutrition, their digestion, the satisfaction of their desires, other than the fulfilment of cycles? Indeed, what is the life span of their physical body, its passage through childhood, youth, maturity and old age, other than the passage of stages in a cycle? And it thus becomes an unshakeable fact that everything that we are able to sense or experience in life can occur only as identical to cycles.

### **Cycles within and outside our sensory horizon**

The Godhead has thus allowed this supreme principle to be accessible to our senses. But thereby he has of course given us a vast cosmic insight into eternity itself, into the foundation of life. Through the access to the physical sight of this subjection of matter to cycles, purely physical access is opened so that we can see beyond our present physical body's lifetime, indeed, the sight of our immortality even appears as a shining star in the middle of our physical life's spiritual night. But here, where the being has still not passed the great birth and is not initiated, this can happen only with the help of "logic".

Since everything that finds itself within our present sensory field, appears exclusively in cycles, there is no foundation whatsoever for supposing that it is not exactly the same that holds true in all the fields of life and Nature that lie outside our present horizon. It would be illogical to suppose the opposite. Since every one of all the cycles that can be perceived physically shows the equal passage through and culmination of the substances in the following

pairs of contrasts: concentration and porosity, solid and liquid, gaseous or ray-formed, involution or evolution, it would be similarly illogical to suppose that the opposite should be the case in all the fields of Nature and life that lie outside our sensory horizon.

**In the cycle of the human being the gaseous and ray-formed states lie ahead**

It is thus logical or in harmony with the facts to suppose that matter or the substances must normally pass the various stages of these cycles. We can therefore calculate or precisely judge the position of the substances in the cycle. We know precisely that a piece of ice is water in its concentrated state and that in the air we breathe the same substance is in a liberated or gaseous state. All substances have thus their concentrated and porous or gaseous and ray-formed (electrical or spiritual) state. But then it would also be only logical to suppose that we ourselves by virtue of this sovereign principle, must find ourselves at one or other of these various stages of the cycle. Since we know that substance in the cyclical path can be transformed only in

the following order: solid, liquid, gaseous and from here to the ray-formed (electrical) state, we can simply physically see which stage in the cycle must be our next stage. Since all we terrestrial human beings are almost at the cycle's liquid stage - a body constitutes 90 per cent water - our next stage must be "gaseous", and the next again "ray-formed". This is thus logical. But it does not mean that everyone can accept it immediately as such. On the contrary, many would simply stamp such an analysis as sheer nonsense, even if nothing whatsoever exists in the entire universe with which they can really or absolutely motivate their assertion. The logical assertion comes from the fact that logic is love - love without logic is not love. The display of love in daily life is the contact with the laws of the spiral cycle. When we all display this sunshine towards our neighbours, the divine world will have emerged on Earth.

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**MARTINUS COSMOLOGY  
INTERNATIONAL SUMMER COURSE  
Martinus Centre, Klint, Denmark  
July 28 - August 11 2000**

**INDEPENDENT STUDY COURSE  
August 12 - September 22**

**Programme included with this issue of KOSMOS**

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## Letter from a friend

*This letter of sympathy was written to two close friends who had just been through a difficult period of illness and other adversity. As it will appear from the letter, the writer, who wishes to remain anonymous, has a thorough understanding of Martinus' thoughts and vast understanding of humankind. The writer also has a large measure of self-irony and an uplifting sense of humour. The editor has been given permission to publish this letter so that others may find relief and encouragement in similar circumstances.*

Thank you for calling and letting me know how you are keeping (though, I must admit that I wasn't particularly delighted at the news). Thank you for our long friendship! (That, on the other hand, aroused great warmth in me). I am so happy and grateful that I still "have you", and I sincerely wish that you will both get well again.

Once we understand in theory how we are being led from our wretched and dark past towards perfection, to a life in light, pleasure and harmony with everything and everybody, the rest is a matter of hard work - also when the journey is uphill and against all odds; we'll only be advancing a bit slower. The end goal will encourage us to continue, giving us strength! So let's start practicing on what is closest to us, our own body; the body that St. Francis of Assisi referred to as "Brother Ass", and which we always have at hand.

The Godhead, the being in whom we live and move, is our partner and aide. It's a common project, so to speak.

Therefore, always remember to say "thank you".

The same will hold true one day about our microbeings. But as the situation is today, they are probably grumbling because of the company they're keeping rather than cheering. Considering this, and before we become overwhelmed by remorse, we must remember that our microbeings match our level - they are "getting their just deserts", so to speak. But we're still the ones that represent their "Godhead" and must assume responsibility for their existence in us.

The good God certainly knew how to teach us self-absorbed people a lesson about neighbourly love. The principle of cause and effect applies in every situation, and if we're not always good to Brother Ass out of kindness or gratitude, we should at least be so out of sheer planning. It may not be as dignified, but it will be beneficial, and the motive may improve as our understanding grows. Our organism has evolved over millions

of years, and the various parts, or beings, have developed exceptionally fine ways of collaborating so that it has become highly automatic, affording us great constancy and granting us freedom to have other interests. Always say "thank you".

And then suddenly? If we're unconscious of our living, perfectly evolved organism we indulge in a binge of destruction, depending on our likes, predisposition or carelessness. I'm particularly thinking of those who live in this part of the world. Unthinking of the close connection between our mind and body we easily take to blaming everybody else for our troubles. Once we've come across Martinus, we know perfectly well that's simply not "viable", but I guess that most of us have done it and therefore become accustomed to tuning in on a wrong wavelength and thus received what was being transmitted.

Now that we've had enough of that, we want to be more attentive and constantly fine-tune to the right wavelength and be grateful for the conditions we were given, knowing that they were the exact conditions that we needed at that time.

And so we move on. Through our way of taking nourishment, using our body - sitting, standing, moving, applying various types of equipment - and talking to others, most of us have more or less "warped" our fine bodies. Had it been a wheel of a bicycle, we would have noticed and put it right entirely out of comfort. Had it been a machine that we were monitoring in a company and it needed adjusting, it would be our job to take action. Once again for our own sake and for financial reasons.

When it comes to our body, we are or have been so numb that we haven't noticed that we have mentally tuned in on the wrong wavelengths, or that we have

"warped" our bodies merely by sitting in a chair. And we have been very slow (the Danish philosopher Hal Koch used to say that Man is a sluggish animal) in appreciating the relation between our way of treating Brother Ass and the mental and physical hardships that we inflict on ourselves - or as we prefer to put it, "run into".

The fact that we come to experience the effects of our own way of behaving towards everybody and everything - even Brother Ass - is therefore a great blessing, albeit frequently a very uncomfortable one, because it gives us an opportunity to stop, think, understand and then start practicing better ways. A major reason to say "thank you".

We usually experience it as either mainly physical or mainly mental effects that slow us down and grant us time for second thoughts. And the longer we manage to hang on, the more technical aids there are available to help us, whether it's for an operation of the colon or the eyes.

Thank you.

Let us always try to see the many details in their full context. We are psychophysical beings with wonderful opportunities, so let us not become blinded by problems with the colon, lungs or eyes or other acute illnesses. Let's do everything we can to improve the circumstances for the part in question, bearing in mind that by giving the best possible conditions for the whole, we also support the individual parts to help each other restore the beautiful collaboration that they developed a long time ago.

Then we can progress again, but at this point we still have plenty to do. So let's make it a good start with plenty of big smiles and gratitude towards the Godhead, in whom we are a tiny, bothersome but also very eager cell; towards

Brother Ass, who does everything he can to make things work for us even during the most extreme periods; towards our partner, if we are fortunate enough to have one; and towards our friends who also love us.

Let's do things as best we can, without getting bogged down by frustration at the things we can't manage or do better. Who do we think we are? We have all the time we need. Of course if we do

the washing up today, we won't have to do it tomorrow, so let's not waste our time but use it with maximum gratitude towards everything and everybody.

"The Lord looks at the will and gives wings to the devoted" Well, this turned into quite a lengthy letter, but the magic about it is that you can simply choose to discard it.

All the best wishes and love to both of you. May you get really, really well.

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# The Energies of Gravity and Feeling in Everyday Life

by Søren Olsen

According to Martinus, our organism – in fact all physical matter – is made up of the energies of gravity and feeling, among others, in a certain combination. At first sight this can seem abstract if one has no concrete connection with what the energies of gravity and feeling are. A physicist would not be able to understand this. A spiritual scientist would gradually understand it as she or he used their intellect to make it logical, and used their feelings to make it relevant to the present. Obviously natural and spiritual science can come together in the areas where they are talking about the same thing. There has to be a close connection between physics and chemistry, and the two basic energies of gravity and feeling.

Martinus calls the energies of instinct, gravity and feeling matter-forming basic energies. The energies of gravity and feeling make up the material substance in everything that we can

sense physically. So fundamentally all matter is bound energy.

So far natural and spiritual science are in agreement, all physical matter consists of bound electro-magnetic rays/waves/particles. (Particles prove that even on the microcosmic plane there is some energy that is materially bound.) As a point of departure for understanding any phenomenon through spiritual science, we always have the fact that there is behind it something living. The physical aspect of the universe with its ocean of phenomena, ranging from clusters of galaxies to electrons and light, is a product of living beings in just the same way that our physical organism is a product of a living being. What, or "who", is living is thus not the organism, not matter, not the energies, not the movements, not the phenomenon. What is living constitutes "Something that is" that has abilities to

express itself in what we perceive as matter/energy/movement.

Martinus calls our physical body the body of gravity. The body of gravity is primarily a psychic/spiritual body that can work with the energy of gravity. In order to make the body of gravity physically, materially solid – in order to turn it into flesh, brain, heart, bones and blood – it is necessary to combine the energy of gravity with the energy of feeling according to a plan.

Martinus writes that from a physical viewpoint we know the energy of gravity as fire, explosion, expansion, heat. Fire is matter that is being broken down, thereby releasing the energy of gravity that is bound in the matter. The heat from wood burning in a stove is, in other words, energy of gravity that is set free (calories, joules, radiant heat).

Where does the bound-up energy of gravity in the wood come from? From the sun. Plants/trees can bind light from the sun through photosynthesis. The I of the plant has abilities to build up a physical organism by joining its bodies of instinct, gravity and feeling with a fertilised seed, so that it becomes possible to combine matter from the Earth, carbon dioxide from the air and energy from the sun into a plant organism. Solar energy is, according to natural science, transformed into chemically bound energy. This is found in the chemical (electro-magnetic) bonds between atoms and molecules in proteins, carbohydrates and fat in the plant's body. As we know this is what animals and human beings physically live on.

We are completely dependent on the ability of the I of the plant to bind sunlight. The organic parts of our physical body are built up of proteins, carbohydrates and fat. When we eat plants we absorb among other things freshly bound solar energy. Our digestive system is

equipped to break down the plant constituents by using energy of gravity so that we obtain energy and matter, the building blocks of the body's physical appearance, growth, maintenance, movement and warmth. The exchanging of matter in the body is an ingeniously thought through system of energy-releasing and energy-binding processes that conceal the fact that it is respectively the energy of gravity and the energy of feeling that has the upper hand.

For there to be fire there has to be something that can burn – wood for example. Obviously for there to be a release of energy, an amount of energy has to have been previously bound. That there is any solid matter and bound energy in the universe at all, is due to the living being's ability to use the energy of feeling. The energy of feeling is used to cool, bind, condense and contain the energy of gravity. Martinus writes that if the energy of feeling were to be removed from the universe all physical matter would break down into fire.

That the atom has its form – that it does not burst apart – is entirely due to a certain state of tension between the energies of gravity and feeling, in which the energy of feeling has the upper hand – if it did not, the energy of gravity would break the form apart. That the Earth today appears as an inhabited planet with an abundance of physical life forms is due to a process of evolution that has lasted 5 billion years, in which the I of the planet Earth has had such a degree of control over its bodies of gravity and feeling that the living conditions are quite stable for the myriads of living entities that have organisms built up of organic chemical substances – energy of gravity held together by energy of feeling.

Martinus describes the sun's visible physical organism (what we know as the

sun) as a controlled explosion. Enormous amounts of energy of gravity are sent out into the surroundings, controlled by an appropriate amount of energy of feeling. Something living is controlling the releases of energy using a body of instinct, a body of gravity and a body of feeling. It should just be mentioned here in passing that in order to understand how matter is formed, the I's ability to attract matter also has to form part of the explanation. The bodies of instinct, gravity and feeling are used to form and "freeze" the matter that the I has the abilities to attract. This attraction of matter is an effect of the I's willpower, and one of the ways that it finds expression is as what we call the attraction of mass or the force of gravity. Willpower also finds expression as the ability and desire to choose food. What do "I" attract as material for my physical organism - meat, vegetables or both and of what kinds?

On the physical plane we know of three states of matter: solid (e.g. ice), liquid (e.g. water) and gaseous (e.g. steam) (a fourth is the ray-formed state). In order to make solid matter liquid it has to be warmed up. On further heating, the matter becomes gaseous. In other words by adding energy of gravity to a substance some of the energy of feeling (the binding force) is overpowered, so that the substance changes its state. So a cup of hot tea contains more energy of gravity than a cup of cold tea. All physical substances regardless of their state are expressions of varying degrees of condensation, which in turn are expressions of varying degrees of energy of gravity bound together by energy of feeling. In parentheses I cannot refrain from mentioning the Danish researcher who, at an American University, has slowed down the speed of light from 300,000 km per second to about 60 km

per hour. To make this possible she had to create temperatures unimaginably close to what natural science calls absolute zero, that is, minus 273 degrees C (this is where molecules cease to move). So even light can be frozen in its speed by passing it through what is called a Bose-Einstein-condenser, where it is cooled down by a great concentration of energy of feeling.

Something tells me that the aspect of matter and energy that natural science almost exclusively works with and recognizes is the energy of gravity. Physics, for example, recognizes only the existence of heat, because cold is seen as being the absence of heat.

A certain amount of work is needed in order for us to understand that a binding, contracting, cooling form of energy is needed in the inner, as well as in the outer, universe. We will not be able to accept a fundamentally new understanding of outer phenomena, until we are able to mirror and rediscover the outer world in our own inner world. The universe is an expression of life, just as our body is. These expressions of life are controlled from what we know, from our point of view, as "the inner self".

We have to focus on the fact that "something" in the universe is able to attract and bind the phenomenon we call matter/energy. We are faced with at least three so-called physical basic realities that one cannot explain away, in which each requires the existence of the others: that energy exists in inconceivable amounts; that there is something that can attract and bind energy to what we call matter, phenomena and organisms etc.; that matter and energy are used with intention, in a way that human beings experience as, and call intelligent. *Further analysis of this subject can be found in Livets Bog Vol.2, sections 351, 352, 378. Translation: AB*

# 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 that 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 that 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 4 volumes (symbols with explanations) and about 30 shorter books. At present the following publications are available in English:

Livets Bog (The Book of Life) 1

The Eternal World Picture 1

The Eternal World Picture 2

The Eternal World Picture 3

Logic

Easter

Marriage and Universal Love

Meditation

The Fate of Mankind

The Ideal Food

The Immortality of Living Beings

The Mystery of Prayer

The Principle of Reincarnation

The Road to Initiation

The Road of Life

World Religion and World Politics

Martinus Cosmology - An Introduction

## COVER SYMBOL

The symbol on the front cover, which is called "The finished human being 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 human being (yellow). The rectangular areas symbolise 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 stretching from the left side to the middle symbolizes an unpleasant or so-called "evil" action that is sent out towards someone. This is answered by friendliness and understanding symbolised 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 differ between evil and good. We will become perfect, we will become "the finish human being in God's image after His likeness."

## KOSMOS

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