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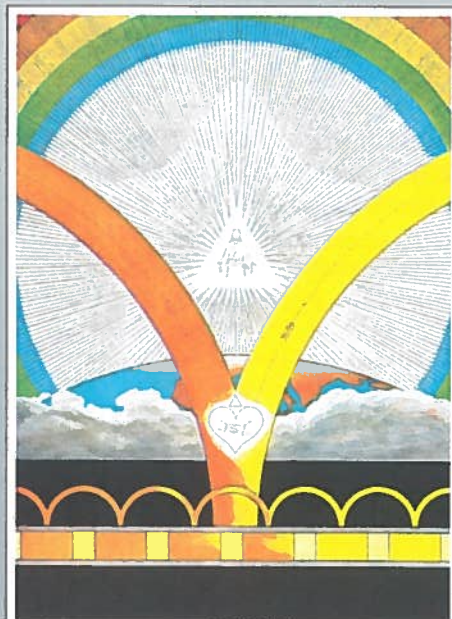
ENGLISH MARTINUS COSMOLOGY NO.4, 2001

Christmas rings with the sound of angels

Science and dogmatic belief

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A Christmas greeting from Martinus

An excerpt from a Christmas card sent to Kosmos subscribers in 1952

Once again midwinter is upon us. We are in the domain of darkness. We are passing a new winter solstice, the midpoint between two epochs of light. Long since gone are the light days of summer with sun, warmth and the radiance of life displayed fully by plants, animals and human beings, but they remain fresh in our memory. These bright memories of summer are the mid-night sun in the mental sky of our winter days. They shine and sparkle through the fog, sleet, slush and ice, keeping alive within us the hope and certainty of a new summer to come with its light and warmth. This is the bright promise of the Christmas gospel in the dark zone of a smaller spiral cycle. Just as every night is followed by day, and every winter is followed by summer, so too will mankind's present great mental epoch of darkness with war, hunger and illness be followed by a sunlit mental epoch of summer with love, joy and zest for life. Just as people in the grey, sad days of every winter are enlivened by memories of the bright return of summer, so too are people enlivened by the Christmas gospel and other divine promises of a coming sunlit epoch of life, a higher form of existence. Is this enlivening not established as fact by the wave of joy we meet every midwinter in the form of the thousand-year-old tradition we call "Christmas"? The true spirit and atmosphere of Christmas, with its presents, packages and letters, its increased stimulation of neighbourly love is an emanation from a kingdom that is not yet of this world. They constitute cosmic energies of light from a summer region in a far greater "year cycle" than that which is created by the rotation of our planet around its own axis. In the time scale of this "year cycle" our terrestrial life, in the form of incarnation and discarnation, can be symbolised as "days" and "nights" respectively.

This "year cycle" has too its "winter zone" with deadly frost, howling snow storms and a subdued daily life. Egoism, hatred and greed are here the deadly mental frost. The widespread infringements of life's great commandment, "Thou shalt not kill", that we call "war" are the winter storms of this zone. Mankind's millions of instances of disablement, illness and depression are the shrunken mental daily life of this "winter".

Yet in the middle of this death-bringing icy epoch of winter cold, sparkles the shining spirit of the world redeemer as a message to people about a new cosmic "epoch of summer" to come with life-giving warmth, leafy forests, a flower-scented atmosphere and thousands of jubilant sounds everywhere directed towards the sky. This enlivening cosmic summer warmth is neighbourly love. The leafy forests and the flower-scented atmosphere are the now so longingly awaited lasting "peace on Earth" and "goodwill" of the Christmas gospel in people's life together. The jubilant sounds directed towards the sky are a result of the great bliss, delight and joy that cosmic consciousness (the holy spirit) provides through science, art and way of being...

Translated by Mary McGovern, 2001

Christmas rings with the sound of angels

by Martinus

The account of the birth of Jesus

What is it that actually lies hidden within the concept of Christmas? Well, the purely outward structure is well known to all people in the Christian nations. It is the story of a little child who was born in Bethlehem and who was laid in a manger, and of the angels who appeared to the shepherds in the fields telling them to rise up and go to Bethlehem where they would find the saviour of the world, through whom there would come about peace on Earth and goodwill would be bestowed on all men. And we also read how no fewer than three kings came to Bethlehem to worship the new-born king, under whom all generations of the Earth would be blessed. To the modern materialistically-minded person this narrative would probably not have any special significance. In fact, there will even be people who completely deny that this event ever took place and that Jesus ever existed. They consider themselves fortunately not so naïve as to allow themselves to be enveloped in such superstition. But it makes absolutely no difference that thousands of people deny the

biblical account that has been handed down, because the truth lying hidden within the form of its words is becoming more and more apparent.

Christmas is a wave of neighbourly love that is spreading out over the Earth

The birth of Christ is continually taking place and the singing of the angels is drawing nearer and nearer. Despite all the wars and dark traditions, Christmas is wholly pervaded by the sound of angels. What kind of wonderful mental power is it that spreads out over the Earth in the days around the 24th December? Is it not the sound from Bethlehem, is it not the singing of the angels that still rings out throughout the world? Is it not the message of love from Palestine that “it is more blessed to give than to receive”, that we are trying to bring into effect? Is it not the case that millions and millions of Christmas presents are building up in the post offices in all countries, requiring them to double their staff in order to be able to deliver all these gifts, parcels, letters and cards before Christmas Eve? Why are people

in a more genial mood on this evening? Who can have the heart to be angry or brutal when their room is filled with presents, letters and loving greetings from relatives and friends, in fact sometimes with greetings from the other side of the globe? Can one not sense that on this evening there is merriment and joy in all homes? Who harbours the wish that there should not be joy in every home, in every mind especially on this evening? Is this not the reason why nearly everyone feels compelled to help to make Christmas a time of joy for all those many people who are weighed down to the ground by sorrow, illness and poverty? Just imagine if this generosity, this Christmas spirit were to be concentrated with just as powerful a force all the other days of the year as on the days around Christmas Eve. Do you not think that “the kingdom of Heaven” would be very close to the Earth? So it means absolutely nothing these days whether the Jesus of the Bible ever really did exist or whether the heavenly hosts ever really did sing for the Palestinian shepherds. The fact of the matter, and what really concerns us today, is that Christmas is tantamount to an immense wave of neighbourly love that spreads out over the Earth. But a wave of neighbourly love that is a living fact today, is certainly worth much more than a handed-down account of an event that took place centuries ago and whose “historical” value for many people is therefore wavering and dubious.

The Christmas gospel is about the development of neighbourly love

Those people who are sceptical about the biblical account of Christmas only have to look at the event of Christmas as it expresses itself today. Here they can in fact gain a far larger view of neighbourly love. When all is said and done,

what the Christmas gospel is all about is nothing more than the development and growth of neighbourly love. And if the Christmas of the present day demonstrates an expression of neighbourly love the like of which has never been seen before in the history of the Earth, why place so much importance on whether the biblical traditional account of Christmas is true or not? To look for knowledge about Christmas in the Bethlehem of the past is a bit like “crossing the river to fetch water” (making unnecessary effort) when, as things stand, we have the greatest sign of Christmas manifested as fact in the very flesh and blood of our own time, in fact to a far greater extent than it ever was in Bethlehem. Perhaps at this point one will claim that giving Christmas presents is not actually a sign of real love; it is only something we feel obliged to do because we have been given gifts ourselves. When other people give us a gift we feel we have to give them a gift in return. Perhaps in certain cases it is true that a gift is more the paying back of a loan than it is a real gift, but in no way is that a justification for looking on all gifts in this way. Only those very unloving people who are unable to imagine giving a gift altruistically, can treat all gifts in such a cold business-like manner. And even though there is in the Christmas wave of love a certain slight tendency in this direction, this does not prevent Christmas from being the cosmic, physical wave of joy that it after all most certainly is for both old and young.

Jesus was a king, a master and a genius in expressing neighbourly love

This all-embracing wave of love is therefore an absolutely unshakable solid fact in the world today. And is not neighbourly love exactly what it is the

Christmas gospel's mission to create? Was it not in neighbourly love that Jesus was "king"? Did he not say that his kingdom was not of this world? He certainly was not a king in the sense that he was in charge of the military, or that he was the commander-in-chief of a fleet or an army. No, was he not quite the opposite? Was it not his mission precisely to be a servant of servants? Did he not say that he did not come to this world to be served but to serve? And did he not also say that all they that take the sword shall perish with the sword? Equally did he not urge people to be humble? Was it not the meek and pure in heart who were blessed? The world redeemer was therefore a "king", he was a master, a genius at expressing "neighbourly love". Wherever he travelled over the Earth, his footprints would shine brightly. And is it not precisely these "footprints", this light, that in the form of the wave of love, is a fact and that at midwinter or Christmas Eve for a few hours forms a circle around the whole world from east to west and from north to south? Like radiant sunshine in the form of gifts, parcels, letters and greetings, this wave of love pours from its actual centre spreading out over the globe. Over oceans and continents, over the frozen seas and icy wastes of the polar regions, just as much as over the baking deserts, the wildernesses and jungles of the tropics, its warm-heartedness reaches wherever it is addressed to. When the psalmist wrote that "Christmas rings with the sound of angels", he was expressing a truth so great that it possibly quite exceeds what he himself had had in mind and seen. And this is really the crux of the matter, especially when what we are talking about is a gospel.

A newspaper article is temporal, a

gospel is a symbol of the eternal

What then is a gospel? A gospel is an eternal truth told in the form of a physical event. It differs from all everyday accounts, for example current newspaper articles, in that these are merely physical events clothed in intellectual interpretations. A gospel is thus intellectuality interpreted with the help of an understandable physical event, whereas a newspaper article or other current account is a physical event related through the use of intellectuality. So there is a fundamental difference between these two ways of narrating. While the purpose of the current newspaper article is to present the physical event as historical data, the purpose of the gospel is definitely not to present the physical event as "historical data". A gospel will on the other hand only ever bring an eternally existing fact, something infinite, something immortal, to the knowledge of the individual. But because the individual can sense only temporal things, the eternal facts can be made tangible for the being only through being interpreted as if they were temporal phenomena. We call this mode of interpretation symbolism. The gospel is a symbol of eternity whereas a current newspaper article is a demonstration of something temporal, something that really did take place on a certain date. One therefore understands that a newspaper article to an unusual degree has to make a point of giving physical proof that is able to confirm the account as physical fact. A gospel on the other hand has no need whatsoever to be based on purely physical data because it is not an actual physical event that the gospel expressed or tells about, but solely something eternally existing.

Only he who is of the truth can hear the voice of truth

The physical event in the gospel therefore definitely does not need to be “historical reality”, it is quite enough for it to be merely “fiction”, as long as this fiction is in harmony with the laws within which physical phenomena take place. So we can now understand that even if the Christmas gospel were just a fairy tale made up by some ingenious writer, its interpretation of the eternal truth, that it is the Christmas gospel’s purpose to implant in the terrestrial mentality, would be exactly the same. Exactly the same thing would apply to the Easter gospel. Had the story of the Passion of Jesus been nothing more than an ingeniously made up narrative, this narrative’s interpretation of the cosmic truth that is embodied in the Easter gospel, would be precisely just as perfect as if the Passion had really taken place. So it is of relatively little importance whether the physical events that make up the symbols of the gospels, are historical facts or are just made-up narratives. People who long to gain information about whether these events are genuine, whether they are fact, have merely an archaeological interest, that is to say a kind of physical curiosity, which the gospels are definitely not designed to satisfy. Neither will such a being gain any satisfaction from their research. The higher cosmic narrative that the gospel has implanted into the physical event remains a mystery to the material researcher. The handed-down account thus constitutes a language that he is completely unable to make sense of. So, at most, he will arrive at the point of seeing that it is possibly completely without historical basis and has thereby no meaning for him. He was not looking for the eternal truth and did not find it. He was looking for something temporal and

at best found only something temporal, namely the belief that the account was false, that is was superstition. But from this we can see that only he who is of the truth can hear the voice of truth or can understand the language of truth.

To the initiate the physical events in the gospels really did take place

But to offer some comfort and encouragement, it is a remarkable fact that the initiate regards the main gospels, those of Christmas and Easter, nevertheless as historical, physical events that really did take place. These events were so spiritual in structure that, besides being an expression of actual physical facts, they have at the same time become accounts that almost a hundred percent express the eternal truths, the eternal world picture, to those who have now grown up to have “the ears to hear with” and the “eyes to see with”. But the physical reality of these events is only revealed to beings to the extent that the gospel behind them has disclosed itself.

Peace on Earth

With respect to this disclosure of the gospel, we have at present the previously mentioned wave of love, that Christmas has become to the Christian world. The cosmic mystery of the Christmas gospel as well as the Easter gospel is nothing more than to love one’s neighbour as oneself. This is therefore life’s very greatest mystery, a mystery that is all the greater for it being the fulfilment of all the laws, and thereby the one and only way to the kingdom of Heaven. The Christmas and Easter gospels that are the foundation of the New Testament, therefore reveal the cosmic mystery that forms the basis of all Christmas cheer, of all development of humanity and neighbourly love, which in turn is the only way in which

all forms of war can disappear from nations and states as much as from each and every individual. And just think, the event in Bethlehem will then happen once again, Christ will be born in the individual's own heart. And to the extent that the state is made up of citizens with this birth, it will be a state of Christ beings or human beings in the image of God. Then there will be peace on Earth

and on men there will be bestowed an all-encompassing radiant goodwill.
Original Danish title: Julen har englelyd
A lecture given by Martinus on 9th December 1945 at the Martinus Institute.
Published for the first time simultaneously in Danish, Swedish and English in the December 2001 issue of Kosmos.
Section headings by Ole Therkelsen.
Translated by Andrew Brown, 2001



The English study group 2001

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Programme enclosed with this issue

Science and Dogmatic Belief

by Olav Johansson

Two new scientific discoveries challenge the materialistic dogmas in science.

In recent years two new observations in the world of science that have received great attention, both within and beyond the world of research, are really challenging the materialistic dogmas that natural science has hitherto more or less taken for granted. The first is the discovery that our brain cells continue to regenerate throughout the whole of our lives. The following is an excerpt from an article entitled "New cells in old brains" from the science page of the Swedish newspaper, "Dagens Nyheter" of 27.02.1999.

"Since the beginning of this century an undisputed truth about our brains has held sway: we are born with our nerve cells once and for all. There can never be more of them, they can only die and leave us as we become older or more sick or as we are subject to blows, shocks or alcohol. The belief was that this is the price one has to pay for having such a good memory. *If nerve cells*

just come and go like other cells in the body, memories would also disappear at the same rate (my italics). In recent years people have begun to question this dogma. It has been shown that in fact rats develop new nerve cells in certain parts of their brain over their whole life. The same holds for mice, porpoises, rabbits and squirrels. Last spring the American psychologist, Elizabeth Gould, and her colleagues were able to prove that new nerve cells were also developing in several different kinds of apes. And in November last year came the great sensation: humans are no exception. Also in us the formation of nerve cells in certain parts of the brain continues throughout the whole of our lives. Behind this epoch-making discovery is a group of Swedish researchers led by neurologist, Peter Eriksson, at Sahlgrenska Hospital in Göteborg."

In this article Peter Eriksson relates how difficult he found it, as a classically

trained neurologist, to accept the new discoveries researchers had made concerning the regeneration of nerve cells in adult rats, when he was working for a time in the mid-90's in USA and came into contact with this research. He says, "At first I was very sceptical. What I had learnt, about nerve cells absolutely not being able to develop, lay deep in my consciousness".

One is justified in calling such a deeply held belief, which over the course of a whole century had been accepted as scientific truth, a "dogma", and it is called just this in the above article in "Dagens Nyheter" (see the above quotation). This dogma originated in the idea that, if the nerve cells are renewed, we would not be able to have the type of memory and sense of personal continuity (the sense that I am the same person with the same memories throughout my life) that we have at present. People believed that memories would be broken down and disappear as the cells in the brain were renewed. Now that this previously-denied cell renewal has been scientifically proven, we are left with a vital question: Why is it that this continual renewal of our brain cells does not affect our memories and our sense of personal continuity? As the cause does not lie in the physical brain, the answer to this question has to be sought on the non-physical plane.

Martinus explains that the living being has six different bodies, one of which is a "memory body", which is made up of spiritual or ray-formed matter. In this "memory body" are preserved copies of all our experiences, including experiences that we today have no day-conscious access to (e.g. experiences from previous incarnations). Here we have an indication of how memories can be preserved intact over the course of a whole life, despite the renewal of the

brain cells.

The existence of the six spiritual bodies described by Martinus is, however, not sufficient to explain the slightly more complex question of the continuity of our personal identity. Is there anything that is as fleeting and swiftly changing as our consciousness or spiritual life? Every moment there are thoughts and feelings that are born, and other thoughts and feelings that die. So how can one explain the stability and permanence of our sense of I or personal identity? It can only be explained if there is a particular part of our being that is not subject to movement or change. It is this part that Martinus calls the I or X1. The I is the unchangeable "fixed point" that is needed in order that the contrast to the I's own nature, that is, movement or change, should be able to become experience for us.

The other great advance in the world of science that is talked about a great deal these days is the mapping of the human genes. For the first time in the history of science we can say we have 100% mapped the human biological genes.

An equally interesting "by-product" of this research is that they have been able to establish that human beings' nearest relative in the animal kingdom, the chimpanzee, is 98% genetically identical to human beings. This gives rise to a series of interesting questions. For example the ethical question as to whether the chimpanzee, according to the same materialistic logic behind genetic research, should not also be awarded – at any rate to the extent of 98% - human rights.

And the question of perhaps even greater relevance to the subject of this article is whether the mental or spiritual difference between the chimpanzee and the human being can be reduced to 2%.

This ought to be the case if the materialistic researchers' genetic explanation of the nature of human beings and all life is correct. Everything, even the mysteries of the soul, lie hidden in the genetic code, according to the materialistic dogmas in this field.

Without in any way wishing to reduce or belittle the chimpanzee's mental faculties, we certainly have to establish, if we are going to look at the issue objectively, whether the mental or spiritual difference between the human and the chimpanzee is on average considerably greater than the mere 2% that is indicated by the genetic difference. Again

we are faced with a question the answer to which is not to be found on the physical plane or in the equipment and structure of biology as we know it.

The most important conclusion from all this is that materialistic research has now reached a stage or level where the findings of its own research constitute a challenge or a threat to the materialistic dogmatic beliefs that this research has up till now been partly based on. And this therefore also contributes indirectly to putting on the agenda the need for a spiritual science!

Translated by AB

Latest publications in English

The Eternal World Picture 4 by Martinus

Comprises symbols with explanations: The Act of Copulation or God's Spirit in the Darkness; The Cosmic Cycle of the Pole Principle; The Structure of Eternal Life; The Veiled and Unveiled Eternal Truth; The Human Being, and Animal and Vegetable Food; The Categories of Consciousness of Terrestrial Mankind; The Sign of the Cross; The Star Symbol; The Structure of the Flag; Symbol of *Livets Bog* at its Present Stage (1933); The Law of Existence - Love One Another! Translated by Mary McGovern. ISBN 87-575-0786-4 152 pages 11 colour plates (symbols). Price varies according to country: Denmark 265,-DKK, Rest of EU 180,-DKK, Rest of World 150,-DKK (tax free) plus postage.

Livets Bog (The Book of Life) 2 by Martinus

The book deals with "cosmic chemistry" and the science of fate, thoughts climates and our evolution towards cosmic consciousness. Translated by Jeanne Day and Caroline Norris. ISBN 87-575-0602-7, 304 pages, 1 colour plate. Price: Denmark 265,-DKK, Rest of EU 180,-DKK, Rest of World 150,-DKK (tax free) plus postage.

Available from: The Martinus Institute, Mariendalsvej 94-94, DK-2000 Frederiksberg, Denmark and Watkins Books Ltd., 19 Cecil Court, Charing Cross Road, London WC2N 4EZ, England Tel. 020 7836 21 82.

A Croat in Klint

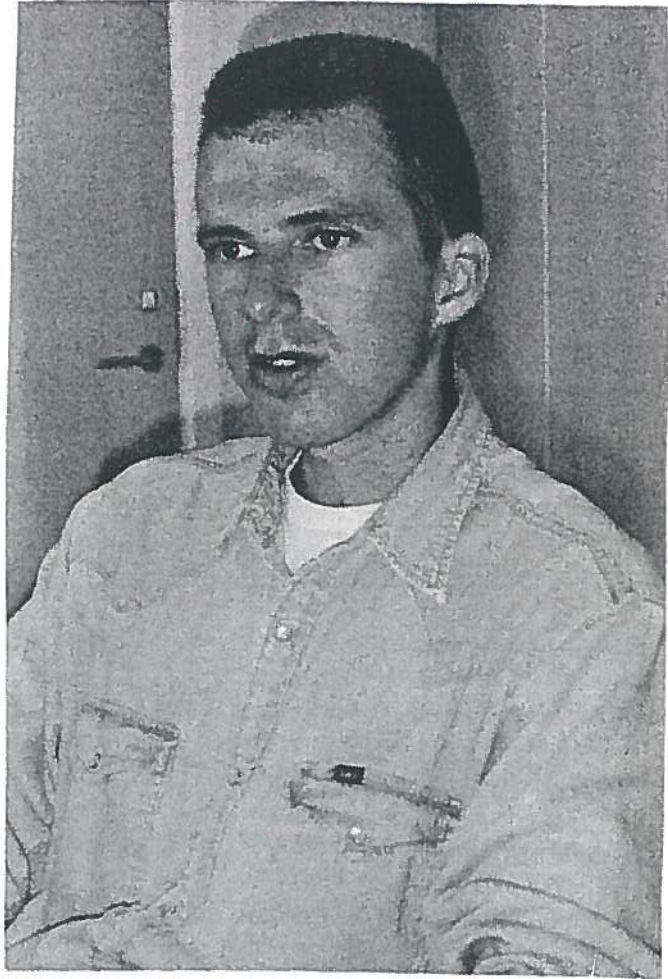
Davorin Gruden interviewed by Katarina Sandström Blyme

Davorin Gruden from Croatia was one of many guests from around the world who visited the Martinus Centre during the international weeks this summer. He thinks that coming to the centre is fantastic, and when asked what was the most positive thing about it, Davorin answered immediately, "The atmosphere. People are more friendly and more open here than I have ever experienced."

Twenty-nine-year-old Davorin is relatively new to Klint but well acquainted with Martinus Cosmology. He has been a seeker since his early youth, and has ploughed his way through hundreds of religious and spiritual books, including The Bible, The Bhagavad-Gita, The Koran and New-Age writings. "But it wasn't until I met cosmology that I found a world view that was on the same wavelength as my own thoughts", he said during a chat in The Terrace, the centre's restaurant and study room complex. It was a sunny afternoon at the beginning of August when the interna-

tional weeks were in full swing. During the morning Davorin had met the other members of the English-speaking study group, and the English symbol explanations would soon begin. He is here for his second summer in a row, and he intends to return. Both Klint and Martinus have made a profound impression on him. "I was inspired immediately", he says and describes his first meeting with Martinus Cosmology. It was in March 1991 when Davorin was 18 years old. In a spiritual magazine he saw an article about Martinus and his world view. Beside the article there was an advertisement saying that one could order the works that the author of the article, Martin Marinkovic-Dojcin, had translated into Serbo-Croatian. Davorin ordered them all: *Livets Bog (The Book of Life) 1, Logic, The Eternal World Picture 1, The Fate of Mankind, The Ideal Food and Through the Gates of Death*. The books reached him later in 1991, the same year that war broke out in Croatia. He travelled to The Netherlands, where

Davorin Gruden
from Croatia



his luggage he had the Serbo-Croatian translations. "Martinus meant a lot to me during that time", says Davorin, who also began reading Martinus's literature in English during his exile. What attracted him from the beginning was the logical explanations that the cosmology provides. "Martinus is the only person who can explain what is going on around us in the world and within us", he says. After a year in The Netherlands Davorin returned to Croatia, which was still at war. From time to time he was forced to seek shelter in an air-raid shelter in his home town Karlovac, 50 kilometres south of Zagreb, the capital

city. He was called up and applied for weapon-free service, which was granted. "No one tells young men that the possibility exists, but luckily I knew about it. Refraining from killing is the most important law of life, and this law makes it impossible to take part in a war." In a country that is in the middle of a raging war people can of course feel provoked by someone who does not want to take part in 'crushing the enemy'. But here too Davorin found help in Martinus. "Cosmology teaches me to think in accordance with the laws of life. That is what is so inspiring. I get help with questions of vital importance, as well as

with my everyday life." Even great suffering like the bloody fighting in ex-Yugoslavia are seen in a loving and logical light." For this reason Davorin believes that people would be receptive to Martinus's world view in his homeland. "But it is of course a delicate matter to talk about war as something meaningful and as something the ultimate cause of which is oneself. The cosmology must be presented with a lot of compassion. If one uses only one's intelligence, then it will go wrong", he says. Now the whole of *Livets Bog* has been translated into Serbo-Croatian, but as yet only the first volume is available in book form. The translator of the book is Martin Marinkovic-Dojcin, whom Davorin had contacted during his exile in Holland. "He sent me the entire translation on discs, but it took me 3-4 years before I succeeded in printing out a readable copy. One of the causes was trouble with 'compatibility', as it's called in computer language, but finally the computers spoke the same language and now it is possible to publish the whole of *Livets Bog* in Serbo-Croatian. But it will take some time", says Davorin, and explains that the situation in Croatia is still such that many cannot afford to buy books. "The financial gaps in the country are widening. For some people life is a matter of trying to survive; others are very well off. From a material point of view it looks good - on the surface. There are many more expensive cars driving around than there were during the communist time. But this is an illusion because most of the cars and houses are bought with borrowed money. 80-90% of the population have large loans. Peace - and the market forces - have created scope for new ideals in Croatia. Most people are materialists, but interest

in spiritual matters is increasing, particularly among the young. Access to spiritual literature is great and on the increase."

Davorin has been interested in spirituality for many years. He began to meditate when he was 16 years old. "I do not use any particular technique and have no specific rituals. I quite simply sit down and observe my breathing." He has been a vegetarian for a long time, and is happy that it is now quite easy to order vegetarian food in the restaurants in Karlovac, where about 60,000 people live. "I was vegetarian before I met Martinus, but reading his books has strengthened my lifestyle." Davorin works as a forester. He lives alone, but has friends with whom he shares his interest in spiritual matters. "During the last ten years I have met several people who belong to various movements, for example Sai Baba, Hare Krishna and Universal Life. We discuss, and I do so on the basis of Martinus Cosmology. But often I don't mention his name", says Davorin, who does not want to preach. Pure Martinus discussions are therefore rare, and this is one of the reasons that Davorin likes being in Klint so much. "Here all conversations are based on the cosmic analyses, so I learn more than I have been able to get out of the books", he says enthusiastically. When asked if he would be coming back next summer he looked almost astonished: "Of course", he said and revealed that he had already begun preparing a lecture that he had been asked to give. "When I was asked my first impulse was to talk about 'The Initiation of Darkness'." Davorin thinks that he will follow his impulse and concentrate his lecture on personal experiences of both light and darkness. "I hope that the lecture will be useful for the audience", he says laughing.

BODY AND SOUL

Ageing in good health

by Per-Anders Hedlund

We're all getting older. That's a part of life. Of course we may die prematurely of a disease or an accident or the like. But usually most of us will travel through all the seasons of our earthly life - childhood, youth, adulthood and finally old age as our body gradually withers away and eventually ceases to function. But life and evolution continue from that point, says Martinus, explaining that death is a particularly comfortable experience and relief, not least for an old person whose physical body comes to resemble a prison day by day. For it's a natural law that all functions become slower and weaker as the years pass by - our mobility is impaired and our thinking slows down, our vision and hearing decline, as do the senses of smell and taste. On top of that, many people suffer from stiffness and sometimes even pain that would be even more incapacitating if painkillers hadn't been invented. Therefore it will be a wonderful contrast

to be set free from our bodies and suddenly leave all the pain behind, regain full mobility and start all over again with sensing and perceiving (read about people who have had near-death experiences). In his book 'Through the Gates of Death', (published in Kosmos no.2, 1994), Martinus explains how everybody after their death will spend a beautiful and comfortable vacation in the spiritual worlds, in which they have the opportunity to use the talents and skills that they have developed on Earth, entirely unobstructed. *"And once they have experienced so much that they possible can on their present stage of evolution, they will have a new organism on the physical plane, and with this they can continue their 'studies in how to think in compliance with the laws of life', because that is the actual mission of physical existence."* (chapter 17). The more we begin to think and live in compliance with the laws of life, the

happier and better our life on Earth will be - including during old age. We have already learned a lot. The proof is in the rising average age of man. In Sweden, for instance, the average life expectancy in the 18th century was 33 years for men, and 36 for women. Today it is 75 for men, and 80 for women (slightly lower in Denmark and other comparable countries), and it is not entirely unlikely that in a not too distant future it will rise to 100-120 years. In today's modern society, nobody has to wear down his or her body like in the 18th century through too much work or childbirth, and nobody has to die from starvation or bacteria as a consequence of poor hygiene etc. On the other hand, so-called 'lifestyle diseases' such as cardio-vascular diseases and diabetes represent obstacles that prevent many people from growing old. The cause of most welfare diseases is not too little food, but too much and often too poor in terms of nutrition and sugar content. Smoking, stress and too little physical exercise are other factors. But there's a growing consciousness about health in today's society, so it's probably only a matter of time until we will have beaten these diseases too. It is far from being impossible that our physical bodies may soon last almost a hundred years, provided that our DNA or genes are adequate. According to spiritual science, however, our parents are not the basic cause of our genetic structure. It is ourselves, the result of our way of living every individual life. We all know that our way of treating and maintaining our body can both strengthen and weaken abilities and functions. These energy relations affect not only our physical side, but also our spiritual and cosmic sides that will always survive our physical body. Here in this metaphysical area, our way of living and our energy relations are stored in

what Martinus refers to as 'talent kernels'. When we are about to be born again, we are automatically attracted by parents whose talent kernels are related, in other words by parents who have habits, intelligence, illnesses or good health that are similar to those that we have developed ourselves. This principle is the reason that elephants give birth to baby elephants, humans give birth to other human beings, and that healthy parents usually give birth to healthy children. And thanks to this principle, a person who has fragile health today - for instance a person with diabetes - will become entirely healthy at some time in future by changing his or her way of living (healthier eating habits, physical exercise, etc.). As early as in their next life they may be born with a better pancreas and probably some other improved functions. The opposite is true about persons who enjoy good health in this incarnation but live unhealthy lives (smoke, drink, eat poor-quality food, etc.). Nevertheless, such persons may live a large part or perhaps even their entire lives on past merits, on bodily functions that were earned through healthy living in previous lives. In the long run, however, their current way of living will be reflected in their talent kernels and impact on their future lives. Every epoch or century has its own special level of knowledge and problems to fight. Today there's an interesting debate going on about inoculations and penicillin treatment; are they so beneficial as we have been thinking? We must bear in mind that before vaccinations and antibiotics were introduced, many people died from diseases such as pneumonia, tuberculosis and a range of other contagious viruses. In the 18th and 19th centuries, the general level of hygiene was still poor (contaminated water etc.), and that was a natural environment for bac-

teria and viruses, aggravating the low level of nutrition. These conditions of life were close to being similar to those that prevail in today's less developed countries where inoculation campaigns and antibiotics save many lives. Therefore inoculation and antibiotics have played, and continue to play, a key role even though they cannot solve the causes of the illnesses. A lengthy study of a group of children demonstrated that children with a healthy intestinal flora who were not inoculated as babies were healthier than others. It seems that if we become ill once in a while when we are tiny, and instead of being treated with penicillin receive the beneficial bacteria cultures through our food, for instance in the form of acidified dairy products, we will become less prone to suffer illnesses in the long run. This will 'train' our immune system, and on top of that the protective bacteria flora on our skin and in our mucous membrane will not be broken down over and over again by penicillin and other antibiotics. Even mother's milk contains antibodies that strengthen our immune system, antibodies that are essential for the health and positive development of our children. For example, children eat certain essential fatty acids that are important for the development of the brain and nervous system, provided of course that their mothers have access to these substances through the food (amply available in fat fishes and fish oil, and to vegetarians in algae, nuts and seeds. Linseed and rape seed oil are other alternatives.) These fatty acids and other essential substances such as vitamins, minerals and amino acids are also important as we grow and continue our life cycle on Earth. During life's autumn, it is also important to keep our blood circulation in good shape if we want to ensure that our body does not need nourishment and oxygen.

If this should happen, our body may begin to degenerate or wither prematurely. This can be prevented through regular physical exercise - walking, gymnastics, qigong, etc. And by taking certain herbs and vitamins that improve the circulation (particularly ginkgo biloba and vitamin E). In terms of energy, these activities and substances represent a balanced form of 'energy of gravity'. This is the basic cosmic energy, and according to Martinus it underlies all warmth and movement in our inner and outer universe. The essential or vital micro-nutrients mentioned above are identical to the so-called 'B life-units' which are especially readily available and abundant in fruit, vegetables, nuts and seeds. Being a little sparing with the use of salt and fat (particularly animal fat) is also important in this connection. An excess of these products may easily deposit in the walls of our blood vessels, making them more rigid and clogged. A surplus of fat may also lead to blood clots. Naturally blood-diluting substances are available in for instance garlic, ginkgo biloba, vitamin E and fish oil.

Antioxidants may also help delay early ageing. Every day our cells are being attacked from the so-called 'free radicals' that are formed as part of our cells' normal metabolism. If our body's protection against them is reduced, certain parts of the cells and even the DNA may be damaged. Antioxidants offer this protection. They consist of certain amino acids, minerals and vitamins (such as selenium and vitamins E, A and C). However, free radicals are not entirely harmful to our body. For instance, when fighting a bacterial infection, our body produces large quantities of free radicals in our white blood cells. The same happens in connection with local inflammations where the circulation of the blood

has to be boosted to speed up the healing process. This shows how perfect Nature's or God's physical creation is - everything that exists has a special function to perform. Even the free radicals. Therefore, the problem is not the free radicals in themselves. The problem only arises if they harry our body or won't go away again fast enough, and that's what happens if we're short of antioxidants.

Many of the degenerative problems and diseases that are hard to treat (early ageing, arteriosclerosis, arthritis, disseminated sclerosis, Parkinson's disease, dementia, etc.) are believed to be the result of free radicals that have been allowed to wreak havoc. Dementia-related illnesses are also aggravated by stress and social isolation. Whereas social isolation easily causes insufficient stimulation of the brain, stress may lead to an excessive production of the hormone cortisone that will then have a damaging effect on the brain. What happens is that the ability of the brain's memory centre to use blood sugar (glucose, the brain's only fuel) is reduced, and the production of free radicals is increased which may in turn damage the nerve cells. Not only healthy nerve cells are needed in order to make the brain work (what is known as our physical day-consciousness). We also need an influx of so-called chemical messenger molecules or signal substances. When they are absent, information cannot be transmitted between the cells. There are probably close to a hundred different signal substances, and six of them are particularly important for our mental processes because they carry emotions, moods and memories. One particular substance generates excitement, another one enables relaxation, and yet another carries most of our memory. To mention but one, the signal substance acetyl cho-

line is exceptionally important as regards memory and thoughts. Dharma Singh Khalsa, an American physician, believes that millions of people could improve their concentration and memory merely by eating foods that promote the production of acetyl choline. They are for instance lecithin, vitamins B and C, and certain minerals, of which lecithin is the most important one. Another key substance in this connection is noradrenalin. This substance plays a major role in terms of transmitting short-term memory to the brain centre that maintains the long-term memory. Moreover, noradrenalin keeps us good-spirited. In other words, low levels of noradrenalin may cause us to become depressed. Dopamine is yet another signal substance that refreshes and boosts our concentration. It also contributes to the motor nerve signals that lie beneath the movement of our muscles so that they become even and supple. People suffering from Parkinson's, muscle rigidity and tremors have problems producing dopamine. The level of dopamine drops over the day in all people. That's what makes us a little drowsy and mentally exhausted during the afternoon and evening. And that's the reason that sleep is such an important part of our physical life. During sleep, the biochemical balance is restored in our nerve cells, and new signal substances can be produced - if we add new 'building blocks' - such as vitamins, minerals and essential amino acids. Dr. Singh Khalsa recommends that all old people drink a glass of Greens+ (powder of green plants mixed with water or juice) every morning on an empty stomach. This will add the necessary building materials to their body and nervous system. At his health centre in Arizona he uses conventional medicine and alternative methods of treatment that have helped many people suffering from

mild as well as serious cases of dementia. Dr. Singh Khalsa believes that the capacity of our body to heal itself and regenerate is exceptional - even in old people, if only they are supported in the process. His treatments build on four pillars that among other things aim to maintain a good blood circulation in the body and deliver good energy and essential nutrients and signal substances to the brain. They are, *nutritional modification* (vitalising diet with dietary supplements and natural substances), *stress control* (meditation and stress-relieving behaviour), *exercise* (physical and mental exercise and yoga), and *medicine and hormone replacement therapy* (knowledge of medicine if required).

Unfortunately, not everybody can stay healthy while growing old - not even if living an exemplary life for decades. We understand that this is a result of our talent kernels which at this point in our evolution do not have the quality it takes to remain healthy. But the fruits of healthy living will always show in later lives. It is not only our relations with our own body and microcosmos that we must 'learn to know and study' here on Earth; it is also our interaction and relations with other people, animals, Nature,

etc. Poor health throughout our life or in our old age may therefore offer other development opportunities - for instance more empathy, patience and humility. And finally, a person's intellectual side is given more room when the body is restrained by physical impairment. With the growing neighbourly love and higher technical level of our modern society, there are many people who suffer from so-called 'chronic diseases' who still manage to lead fruitful lives. Traditional medicine and welfare care offer rehabilitation, aid and medicine to people who are in need, and that's definitely a blessing. In other words, God is with us in good as well as in hard times. And the more we learn about ourselves and our existence in every life, the better and more comfortable our life on Earth will become - even when we're far into the autumn of our life.

Suggested reading:

About death: *Through the Gates of Death*, Martinus, Kosmos no.2, 1994 (NDE): for instance *Life at death*, K.

Ring

Life after life, R. Moody

Mental health: *Brain longevity*, Singh Khalsa

News from the Martinus Institute

by Ole Therkelsen

Changes in the council

In July 2001 the chairperson of the council, Grethe Brinkhard left the physical plane at the age of 84. She was appointed to the chair by Martinus himself and was chairperson until her death - 20 years in all. She worked in the office of the Martinus Institute for no less than 54 years. Willy Kuijper is now chairperson of the council. The other council members are now Henrik Hedegaard, Klaus Iversen, Sven-Erik Rævdal and Ole Therkelsen.

Charitable status

One of the Martinus Institute's two funds, *Martinus Idealfond*, has now been approved as a non-profit-making foundation with charitable status. This approval means that the Martinus Institute can now receive inheritances and gifts without having to pay tax on them.

Chinese translation of The Eternal World Picture 1 and 2

The first two volumes of The Eternal World Picture have been translated from Esperanto into Chinese. The two have

been put together in one volume with 26 symbols in all. The book has been copied and bound in the cellar at the Martinus Institute and published in a limited edition, price 300 DKK.

Hungarian translation of The Eternal World Picture 1 and 2

The first two volumes of The Eternal World Picture have been translated from Esperanto into Hungarian. Like the Chinese edition, the two volumes have been put together in one volume with 26 symbols in all. The book has been copied and bound in the cellar at the Martinus Institute and published in a limited edition, price 300 DKK. They were translated by Tibor Szabadi who lives in Nagykanizsa, Hungary. Tibor, who took part in the Esperanto weeks at the Martinus Centre in Klint in 1997 and 1998 has also translated some issues of the Esperanto edition of Kosmos and book no. 8 "The Longest Living Idol".

Restyled website

See the Martinus Institute's restyled website at www.martinus.dk!

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 + 2

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 finished human being in God's image after His likeness."

KOSMOS

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