

Jakob Lorber Bulletin

International



Date: 15-01-2022, number 71

Friends of the Jesus Revelation through the writing servant and writing prophet Jakob Lorber feel connected to all people of the world as creatures and children of one and the same Father. This Heavenly Father embodied Himself in Jesus Christ about 2.000 years ago and did not manifest Himself as Savior and Teacher until age 30, for three years. The spirit friends of the Divine Revelation recognize in this eternal declaration a new and great Word of God and aim to achieve a joyful mutual exchange.

SELF REFLECTION – SELF EXAMINATION

E-mail: zelfbeschouwing@gmail.com

In this bulletin:

- About smallpox vaccination.
- Come for Coffee.

Readers' Reactions and Contacts

Contacts – News – Reactions



Gerard

www.zelfbeschouwing.info

E-mail: zelfbeschouwing@gmail.com

www.selbstbetrachtung.info

* * * * *

Helmut from Austria

You write about Jesus' words about "Europe"; but I understand it differently. Jesus talks about it when He is east of the Golan and talks about it with friends there; so the group is in Asia.

And so I understand the matter as follows: sooner than one-tenth of the people of THIS old GREAT continent (ASIA) will be in the full blessing of My teaching, the worst part of Europe will be more blessed in My teaching than in THIS old continent (ASIA) smallest and best, for it will still take much fire (see Muslims, Hindus, Buddhists, etc.) to the more than many (3 billion +) people of THIS continent.....

In my opinion, Jesus is comparing the old, big Asia (Europe is only small) with Europe, which in any case already knows his teachings; "old" probably means concerning the human history of the first real people.

Answer

Thank you for this indication. [following the magazine December in 2021]



From Maria from Italy

Dear Gerard,

on the Italian Bulletin of October d. J. -2021] the following text was published. I am sending it to you too (and for the next Bulletin too, if you wish) with the best, most blessed Christmas wishes.

says an angel:

(GVG 4, Cap. 200, vv. 18 – 20)

"With God everything is possible, and you can see from this how the Lord God, even though He is present here as a human being like another human being, still guides, governs and preserves the whole of infinity with His most infinite power of will, and as before His all-seeing ones eyes there can never be anything hidden anywhere that He does not know most precisely!

The fact that the eternal God-spirit has now taken flesh on this earth and personally become man Himself, His exceedingly great love for you people of this earth moved Him above all, and thereby also for the people from all the countless other world earths, to love you for all eternal times to be a tangible, visible and speakable God and Father in all love! Because he as God is the most powerful and purest love, but that is why no man and no angel can approach him other than alone only in and through love.

If you want to come to him, you must above all love him and love one another as true brothers and faithful sisters; without such love a true approach to Him is as good as impossible!



Answer:

Dear Maria,

your contribution was inadvertently not included in the English and Dutch Lorberbulletin in December 2021, for which I apologize. Gerard

xxxxxx

About smallpox vaccination.

[and similar Vaccinations!]

Jakob Lorber received from the Lord in 1841 the following about "vaccinations" - he clearly heard a voice in his heart:

'What you would like to know is on the one hand (practically) something very insignificant, just as it is of little significance in other (spiritual) terms. For now take a tree that would have sucked up from the ground a pernicious sap, not at all befitting its being; you will soon see at the tree that its leaves are completely withered and that, moreover, its branches, knots and trunk are surrounded by all kinds of weeds and parasites. In such a case, even someone with only a superficial knowledge of tree-growing will certainly conclude that **grafting** with other crops, each of which is sicker and weaker in their own right, will certainly not make the tree healthy, but that it one will eventually completely destroy the other.'

[Note: in naturopathy, there is "organ therapy," i.e., the vibration and potentiated substances of a healthy organ can heal the same diseased organ in another; the diseased organ then receives healthy impulses again and can regenerate.]

The Lord: 'Or will a man who has been administered some *poison* be healed by that same poison which has already robbed *him* of *three-quarters* of his life? In such a case, if he is given any more of the same poison, it will suffice to deprive him of the last quarter of his life.'

[Note: We can relate this to the most toxic drugs – whether they are 'real' or 'false' vaccinations. A former patient of ours was once bitten by a pig and the man died of 'tetanus' 6 months later; he hadn't taken this necessary shot! So some [real] vaccinations are necessary at this time!]



Furthermore, the Lord says: 'Or could you ever imagine a greater folly in a spiritual sense, if such a one should say to a sinner, 'Listen, friend, go on sinning, and you will by means of the sins that come with it. surely the other sins will come to destroy, and if you commit fornication, let yourself go as often as you can in your passion, and you will convince yourself that in this way you will most easily conquer yourself and your flesh. '

'Behold, this man has given good advice to the friend; **he has thus *by vaccination of sin* into his flesh (really) got rid of sin, because the passion and the living power of the flesh have been killed.**

'But now ask yourself whether this man, after faithfully following this counsel, has won the victory over life or the victory over death? Isn't it clear then that with the tools of death one never fights against death, but always only fights against life?'

'And whosoever with these weapons has won the victory over his flesh, has indeed killed life, and thus has given victory to death.'

'For you must remember that the proverb about an old whore or an old goat is still known here and there among the people: 'Look, he or she has turned to the right path!' Now I ask, however, what is the position of the one who thinks sin in itself bad about life? Or is it necessary for death to take captive the dead who have long become its prey? I say, however, Death always passes over the open field of life, and there seeks rich spoil for its departures from eternal destruction.'

'But if anyone wishes to preserve life, he must fight vitally with the weapons of life against sin, which is a destructive weapon of death. And the one who has mastered sin with life in him and conquered it in the fullness of life, then he is a hero who has fought life with a life. And he who gives life for life does good and is one who is full of wisdom, full of love and full of life. But whoever gives life for death, what a fool is he! And how little must he possess the light of life, who flees from the light and seeks the darkness!' *[e.g. in euthanasia]*

'O behold, just so it stands, if you will thus regard it with the prevention of smallpox by through vaccination. **For smallpox is an inherited evil, pertaining to the fornication of ancient generations, and which, during certain periods, is fully developed in the youngest offspring.**'

[Concerning smallpox and other skin phenomena such as moles, a reference can be made here to another part in Jakob-Lorber, specifically in the book: 'Earth and Moon']:

' At this time the mother must especially abstain from all desires and stimuli, for they usually come from hell, and wherever the mother is hurt in such a stimulated condition, the opposite pole is the soul-laid spirit is stimulated and this marks the soul in the corresponding place. This drawing of the soul is therefore also printed on the body, that is where the so-called birthmarks come from in children.'

'That such a sign is only local and only a very small spot and does not act on the whole soul and then on the whole body, that is what the spirits work out. Were this not the case, such a careless touch and the ensuing complete burning of hell could corrupt the whole soul, and the death of the body could follow, and that is the very purpose of hell. '

'Therefore, everyone should pay some attention to such people who have many and large moles on their bodies as described above. For not infrequently the specifica of hell are more or less awakened in such a being, and once awakened such an individual, who bears many such great marks on his body, is not infrequently in one way or another. evil. Either such people believe nothing or are subject to fornication or have a bad reputation and the following warning applies here: "Beware of the marked!" For Hell signs all that she gives, that it may not be taken from her, that she may recognize that which belongs to her again at the end of the appointed time, to take it back by right.'

"'It's the same there as it is in the world. The heavenly people also give their possessions to their brothers or sisters without proof of debt; for they care not to take it back - and then there will never be a trial.'

'The people of the world also give, but never without proof of debt and seal, that they may take it back after the elapsed time; and can blame if they do not repay them, then there will be a charge and a trial—and that is infernal, for hell laments and litigates forever.'

'Still, don't take the moles too seriously; for if they are small and very sporadic, they have little or no relation to the above. As already shown above, the protective spirits who direct the work prevent this evil action of hell; and if during the battle between the good and the evil spirits, a child sometimes receives a mark, it is only stigmata which have no effect, because the infernal specifica has been taken from them.'[Earth and Moon, chap.51: 8-13]



The Lord further tells Jakob Lorber: 'Smallpox has not the slightest resemblance to the animal evil also mentioned, which is especially peculiar to cattle, sheep, and goats and is brought about by the sting of a certain insect!

'How, therefore, should the pus substance from the smallpox of cows be a preservative against the so-called smallpox, which is found in men?'

'I tell you, this treatment has never yet borne the fruit of which foolish humanity has dreamed. And the supposed favorable success has no other reason than either the superstition favored and fixed by this action - which, however, has become rarer, since in general now almost all faith has disappeared among men and in its place has come to the so-called pure knowledge (?!) has come in its place - or such treatment has been inflicted on children who in any case **might have been spared** throughout their lives for two reasons, that is to say, the generation afflicted with the germ of this evil has not yet come to maturity or the children were not afflicted with the germ of this evil in the first place'.

'Behold, if any such children were vaccinated with such foolishness, they could easily bear witness to the infallibility of this treatment. On the contrary, at the time of the development of such an evil, those who had been vaccinated could just as easily be afflicted with it as those on whom such a treatment had not been administered. But the fact **that such real smallpox was then declared by doctors not to be smallpox, but some other cleverly devised rash was done - as you can easily guess - to save medical honor.'** [Note: Even today in medicine an 'unclear' diagnosis is sometimes called an 'embarrassment diagnosis!']

The Lord: 'Now ask yourselves, if you take this for granted, what I have told you here, and at the same time only take a little look at your experiences - what **this mistreatment of the children** might be good for. You can be completely assured that it is of no use. **But that it is harmful to the human race in many respects**, that it causes a dull, weary life, that it makes the most active organs of life listless, inactive, and, especially in the case of the female sex, that it promotes sensuality like a Spanish fly - of that you can be sure.'

'For if you do not believe this, take history at hand and compare your **vaccinated descendants** and yourselves with those prehistoric generations, and you will certainly and surely be struck by the enormous difference in health and natural life span.'

'I tell you if you drill out a stone and put into the drilled hole only a drop of corrosive poison - then examine the stone in twenty years, and you will soon convince yourselves what pernicious consequences that drop of corrosive poison has produced in the stone, which after all is made to defy millennia in its naturalness.'

[Note: Again, ask yourself what all the present 'vaccinations', which are no longer real 'vaccinations', are LASTLY doing to the body in the long run?!]

The Lord: 'But if now the corrosive acid poison of decay is vaccinated into the delicate organism of man, then it will not be difficult for you to find the appropriate answer to this problem.' *[Attention: Chemical substances were added to all vaccinations!]*

'You will now, of course ask, and rightly and with good reason, that I, on the other hand, should like to show you another means of preventing or harmlessly aborting this evil - since I, as the one and only Creator of all nature, must also know all nature uniquely and alone in the very best way.'

'And I tell you that I also want to do this to you; but tell you in advance that My natural remedies always keep pace with the spiritual ones, **and so there is no universal medicine there, neither for the spirit nor for the body.**'

'If you only look around a little on the path which is marked out by Me for the attainment of eternal life as always only the same simple path of self-denial and My faithful following - you will certainly discover only one and not several paths, and that truly for the good reason that **I Myself am only One and therefore also the only path and the only door to eternal life.**'

'And since it is so, you cannot but believe that it is so. Which of you would like to claim that there are other ways besides Me to reach Me Myself, as the original source of all life? But is not the life of the spirit more excellent than the life of the body? Or is not the life of the body absolutely conditioned by the life of the spirit?'

'But if you know that for the spirit when it has become ill, there is only *one* remedy for its restoration, why should there be other and more remedies for the body, **the**

temporal instrument of the spirit, whose activity is conditioned by it, in the event of its becoming unfit or ill, than for the principle of life itself?'

'Behold, when I walked among men on earth, what physician did I consult? And what apothecary did I use to heal a sick person both spiritually and physically? And what physician and what pharmacy did all the disciples who trusted in Me use, since they did the same as I did? Now I ask you, have I become weaker or have I changed, or is My Word no longer the same Word full of power and might and sanctification for spirit and body?'

'Now I ask you, have I become weaker, or have I changed, or is My Word no longer the same Word full of power and might and sanctification for spirit and body?! O I tell you, it is truly not so - *I am still the same!* Only with the difference that at that time I only healed those people **who approached Me with a living faith** and therefore had to ask and implore Me for a long time on top of it until I heard them.'

'But now I must no longer depend on trusting love and even less on a firm perseverance of faith, but must help when I am not asked and must help those who do not know faith so that all will not perish and be lost.'

'Behold, whoever comes to Me with only a little trust and a small request, I will certainly not leave him and help him in every one of his needs, since I often enough have to give help even to My scoffers and despisers.'

'Behold, this remedy, which I have just indicated to you, is the very most probable. And whoever is of firm faith and full of trust and love for Me - truly, if I will not help him, let him vaccinate **himself with all the poisons of the world**, assimilate and take all the medicines of all the apothecaries of the world and, like an ox, eat the most healing herbs, then all this will be of as much use to him as a drop of balsam to a skull.'



'I tell you, you can boil and roast the dead in all the essences of life and you will not revive one fiber in his body which you have entrusted to such a "wholesome" cooking establishment. - But hear: My word can open the graves of the dead and to breathe new and eternal life into the mould of their decay!'

'Therefore, if you know this **universal remedy**, that it has at all times brought about the most wonderful healings and even revivifications of the dead, what tempts you to set it aside now for all the more effective means, **and to smear yourselves with all kinds of the filth of the devil so that it may help you?**'

'O I say to you, compare your life with the life of the ancients, and you will soon find to what great profit the refinement of your **foolish medicine** has brought you. Or go to those parts of the earth where mankind still knows nothing at all of the medical help, and you will find that in such a region men know almost nothing of a disease, and least of all of a general one, and especially if their way of life is morally pure and simple.' [Note: these are pure and simple people. '[Note: these are the pure primitive peoples, who fortunately know no civilization like ours!]

'Do likewise: **live as simply as possible!** Do not stuff your stomachs unnecessarily with all kinds of rubbish from all known kingdoms of nature, but enjoy what is good for the body: a simple diet (mainly) from the kingdom of plants, and of the plant foods only those which from time immemorial have been destined as nourishing bread for man. And this also goes without saying: Everything **with just measure** and aim!'

'So you can be assured that your body will not be plagued by any illness throughout your whole life and that you will reach an incomprehensibly old age without all vaccinations and other medical foolishness. And when I then call such a person away from this world into My kingdom, it will happen as easily as someone falls asleep sweetly after he has worked faithfully, honestly, and diligently all day long.'

[Note: So what was true in the past is true for ALL TIMES - no exceptions or excuses of: 'yes, that was true in the past, but we live in a different time now!'. If one thinks like that, one has become 'degenerate' to what the world itself has become. It is man who changes himself for better or for worse. If he imitates the world to his advantage, it becomes his disadvantage! To bend the worldly things to his will].

'If however, you disregard all this and resort instead to vaccinations and **all kinds of medicines**, the ultimate result is nothing other than that, purely from a natural point of view, you will first become **grey-haired** in the years of your youth, and often one sense after the other will be diminished, that you will become blind, deaf, sickly, lose your teeth, your digestion will deteriorate, and also all your mechanic vitality. When you are forty, everything will be much more difficult for you and you will be much more deficient than the ancients were when they were a hundred. And of all this, only **your own blindness** is to blame! '

*[Note: if children in 2022 are to be vaccinated with the manipulated 'mRNA gene vaccine' in the fluid, to which brake fluid, mercury, and aluminum have also been added, what will become of them later, in terms of their future fertility and memory, instead of simply building up a natural immunity? - How do we get our blood?: דם = dam? That, of course, is determined by your DNA that you get from your father and mother. Father in Hebrew is אב = 1-2 = 3 [pronunciation av]. Mother is אם = 1-40 = 41 [am: pronunciation eem]. This together has the Hebrew numerical value **44**. It is no coincidence that the Hebrew letter value of blood (dam) 4-40 is also **44**.]*

Rudolf Steiner said in Dornach on 3 July 1921: "Just as at present bodies are vaccinated against one thing or another, so in future children will be vaccinated with a substance - which can certainly be developed - by which people will be safeguarded from developing those 'follies' of spiritual life inside them - follies, of course, from a materialistic point of view. ['Menschenwerden, Weltenseele und Weltengeist'].

Steiner went on: 'In the future, man would be vaccinated at a certain age, then he would develop his talents through vaccination. This tendency really exists. [...] For such a thing is possible; it is not that it is not possible. **Man would thereby become extraordinarily intelligent, but without being conscious of it.** That intelligence would work automatically. We must make such things dramatically clear. If we do not do this drastically, then humanity today will not realize the goals it is working towards. **Such a vaccine would achieve that the connection of the ether body [that is the part of man that controls his life processes] with the physical body is loosened. As soon as that happens, a very lively interaction arises between the universe and the ether body, by which the human being would become an automaton [in other words: by which the body would go its own way]. For the physical body of man here on earth must be raised by the will.'**

Finally, on 22 April 1924 in Dornach, Steiner said (at the beginning of a discussion with practicing physicians): 'What then is the meaning of smallpox vaccination? [Smallpox epidemics were common in those days] There is something peculiar about it. You see, if a child is vaccinated and the parent is an anthroposophist and raises the child in an anthroposophical way, **the vaccination does not harm him/her. It only harms those who are brought up with materialistic thoughts in particular. Then the vaccination becomes a kind of Ahrimanic force; then the person in question can no longer detach himself from a kind of materialistic feeling.** And that is actually the dubious thing about smallpox vaccination, that it almost imbues people with a phantom [like an invisible corset]. The man then has a phantom that prevents him from making the forces of his soul as independent of the physical organism as is the case with normal consciousness. He becomes constitutionally materialistic; he cannot elevate himself to anything spiritual.'

'That is the questionable thing about this vaccination. Of course, statistics are always brought into play. The question is whether statistics should be given so much weight in these matters. **In the case of smallpox vaccination, there is a very strong psychological component.** It is certainly possible that the belief that the vaccination helps plays an incalculably large role. But this belief can be replaced by something else. **If people were brought up more according to their true nature, they would also be open to something else than such ition.** If, for example, people were brought closer to the spirit again, it is certainly possible that - in contrast to the unconsciously imposing message: there is a smallpox epidemic here! - the full realization that something spiritual is at play here, albeit something unlawfully spiritual, against which I must stand, would work just as well. In any case, people should be made strong against such influences'... [Steiner almost had himself vaccinated... and thus contradicts himself].

The Lord goes on to say: 'Behold, this is like a night journey, where a man in his foolishness falls prey to all kinds of real or imagined nonsense, which he then laughs about during the day and cannot understand why he mistook a tree trunk for something completely different, not to mention other nightly follies! However, if you are serious about using My means, the day will come when you will see what a treasure the world has in its countless follies.'

'However, when I say that I can and will help everyone in everything because I am fulfilling all My promises, believe that I will willingly help everyone in everything, if he only believes that this is how it is and that there is no help outside of Me, either physically or even more spiritually.'

'Look at the ancients, when they became weak because of an ingrained sin, they did penance or fasted, that is to say by fasting they regained the free disposal of the activity of their bodily organism and by the penance connected with it they revived their spirit and could then dispose of a strong body and a living spirit again.'

'You will ask: how? How was that done? I tell you and the answer is not difficult to imagine: the stomach is a natural aid in the production of nourishing juices in the body. However, if there are certain foreign bodies in the organism, they are constantly held in some organic narrow passage. If then the stomach is stuffed with all kinds of useless food and it thereby multiplies and accumulates the juices, the foreign bodies, instead of being able to be removed from their narrow passage and disposed of, are only potentiated by the incessant pushing of the juices on the place where they are, by the way of assimilation, and thus become more and more stubborn.'

'See, if instead of all the vaccination and the use of medicines, man feeds himself in the right way and knows how to fast and if a strong faith and complete trust in My word accompanies this, so that the spirit, as the principle of life, becomes stronger, as a result, ask yourself if it should not be better with such a person, physically and spiritually?'

'I tell you, if his faith and trust are so great, a new life can even arise from the dissolution. **If, however, such physical and spiritual penance is lacking, then anyone who has been cured by vaccination or medicine is no more than someone who has been badly deceived, for the medicines have not removed the evil from the body, but have *only lulled it to sleep or obscured it.* And take it from Me, the time will surely come when the same evil will break through the veil in an increased degree, and this will bring certain death to the body and not infrequently to the spirit as well.'**

'Behold, such is the literal state of things as I have told you. You, however, lead your children and yourselves to Me in faith and trust! And verily I say unto you, you shall be convinced that the substance with which I vaccinate is the best! -Amen. This is what I say, the great physician of the world! Amen, amen, amen.'

In the book 'The Spiritual Sun' the Lord explains the intrigue of the rulers of the States:

'These, however, are still merely sober conceptions of the more educated section of the population regarding the secret political administration of the state. But anyone who wants to hear the dizzying things must go into the dark living rooms of the peasants in the countryside. Then he can be sure that in such back rooms he will hear everything that can come out of an undeveloped, raw human imagination. For example, that the emperor intends to poison a city, or that he wants to infect the people of a certain region with the plague, or that he has made a pact with another king to kill the people of a certain region with the sword in one night, in order to usurp the property of the slain subjects in this marvelous way, not to mention other foolishness, for example, that the king on one occasion or another to obtain a great earthly benefit [*for example, today the rich elite world gives millions of Euros to all the world states so that they must 'enslave' the people!*] would have sold his own soul or the souls of his subjects to the devil himself. [*Note: this is now happening all over the world*']. **That it is all so, does not need to be proved further, because everyone is free to convince himself of this every day.** '[GS.02_110,07]



Come for coffee.

Coffee is the most harmful for children and the milder the worse. Drinking a lot of coffee regularly, can lead to rickets. Together with its root causes [diet of unfermented, rich plants, stuffy, humid indoor air], such a disease can manifest itself more quickly, even if they eat a healthy diet. Their color becomes pale and the skin flabby. [Deprives the body of moisture and also shortens sodium chloratum]. Coffee has the worst effects on the female sex and on people sitting at home or working indoors. It is important to ventilate and ventilate again. So oxygen is very important.

[GH.02_44.04.13,11] But you shall abstain from coffee and bad wine at that time because therein dwell evil and unclean spirits, which are tempestuous and very restless.

'Coffee is only a medicinal substance. In strong doses, these medicines have the opposite effect on the condition of a healthy person. **For example, no one smoked tobacco for the first time in his life without disgust.** No sensible person drank unsweetened black coffee with flavour for the first time in his life. An impulse of nature to avoid the first opportunity to break the laws of health, and not to trample so easily on the instinct within us that warns and protects our lives.' [*Note: This also applies to alcohol.*]

'With continued use of medicinal articles for *nourishment* [*to which fashion and examples seduce us*], the gain gradually effaces the impressions of disgust which they originally made upon us; they even become agreeable to us, i.e. the impressions of dislike to their first use are no longer so striking to us with continued use, and their effects, which appear agreeable, gradually become a necessity to the organs sensitive to them. The average man also associates cultivated needs with happiness, and gradually unites his pleasure with the idea of pleasant taste.'

According to Jakob Lorber, Saturnians avoid coffee like the plague:

'How then do the Saturnians enjoy the extremely palatable milk of this cow – Just as you enjoy the milk of your cows.[on Earth] Only they do not use it for coffee, for the inhabitants of Saturn do not know such extra foolish foods. They do indeed cook some of their food, but they flee the juice of a charred fruit like the plague because they know well that the food is most wholesome and nutritious in its entirety as I have prepared it in nature and cooked it in the pure fire of my sun.' [Sa.01_030,12] '

'To the already very old Lord of Letner [friend of Lorber], the Lord said: 'But in time thou shalt abstain from coffee and bad wine because therein dwell wicked and unclean spirits, which are tempestuous and very restless.' [GH 02_44.04.13,11] (Note: the coffee of today is still the same coffee as in Jakob Lorber's time, only it is prepared differently).'

Leave the coffee while you are pale, and never eat the burnt poisonous grains! *[Note: here coffee drinking seems to be 'tolerated' to a certain extent!]*

'For as long as thou wilt not leave it, thou shalt not blush.' - Ask not why thou mayest not eat such poisonous grains! For the reason would touch thee immorally and make thee a discovery which it is not yet fitting for thee to know. So follow the advice and do not ask - if you want to be healthy...; [28 February 1848 - GH02_48.02.28,02]

'But the diet consists in this, that thou eat nothing sour or too fat food, likewise drink the (cocoa-shell) coffee rather with fresh milk than with fatty cream and not that strong. Eat **no pork** or too hard and too salted beef, so also not sour cabbage or cabbage, also no fat and tart broths, but spinach, milk horseradish, almond horseradish and the like.' [HiG.02_48.05.07,08]

'A physical-psychic evil can, therefore, because it is to be called a physical rather than a psychic one, be first cured and remedied by a suitable natural remedy. Such remedies would be, for example, a five to six weeks' holiday from daily business, contact with cheerful people, frequent enjoyment of pure mountain air, steel baths, and other mineral baths containing iron, but NO SULPHUR BATHS.

[NOTE, so do not swim in the Dead Sea, which is extremely sulfurous!]

'Sea baths would also be good. Eat and drink what you like. However, a good wine is better than beer and a fresh broth better than coffee, **BLACK COFFEE IS THE WORST**. So also the enjoyment of pure alpine water would be highly recommended, as in general a stay of a few weeks on an alp with a few good, cheerful friends.' [GH.03_49.07.17,05] 17 July 1849.

'Yes, yes, the fresh air after a meal is better by far than the silly black coffee, and, I must say, the air of this little garden is really the best thing about it.' [BM.01_055,05]

Notes on Diet.

In the book 'Healing and Health' by Jakob Lorber, the Lord gives us many hints about coffee and dietary rules.

'**Coffee** is by far the worst thing that man has chosen for his enjoyment from the plant world. This fruit is only made for horses, donkeys, camels and dromedaries. and similar animals on earth and revives them and makes their nerves strong. But in men, who eat it, this cowpea has quite the opposite effect; in them it greatly corrupts the blood and heats up the genitals. And it is not easy for anything to make the body - especially the female body - more insensitive to a healing medicine than coffee.' [Chapter 11: Healing and Health]

'In its evil, the inaction of the nerves of motion is the chief obstacle to recovery. Now, to remove this, the nerves must be nourished by better blood, and this involves a denial, perhaps severe for him, but necessary, of his chief habits. For I cannot improve his blood if he contributes every moment to its poisoning especially by tobacco and coffee...' [Chapter 6: Healing and Health]

'I have only shown you the harmfulness of coffee because I see it only too well and know how much especially the female human race is attached to this donkey food, but nothing is more harmful to their nature than the consumption of this very drink! And it is not easy for anything to make the body - especially the female body - less receptive to a healing medicine than coffee. Therefore, especially during one or other disease, and especially during this sun-homeopathic treatment, it should be avoided most carefully, because otherwise the medicine could not have the slightest effect'. [HS.01_004,03]

'Behold, to be "well-nourished", to eat much and often, is not always conducive to health! The human body needs by far less for its preservation than you generally think must be put into it. The natural way of life, without too much meat from killed animals, without irritating spices, without coffee, wine, or beer, would keep people far healthier than if you spent most of your time eating and drinking in the present way of life. [Chapter 62: Healing and Health]

'In general: regularity in everything, as in eating, drinking, sleeping, bathing, washing, and going out. In particular: Abstinence from all sour and spiced food and drink, and **especially from beer and coffee**. If a pure barley and hop beer were still to be had somewhere, moderate consumption of it would not be exactly disadvantageous, though not exactly salutary, although it contains only sluggish and very degrading specifics. But ale, as it is now almost universal, neither nourishes nor quenches thirst, but only stupefies, and is a veritable poison.' [Chapter 11: Healing and Health]

'If someone had taken poison, but was a heavy coffee drinker beforehand, and also took a good portion of coffee after the poison, even the effect of the poison would be killed by it.'

'But if coffee can kill such glaring effect of the poison, if it is not too intense, how much more the delicate and gentle soul-specific effect of the new sun-ray homeopathic medicines now shown to you!' Therefore, one must carefully guard against such food, which in a certain way inhibits the effect of noble and pure medicines even more than the well-known opium.' [The Healing Power of Sunlight] [HS.01_004,05].

'So the so-called potatoes of any kind are more than bad especially for children and sows as well as for pregnant women, and even worse the coffee! But blindness sees nothing and enjoys both with great greed because of the good taste, but the children become miserable in body, and in the end women and men. But this does not matter to the blind man; he eats much worse poisons, - why should he not eat these two lighter poisons?' [GGJ.01_242,13]

In the next Bulletin something good to share!

You can deposit your appreciated donation on the following account number

JLBI Gerard	Nordhorn
Volksbank	BLZ 280 699 56
Bank number	101 840 2300
IBAN	DE 83 280 699 56 101 840 2300
SWIFT-BIC	GENODEF1NEV

Bank State -Credit.....	on 31 December	2021	+	178,20	€
Translation costs: Relana v. d. V.	on 15 January	2022	-	50,00	€
Bank costs	on 31 December	2021	-	5,50	€
Donation from Helmut N. from Austria in 12-2021	[thank you very much!]			+	40,00 €
Donation from H.J. V. from Holland in 12-2021	[thank you very much!]			+	15,00 €
State Bankcredit	on January 15th	2022	+	177,70	€