

FREE !

BREEZE

www.fountes.com

ISSUE 8, 2023



**INVOCATION OF LIGHT AND
LOVE FORCES ONTO THE EARTH**



CONTENTS

Portfolio of Thoughts	4
Save the Earth and Your Life!.....	5
Profit and Profit Hunting Should Be Banned!	7
A Plaguy Question for the New Zealand Government from the Nation.....	11
Sudden Deaths of Many Young Sportsmen!	12
Gaslighting! (= Emotional And Mental Insult)	14
Monthly Codes.....	17
Monthly Herbarium	19
Monthly Recipe.....	21
Monthly Joke	23
X-Codes... Source Life Codes website information	24

Text - Xandra Gyllenlid

Graphic Designer - Eva Crystal

© COPYRIGHT - Fountes Association
Contact: info@fountes.com

No permission to reproduce any article and image in this magazine.


Portfolio of Thoughts



Kahlil Gibran

“In every winter’s heart there is a quivering spring,
And behind the veil of each night there is a shining dawn.”





II.

**SAVE THE EARTH
AND YOUR LIFE!**

CALL FOR HELP!

The world around us is in turmoil. The leaders of the world nowadays openly and visibly seem to suffer from psychopathic disorders. They disrespect human life and values; they do everything they can to create wars and conflicts, economic and societal crises just for their egoistic personal goals, for ever more profit and for seizing more and more power. They make everyone's life impossible and miserable.

So what do we need them for?

We, the peoples of the Earth, we don't have powerful weapons to fight those psychopathic leaders and beings, we cannot and don't want to win by violence. But we have a much more powerful weapon! We can use our mental power to raise our frequencies and those of the Earth through our thinking, imaginations, prayers and spiritual ceremonies, so the wickedness and evil of the world leaders, the Faucis, the Gates and such no longer can affect us and die out.

We have to ask for help from the Forces of the Light and Love Source (it is easier if you believe in them) and from the Extraterrestrials of Light and Love Energy!

Here comes such a calling for help: **“INVOCATION OF LIGHT AND LOVE FORCES ONTO THE EARTH”**

<https://fountes.com/prayers/>

III. PROFIT AND PROFIT HUNTING SHOULD BE BANNED!

BIG CHANGE IN THE SYSTEM OF SOCIETIES IS NEEDED!!!

This is what all nations, the masses, people in general want!



Change

PROFIT ITSELF, AND PROFIT HUNTING SHOULD, OR RATHER MUST BE BANNED AND PUNISHED!

Just like insane hoarding. In that way we could eliminate forever greed, fear, all kind of financial and societal criminality, quantity- and rip-off-thinking. Instead, we could bring back and promote quality thinking, creativity, appreciation, gratitude and caring for each other and for our planet.

Profit and profit-hunting is the root of all evil. All greed, wickedness, rip-off-mentality, hoarding, criminality, etc, originate from it. Capitalism is called *Rotten Capitalism* in social sciences. Why is that? *Because capitalism is rotting from inside. It never can be sustainable because profit cannot be increased indefinitely!* Capitalism is digging its own grave.

Every citizen should get free healthcare, education, childcare, elder care, basic needs (food, residence, clothes, shoes), free electricity, transport, etc.

AND THERE IS A FINANCIAL FRAMEWORK FOR IT!!! PEOPLE WORK ENOUGH TO COVER IT ALL!

It's insane that children (and also adults) don't get adequate free education, health- and dental care!

It's insane that so many people work like slaves everywhere. Still there are many countrymen, among them children, elderly and even the ill, who do not have enough food to eat, they have no home and no shelter, living many of them in an incredible scarcity, even famine. And this is happening now worldwide!

It's insane that the elderly of today had to work throughout their entire lives for their future pension which now suddenly got called benefits! And these "benefits" are far from being enough for a decent survival. These elderly paid high taxes to the governments, to the whole society; they supported their children, parents, often even grandparents and extended family; in addition they paid, in advance!, huge amounts of money for their future pensions. **And now they are called burdens of the society! And the state is taking away their pensions, their well-deserved means for survival. What happened to all that money they worked for and paid to the government?!**

WHERE DOES ALL MONEY GO THAT THE WHOLE NATION WORKS FOR?!!!

WE DEMAND A DIFFERENT, AN HONEST AND FAIR DISTRIBUTION OF ALL MATERIAL GOODS!!!



BECAUSE: The fruit of the so hard work that the nations do and have done all times in every country, should cover and **truly does cover(!)** all the above mentioned expenses for the citizens' financial benefits. That could give everyone a decent life!

If some raw capitalists and beings, who are surely the real enemies of people, didn't hamster billions and didn't rip off the working people so shamelessly, *then life on Earth would be a paradise for everyone.*



Research should be allowed to carry out only for the benefits of people and the Earth.

If profit were punishable (maybe even with long time imprisonment at first), then we wouldn't be exposed to lethal poisons (which kill you either instantaneously or slowly during a longer period of time), we wouldn't be exposed to forced vaccinations with harmful substances, to medications which cause cancer and other serious health conditions, to wars and other atrocities... And why are we exposed to all that? So that a little group of psychopaths can make ever more profit and get more power!!! Outrageous!

If profit were punishable then, Jacinda Ardern wouldn't have dared to suggest to put even fluoride in addition to chlorine (which are, by the way, both dangerous nerve poisons, whether diluted or not!) into water, so that we quote: 'people won't get bad teeth'!!! Oh, God bless her lost soul! How can she even utter such a mean thing? Bleach, e.g. can be used for many good purposes, but you mustn't drink it, isn't that so?! Because it kills you if you do it, or if you use it for personal hygienic purposes... It's exactly the same with fluoride, chlorine, ricin and all other things they try to poison you with.

Why do they do it? Surely for blood-money and also for some, by normal people unknown, psychopathic reasons.





MAY THE DIVINE TRIBUNAL TAKE

all those wicked people and beings, all of them!!!

May those evil ones be punished there
with the punishment they best deserve!

**GOOD AND HAPPY LIFE –
THAT IS WHAT EVERYONE WANTS!**

**AND THAT IS
WHAT EVERYONE DESERVES!**

Except that group of 'lizard' people and beings who are the enemies of
mankind...

IV. THE MAJORITY OF NEW ZEALANDERS HAVE A PLAGUY QUESTION FOR THE GOVERNMENT

(one of many...)

The majority of New Zealanders demand an adequate and satisfying answer to the following question: ***Why on earth do Maori names and words suddenly show up everywhere nowadays? Often Maori first, English as second, if at all?***

By the way. Do you know any international research studies in Maori? No?

Any international invention? No?...

Is Maori an international language like English, Spanish, French, German, Chinese or Russian? No?

The Maori are few in numbers even in New Zealand. As such, the importance of the Maori language, especially in an international perspective, but also in a national perspective is quite insignificant (remember, 85% of population in New Zealand don't speak Maori!). There are only a small number of people who speak that language. So Maori is a minority language, not more, not less. It makes the past, the history of the country more colourful. That is all.

So why this sudden fuss about it?

Does our 'beloved' government have any wise and logical explanations (those qualities would probably be a surprise to the nation after all lately presented lame and faulty decisions) for that happening?

What can be the agenda of the government with all that? Could the answer just simply be?:

- Just to piss off ever more the 85% of the New Zealand population.
- To turn suddenly the 85% of the nation to illiterates as they aren't able to read signs and understand things when it is not in English. To understand even less than they do at present. Although the education system has already done a good job to achieve 'marvellous' results in this perspective. So...
- Does the government need suddenly a quicker result making people more ignorant?
- Does the government need to create more frustration and to confuse people?
- **Or to divert attention from more important things?**
- Or?



V. SUDDEN DEATHS OF YOUNG SPORTSMEN!

between 2021-01-03 and 2022- 02-27: 728 injuries, 460 deaths

There are many theories circulating about vaccines, pharmaceutical companies, ego-centric and self-serving governments, etc...

Here below comes some important facts, regardless what you think of jabs (which, by the way, are not even vaccines...)

The source:

<https://goodsciencing.com/covid/athletes-suffer-cardiac-arrest-die-after-covid-shot/>

“Something is very wrong when suddenly many young athletes suffer from cardiac arrest or die while playing sports, and this has been happening regularly since the beginning of 2021.

Many of the heart problems and deaths occur shortly after receiving the Covid-19 vaccine. While it's possible that this could happen to people who haven't received the Covid-19 vaccine, the sheer numbers point to a clearly obvious correlation.

And...We can only see athletes because they are in the spotlight; at the same time the cases of most citizens do not reach the news.

By the way, where are the fact-checkers now? Where is the mainstream media? Why don't they prove us wrong by accumulating and presenting the documented deaths of athletes from 2019, 2018, 2017 and the previous decade?

Of course, they are nowhere, because the number of deaths of these athletes is abnormal, and they know it!!!

The list below starts on January 03, 2021. until now on 27.02.2022:

728 injured, 460 dead.

A PARTIAL LIST OF REPORTED INJURIES (MOST WERE CARDIAC ARRESTS):

- Heart attack
- Blood clots or thrombosis
- Stroke
- Irregular heartbeat
- Heart arrhythmia
- Neuropathy
- Death

Even the most loyal believers in governments have to admit that these forced jabs (not even vaccines) haven't stopped the covid infections and that many of their own relatives, friends and acquaintances struggle now with serious health issues and are more often sick in general.

Everything is not a conspiracy theory! There is serious science behind many facts presented against the efficiency of the forced covid jab and even directly pointed to its danger during the past three years.

And there is science behind the jabs as well, although it is too often sponsored by profit-hunting big pharmaceutical companies.... Which, by the way, have been proved many times dangerous for mankind. So whom can you believe nowadays? You decide...



VI. IS THAT WHAT THE GOVERNMENTS HAVE ALWAYS DONE TO US? – GASLIGHTING

The term 'gaslighting' is very trendy nowadays. But what does it mean? One thing is sure.

It might be very important for you, and for everybody to know what it means and recognize it in your social -, work - and private life.

Gaslighting is a psychological term defined first by therapist and behaviour analyst Laurie Singer. It is about control. Being gaslit isn't a one-off. ***It's a continual denial of your recollection of reality.***

It is a form of emotional or mental abuse and happens when someone is trying to make you question your own thoughts, actions and emotions in order to gain control over you and also over your relationship. They want you to question yourself so that they can appear to be right all of the time and act as they want around you. Gaslighting is a form of manipulation that tries to influence how another person sees the world around them. It's done primarily through verbal communication, with the gaslighter making their victim doubt themselves and their memory.

Five signs someone is gaslighting you:

- They never listen to your opinion.
- They keep telling you that you are wrong.
- You are always apologising.
- You feel full of self-doubt.
- You start relying on them to make your decisions.

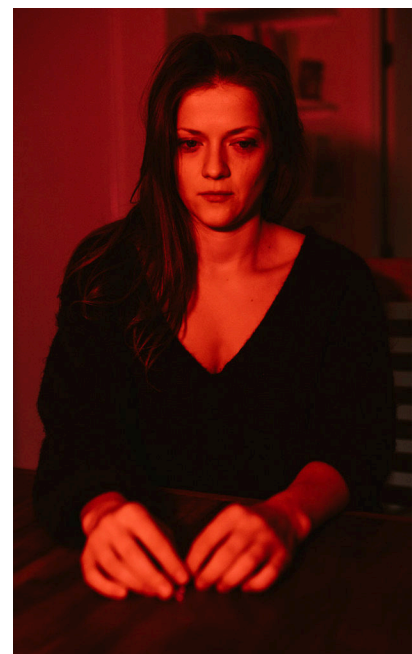
When someone – your partner, a friend, a family member, an authority – is making you feel unsure of your memories, that's also a key sign of gaslighting.

One of the main goals of the 'gaslighting' manipulation is to transform our self-image and thinking in accordance with the goals of the manipulator.

Reframing the way we think about ourselves is **another goal** of the gaslighter, and making you see your thoughts and memories as somehow 'wrong'. It can be as simple as telling you that you embarrassing yourself by not remembering exactly, or deliberately misremembering an argument and accusing you of hurling insults that you never said. These small acts of misrepresentation build up to an assumption that they are usually right and you are usually wrong.

Another tactic the gaslighter has is when he/she consistently minimizes your feelings, constantly downplays or reframes your emotions, like: "You are too sensitive", "I was just kidding" or "Relax. It's not a big deal."

By making you feel like you overreacting, the gaslighter can control how you feel about her/him. Just like being told repeatedly that you overreact, the gaslighter may also accuse you of being harmful. It also reinforces your own self-doubt, which she/he can use to their own advantage.



ONCE YOU'VE RECOGNIZED YOU ARE BEING GASLIT:

- **Get space from the situation.**
- **Speak to others about what is happening.**
- **Cut the person out of your life!**
- **Reach out to knowledgeable and reliable friends or to a professional mental health specialist.**



Gaslighting is a form of manipulation that s

More

The term 'gaslighting' itself originates from a play titled Gas Light (premiered in 1938) which was adapted twice for the movies. The more celebrated adaption is the 1944 remake Gaslight, starring Charles Boyer and Ingrid Bergman. In each version, the husband is convincing his wife that she's gone insane by telling her that she's imagining things that are actually happening – the crucial one involving the dimming of their home's gas lights.





I. MONTHLY CODES

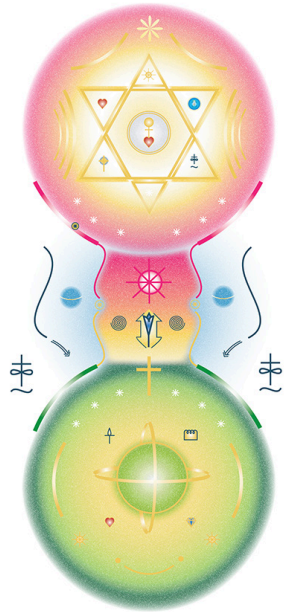
We, the people of the Earth might need all help we can get to free ourselves and the whole planet from all harmful forces, from all enemies, all beings whether in human format or not, which have tormented and suffocated the nations and wished them harm for so long.

We want and demand people-friendly governments which **are not** greedy and self-serving, which do not suffer from psychopathic disorders, from lack of conscience and empathy. **We want governments** which selflessly serve the nations in their best interests and work only for the wellbeing of all people.

Everyone can help to reach this great goal through e.g. using and entering daily the following symbols during these pivotal coming months:

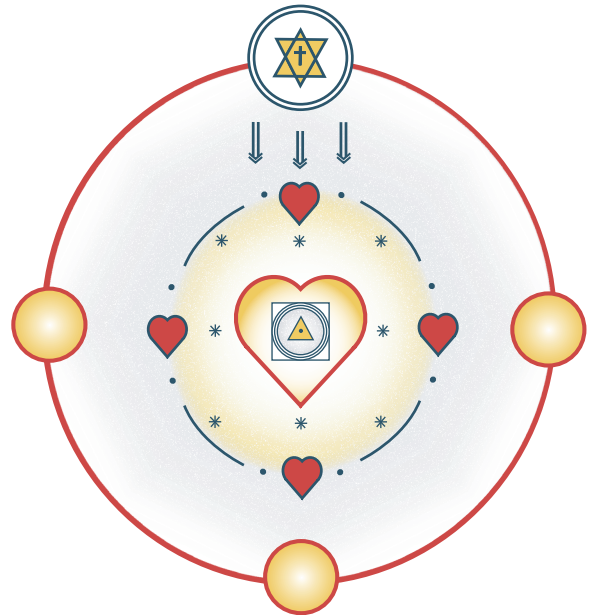
1. INVOCATIO

Light and Love Forces onto the Earth



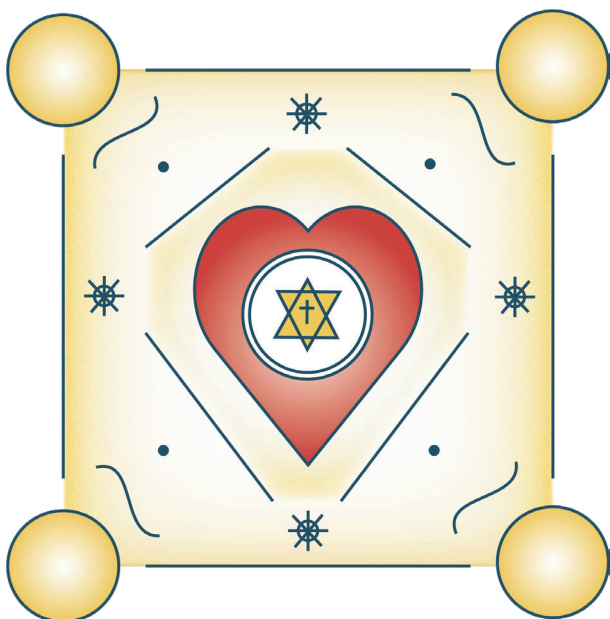
2. VATENIS

Manifesting Empathic World Leaders



3. ITONAS IENIS

4 Life Codes
(1. Faith and Health; 2. Love
3. Togetherness; 4. Happiness)



Monthly Herbarium

SAGE



Sage (*Salvia officinalis*) is also called common sage, garden sage or just sage. It is a perennial, evergreen subshrub, with woody stems, grayish leaves, and blue to purplish flowers. It belongs to the mint family, alongside other herbs like oregano, rosemary, basil, and thyme. Sage is considered one of the “wonder” herbs in herbal medicine.

Sage according traditions:

- contains vitamins A and C, along with several other antioxidants and is also rich in vitamin K, which aids the body in clotting blood.
- antibacterial and antiseptic.
- along with thyme, and propolis helps reduce inflammation as well as imparting antibacterial properties.
- is linked to several health benefits, including improved brain function and lower cancer risk.
- is also helpful for gingivitis (inflammation of the gum) and sore throats, as well as gastritis (inflammation of stomach lining).
- can help with excessive sweating that can occur with changes in hormones.
- can be helpful for nervous exhaustion, nervous tension and headaches.
- calms the digestive system and reduces cramping if you suffer from reflux.
- is helpful for improving memory and senses.
- has antimicrobial properties that may kill microbes that encourage the growth of dental plaque.
- helps reduce the intensity and frequency of menopause symptoms, such as hot flashes and irritability.
- slows blood sugar levels by increasing insulin sensitivity.

Sage tea

1 cup (2½ dl) water

4-5 sage leaves

few drops of lemon juice, to taste

pinch of sugar, to taste

Method

1. Bring the water to boil.
2. Take off the heat and pour on sage leaves.
3. Let it steep for about 5 minutes.
4. Add sugar and lemon juice.
5. Stir well and serve it warm.

Tips

1. Sage pairs well with many other herbs and natural sweeteners.
 - Lavender or mint plays up the refreshing aspect.
 - Rosemary will accentuate the pine taste.
 - Fresh grated ginger will bring a bit of heat and a zing.
 - Maple syrup or honey will offer a bright sweetness along with a floral aroma.
2. You can make the tea iced instead – chill it after steeping and infuse some fresh blackberries, or blueberries, or why not raspberries.

Monthly Recipe

ITALIAN MEATBALLS WITH SAGE, PRUNE SAUCE AND POLENTA



Meatballs

250 g minced pork
250 g minced beef
salt and pepper to taste
2 cloves of crushed garlic
1 smaller onion, finely chopped
1 bunch of fresh parsley
30 g grated parmesan
1 egg
2 tbsp breadcrumbs
2 tbsp oil

Sauce

½ small onion
1 small bunch of fresh sage
100 g prunes
1 dl red wine
1 tbsp honey
1 tsp balsamic vinegar
2 dl water
30 g butter

Polenta

5 dl milk

4 dl stock (chicken/vegetable)

200 g cornmeal (polenta)

a pinch of nutmeg

salt and pepper to taste

30 g parmesan

70 g butter

Oven Temperature

200 C

Method

1. For the meatballs, mix all the ingredients except the oil, and let it stand for 10 minutes.
2. After that, fry all sides in the oil in a pan, then take out the balls and put them in a preheated oven for 10 minutes.
3. For the sauce, cook the chopped onion in the oil left in the pan until glossy.
4. Add the sage chopped, and cook a little.
5. Put the prunes, chopped in small pieces on top, and then pour in red wine.
6. When most of it has evaporated, pour water over it and simmer until it thickens a bit.
7. Add honey and balsamic vinegar, and finally the cold butter.
8. Then reheat the meatballs in the sauce.
9. For the polenta boil the stock.
10. Pour in milk, then cornmeal. Cook until it thickens.
12. Then add butter, parmesan, and nutmeg, and season with salt and pepper.
13. Serve the polenta with the meatballs and the sauce.

Monthly Joke

Once you understand why

- the pizza is made round
- packed in a square box and
- eaten as a triangle...

Then you will understand women!



X-CODES SOURCE LIFE CODES

DON'T FORGET ABOUT THE PERMANENTLY AVAILABLE SOURCE LIFE CODES at
<https://fountes.com> 'FREE DOWNLOAD CODES!'
<https://fountes.com/free-download-codes/>

For the new followers, more detailed information about the codes:
Source Life Codes: <https://www.youtube.com/watch?v=WLJck0wjKEI>

How to Use and Enter the Source Life Codes: <https://www.youtube.com/watch?v=bxSfwOtlDOE>

The book X-CODES is available now from Xlibris in hardback, paperback and e-book.
<https://www.xlibris.com/en/search?query=X-Codes>

It can also be bought from Amazon and Barnes & Noble.

Amazon

https://www.amazon.com/s?k=X-Codes+Xandra+Gyllenlid&i=stripbooks-intl-ship&ref=nb_sb_noss

Barnes & Noble

<https://www.barnesandnoble.com/s/Xandra%20Gyllenlid%20X%20Codes>

Free Monthly Download Codes: <https://fountes.com/free-monthly-downloads-codes/>

BREEZE Magazine: <https://fountes.com/breeze-magazine/>

Videos: <https://fountes.com/videos>

Prayers: <https://fountes.com/prayers/>

Monthly Herbarium: <https://fountes.com/monthly-herbarium/>

Monthly Recipe: <https://fountes.com/monthly-recipe/>

Portfolio of Thoughts: <https://fountes.com/portfolio-of-thoughts/>

Monthly Joke: <https://fountes.com/monthlyjoke/>