

FREE !

BREEZE

www.fountes.com

ISSUE 15, 2025



ABOUT OUR FUTURE FACING 2026

“The Year of the Great Silence”



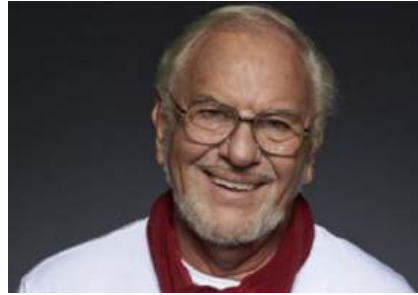
CONTENTS

Portfolio of Thoughts	4
About our World and our Future Facing 2026	5
Edgar Cayce's Final Warning and The Prophecies	6
The Trigger Event of 2026 and The Turning Point.....	10
About our World and Governments	15
Ahriman's Followers and The Shadows of Society	15
Very Important Reminder – Still About Covid	22
Prof. Dr. Sucharit Bhakdi on Virology and Liability	23
Official Evidence: Alliance of Indigenous Nations Declaration ...	24
Direction To Go To	26
The Sustainability Revolution (The Great Turning).....	26
Escaping the Industrial Growth Society.....	27
Herbarium.....	35
Recipe	38
Joke	40
X-Codes... Source Life Codes Website Information	41

Text - Xandra Gyllenlid

Graphic Designer - Eva Crystal

Portfolio of Thoughts



“Your home is only where you are loved!
When someone ‘goes home’, they go to a place where there is love!
Where they love and where they are loved too!
Where they can feel: ‘It’s finally good here. I’ve come home.’

If someone’s home doesn’t have love, they don’t have a home.
Not even if they sleep there, eat there, and are registered there.
Not even if it’s their own house, which they built with their own two hands.
Everything is familiar and accustomed in it, but there is no home in it.

‘Going home’ means going back to the true and only real state of my being - LOVE!
There I am at home!
I live as a stranger in every other place.

In indifference, in hatred, in lovelessness, a person has no home,
Because these experiences are foreign to their soul.
A person’s true home is in love!
Everywhere else they are an outcast!”

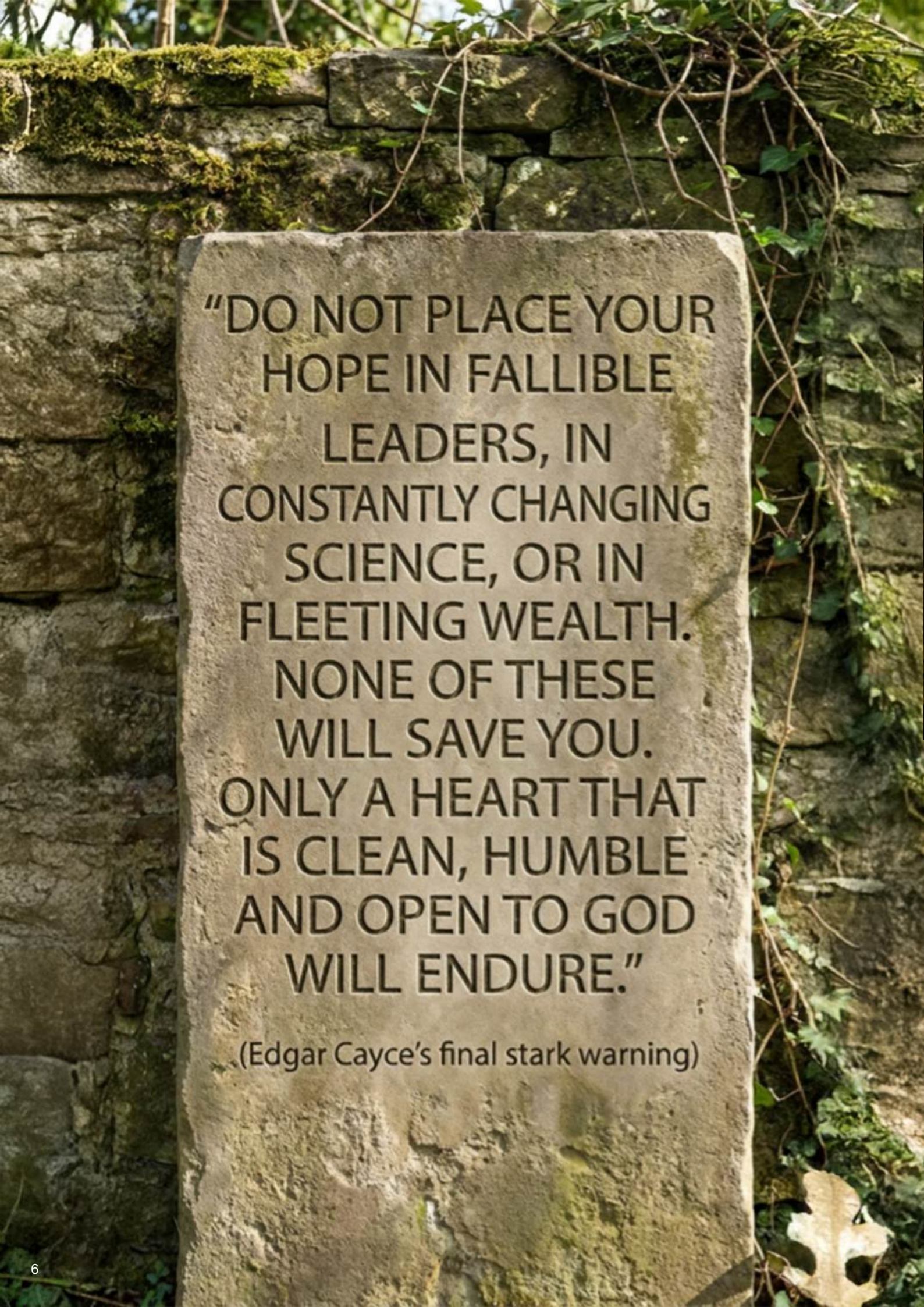
Péter Müller



I.

ABOUT OUR WORLD AND OUR FUTURE FACING

2026

A stone pillar with a quote engraved on it, set against a mossy stone wall with vines.

“DO NOT PLACE YOUR
HOPE IN FALLIBLE
LEADERS, IN
CONSTANTLY CHANGING
SCIENCE, OR IN
FLEETING WEALTH.
NONE OF THESE
WILL SAVE YOU.
ONLY A HEART THAT
IS CLEAN, HUMBLE
AND OPEN TO GOD
WILL ENDURE.”

(Edgar Cayce's final stark warning)

It is thought-provoking, though mostly inexplicable, to even the most rational person that a hundred or so years ago, there were thinkers who could give a very accurate description of what the future would be like. Not just the immediate future, but also a good hundred years forward. How is this possible, and what did they say about our time? Many of their claims have already been proven, and many seem very relevant in our times...



“The transformation of ***the world would not be led by world governments or the ultra rich.*** The leaders of this new era would be the humble, the faithful and the overlooked, those who never lost hope and faith; and who continued to serve others even in difficult times. ***Then the world would no longer be divided by race or country but united by a shared renewed faith. It would be the return to the core teachings of Christ, not through coercion but through a collective genuine choice.***”

(Sylvia Browne about our time)



Mankind has lived through many difficult phases during the history of humanity. Now we are experiencing another one...

Famous scientists, spiritual researchers, channelers and others wrote about this time of ours.

Rudolf Steiner said that in our time the governments worldwide and the structures of our societies would be permeated by Ahriman's followers, the followers of the absolute evil, satanic forces resulting in destroyed morality, degeneration, worship of profit, alienation and contempt of human life and of the Earth itself.

Several well-known personalities like Edgar Cayce (famous healer, also called for the 'sleeping prophet'), Dolores Cannon (hypnotherapist), Sylvia Browne (writer) and others gave very thought-provoking, relevant and countless times confirmed predictions, warnings, and guidance on what awaits humanity of today and how to best deal with this time period and successfully overcome it.



Here comes a summary of what they wrote:

- **Powerful Nations**

The world's most powerful nations and those countries who prided themselves on wealth and military, that had consciously turned their backs on God choosing instead to place their ultimate trust in science, money and corrupt politics, would eventually collapse not from foreign enemies but from a fatal flaw within.



They built great structures of success upon spiritual quicksand.

Once these societies systematically removed Christ from their schools, their homes and their governments they would begin to rot from the inside out. Values will be inverted, evil celebrated and righteousness ridiculed, echoing a biblical warning. There will be profound moral destruction in these countries, families shattered, violence surging, faith openly mocked and objective truth utterly silenced.

- **“A House Divided Cannot Stand.”**

These ‘channelers’ saw divisions accelerating between races, between social classes and belief systems until these nations became unrecognizable consumed by its own internal conflict.

- **Internal Systemic Collapse**

For Sylvia Browne our time, but especially 2026 was not just about external pressure but **an internal systemic collapse amplified by a leadership that had completely lost its moral compass**. She described a time when leaders cease to genuinely lead. Not because they vanish but because they no longer speak with truth. Their words would feel disconnected from the reality on the ground. This **quiet dishonesty** would cause something far worse than anger, a deep distrust as the pillars of trust crumble. *Institutions, governments, media, healthcare systems would begin to feel distant, cold and even hostile. People would start to doubt everything.*

She warned when truth is abandoned by those in charge, morality begins to break down, rules become meaningless, and community bonds dissolve.





- **A Specific Trigger Event in 2026**

In her final warning she spoke of a specific trigger event **in 2026**, a singular moment that though brief would send shockwaves across the entire globe. She simply called it a moment that will stop the world in silence. It will be a profound revelation from the sky. This event would arrive without any warning and it wouldn't be a typical disaster. It would not break buildings. *It would shatter people's sense of security and reality.*

SHE SAW IT AS A SUDDEN BUT NOT VIOLENT MOMENT,
DEVOID OF EXPLOSION OR FIRE.

Instead it would be an event so unexplainable, so fundamentally strange that it would shake the conviction of even the most rational minds. It would feel as if the basic understood rules of reality had been quietly rewritten. Across the world people would collectively stop and ask what on earth is happening to us. The incomprehensibility of this event would cause profound confusion before panic and panic before answers could be found. In this vacuum of clarity fear would exponentially accelerated.





- **Turning Point**

This would be the breaking point. The quiet spiritual disconnection, the loss of faith, the confusion of the cities would be realized... This would be the moment when the world would no longer feel like itself. From that point the great shift will begin in earnest and without return.

Humanity would begin to remember its true nature; that souls are created with purpose. In this return to forgotten fundamental values she saw the beginning of something sacred. The false identities built on material possessions, appearance or status would lose all power. The masks would fall. What would remain is the raw truth of each soul either rooted in deep faith or tragically empty and lost.

This period she warned would lead to a separation of humanity not through violence but through choices. Some would rise with quiet courage drawn back to truth and God, becoming the silent lights during the darkest hours. Others would fall deeper into fear, denial or spiritual arrogance, desperately clinging to control.

This division would not be visible on the surface but hearts would feel it in how people treat each other, how they speak and even how they choose to remain silent. **Those who had prepared spiritually even in small quiet ways would be protected.** Not from the events outside but from breaking down inside.





- **The New Era**

The remarkable persons mentioned above foresaw a time when after the collapse of systems and the shaking of the Earth the human heart would finally begin to heal. In the ruins of the old world *faith would return with an elemental force*. **Edgar Cayce** saw people gathering not for political rallies or corporate meetings but for prayer. Families once broken by rage and division now unified through genuine forgiveness. There will be a desperate hunger for truth.

This new era would be defined by simple living, deep humility and a profound respect for life, nature and fellow human beings.

This transformation would not be led by world governments or the ultra rich. The leaders of this new era would be the humble, the faithful and the overlooked, those who never lost hope and faith; and who continued to serve others even in difficult times.

The world would no longer be divided by race or country but united by a shared renewed faith. It would be the return to the core teachings of Christ, not through coercion but through a collective genuine choice.

Edgar Cayce's message was always deeper than simple physical survival. It was about spiritual transformation. He adamantly believed that *the coming events cannot be successfully avoided by simply hoarding resources, buying land or building concrete bunkers*. The only true lasting protection, he insisted, is spiritual. For Cayce true preparation begins in the heart.

He urged humanity to return to a life of committed prayer, not just a weekly ritual but an everyday conversation. **He taught that the most important shelter in the coming storm is not made of concrete but of unwavering faith.** He stressed that families who actively pray together, forgive each other daily and remain united in spirit will become unshakable even if the physical world around them disintegrates.

- **Your Home**

Edgar Cayce said:

“Your home must become your altar, a place of genuine peace where the word of God is a living force.”



- **Service**

Another crucial pillar of this preparation was **service**. Those who sincerely help others will in turn be helped.

Will we open our hands or slam our doors shut?

Will we run in paralyzing fear or stand firmly rooted in love?

He wanted people to grasp this fundamental truth:

This is not the end. It is a new albeit painful beginning. But only those who are spiritually awake and prepared will be ready to walk through that doorway to the future.

- **Final Notes:**

These remarkable people wanted to remind us that faith is the unshakable foundation that holds us when everything else in the world begins to crumble.

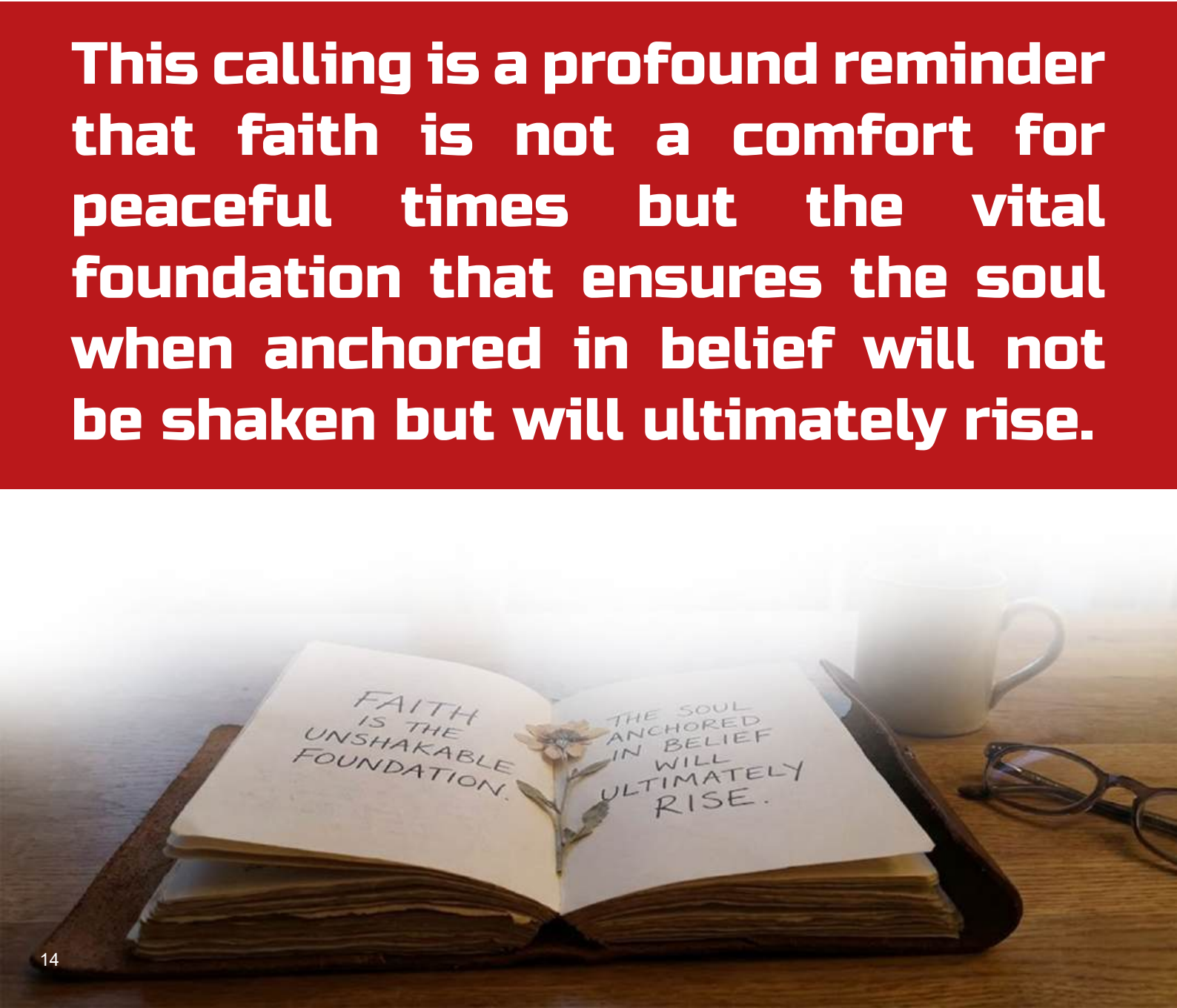
Not just formal religion but a deep personal trust in a spiritual truth in God and in the eternal value of the soul.

No system, no invention and no human leader would be able to save us. It is our faith which becomes the anchor. It is not denial. It is strength, rooted in something far greater than temporary logic. It is the quiet certainty that we were created with purpose and are never truly abandoned.

The survivors of this new kind of struggle would not be the richest, the most powerful or the most technologically advanced.

They would be those who remembered how to pray, how to trust and how to love in the face of fear. They would be those who forgive when others choose bitterness and who keep the flame of hope alive when the world grows cold.

This calling is a profound reminder that faith is not a comfort for peaceful times but the vital foundation that ensures the soul when anchored in belief will not be shaken but will ultimately rise.



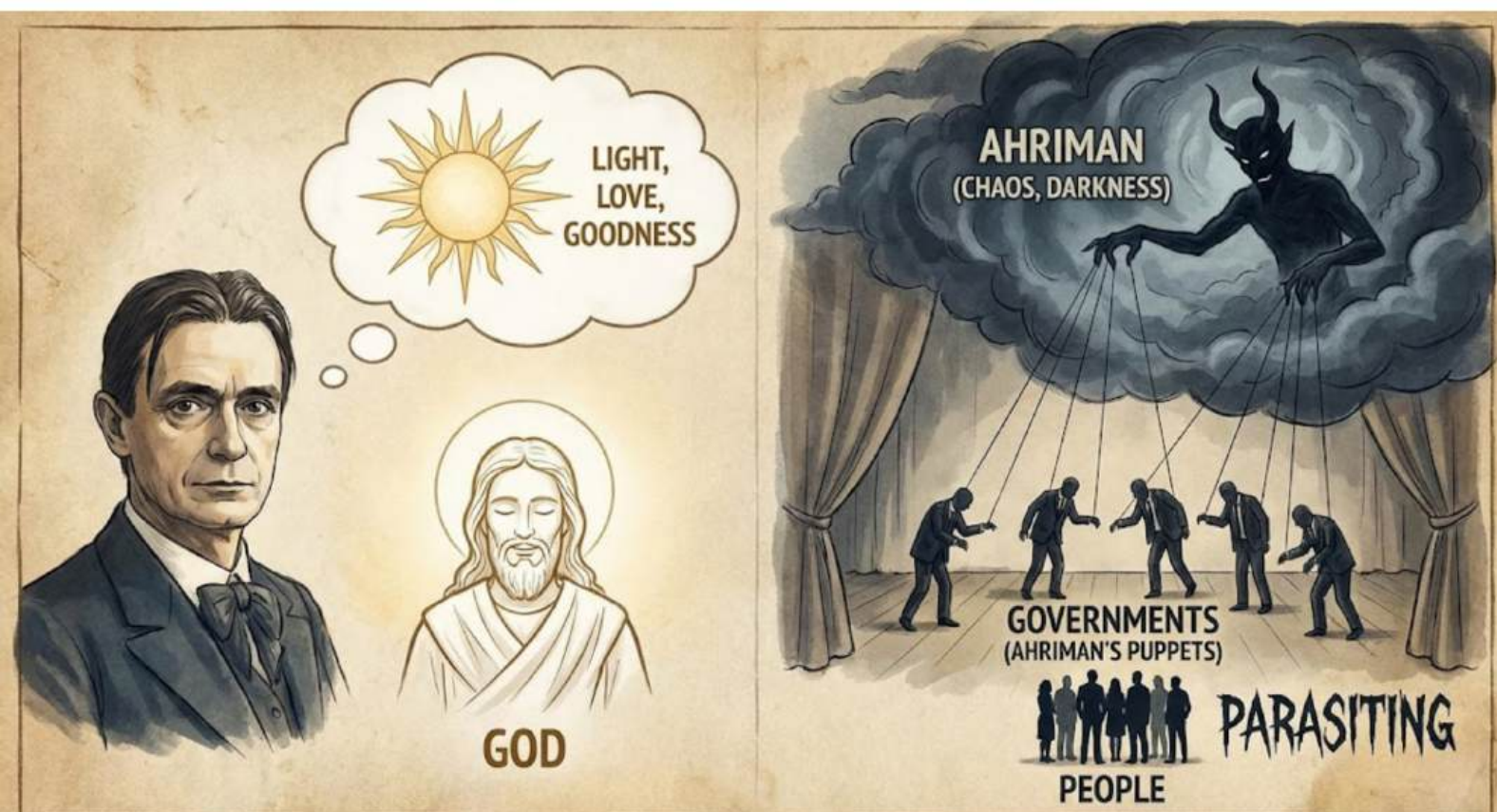
FAITH
IS THE
UNSHAKABLE
FOUNDATION.

THE SOUL
ANCHORED
IN BELIEF
WILL
ULTIMATELY
RISE.

II.

ABOUT OUR WORLD AND GOVERNMENTS

According to the terminology of the famous philosopher, social reformer and scientist **Rudolf Steiner**, the present governments are all Ahriman's followers and puppets. They are hostile and vicious towards the people they actually parasiting on. With exact designation Ahriman is the most evil force, representing darkness, chaos, and the source of negative emotions and destructive forces. He is the antithesis of God, the Almighty force of Light, Love, and Goodness.

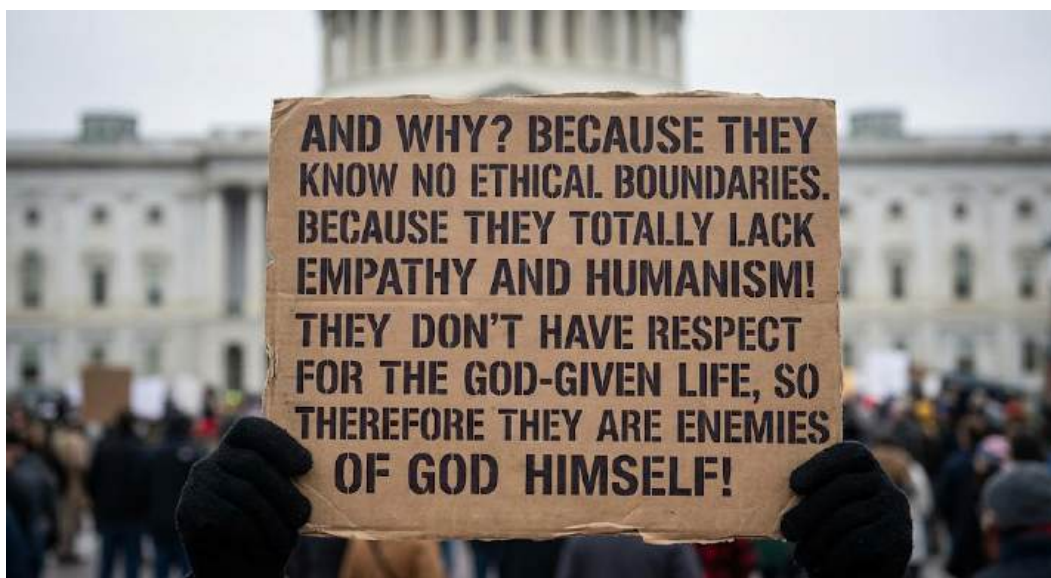




The precious knowledge Jesus Christ and some prestigious scientists, like Rudolf Steiner shared, will hopefully and finally enlighten us about what is really going on in our world. It will be now clear how the governments can send millions, rather billions of innocent people to certain death without any remorse, without a twinge of conscience.

The eternal truth given by **Jesus Christ** is very valid: **"You will know a tree by its fruits."**

- How they, the government can encourage chauvinistic and racist ideas (like the Maori issue in New Zealand, e.g.)?
- Why do they use constant scare tactics?
- Why do they create never-ceasing conflicts, man-made natural catastrophes, economic collapses, hunger, issues with water, poverty, etc.?
- Why do they kill and torture children(!!!)?
- How can they make people jabbed with dangerous, life-threatening vaccines?
- How can they poison every living being on our planet, our air, water and soil, and
- How can they destroy the Earth itself?
- How on earth can they have so psychopathic and evil intentions and goals?...



So take a look what Carl Jung wrote about them:

'The Shadows of Society'

(The psychopathic governments of today)

When Psychopathy is organized in power structures, in governments, then it causes serious problems in the society. The shadow, when well-dressed, is the hardest to spot. **But it is also the most fatal, because it destroys with legitimacy. And evil, when given a platform, becomes part of the landscape.**

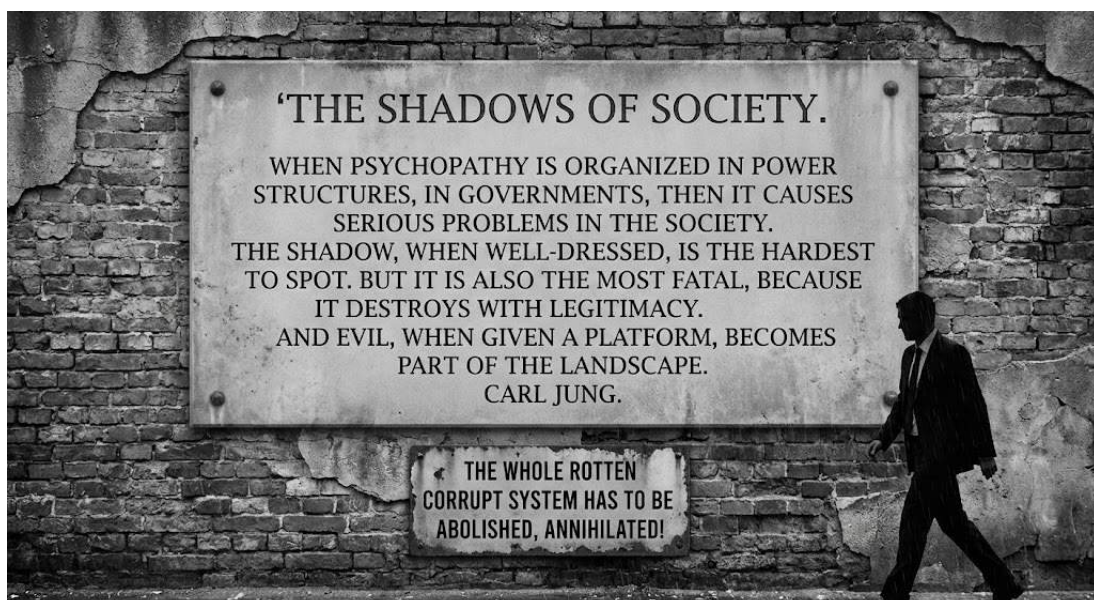
Not all psychopaths live on the fringes of society. Many are actually at its centre. **They wear well-tailored suits, speak eloquently, and hold positions of influence. They move from pulpits, podiums, and courts.** And there, surrounded by an impeccable reputation and legitimate institutions, they exercise the most dangerous control, the kind of control that this system approves. Carl Jung argued that collective evil is even more destructive than individual evil.

When social structures accommodate psychopathic personalities, the result is perverse.

Manipulation becomes the norm, indifference becomes a strategy, and destruction disguises itself as progress. Emotional coldness is valued in these circles as objectivity. Lack of empathy is seen as pragmatism, and power as an absolute virtue.

And that explains why fascism, nazi ideas, chauvinism and racism have always been a part of their ideas and governed their actions.

NOW WE HAVE, HOPEFULLY, UNDERSTOOD WHY IT'S NOT ENOUGH TO CHANGE THE RULING PARTY IN A COUNTRY. THE WHOLE ROTTEN CORRUPT SYSTEM HAS TO BE ABOLISHED, ANNIHILATED!

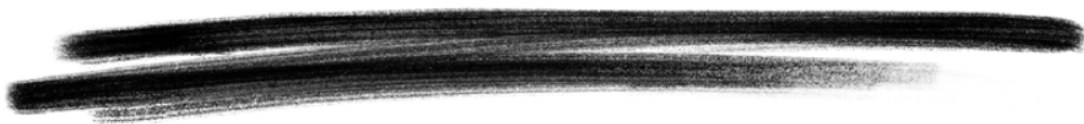
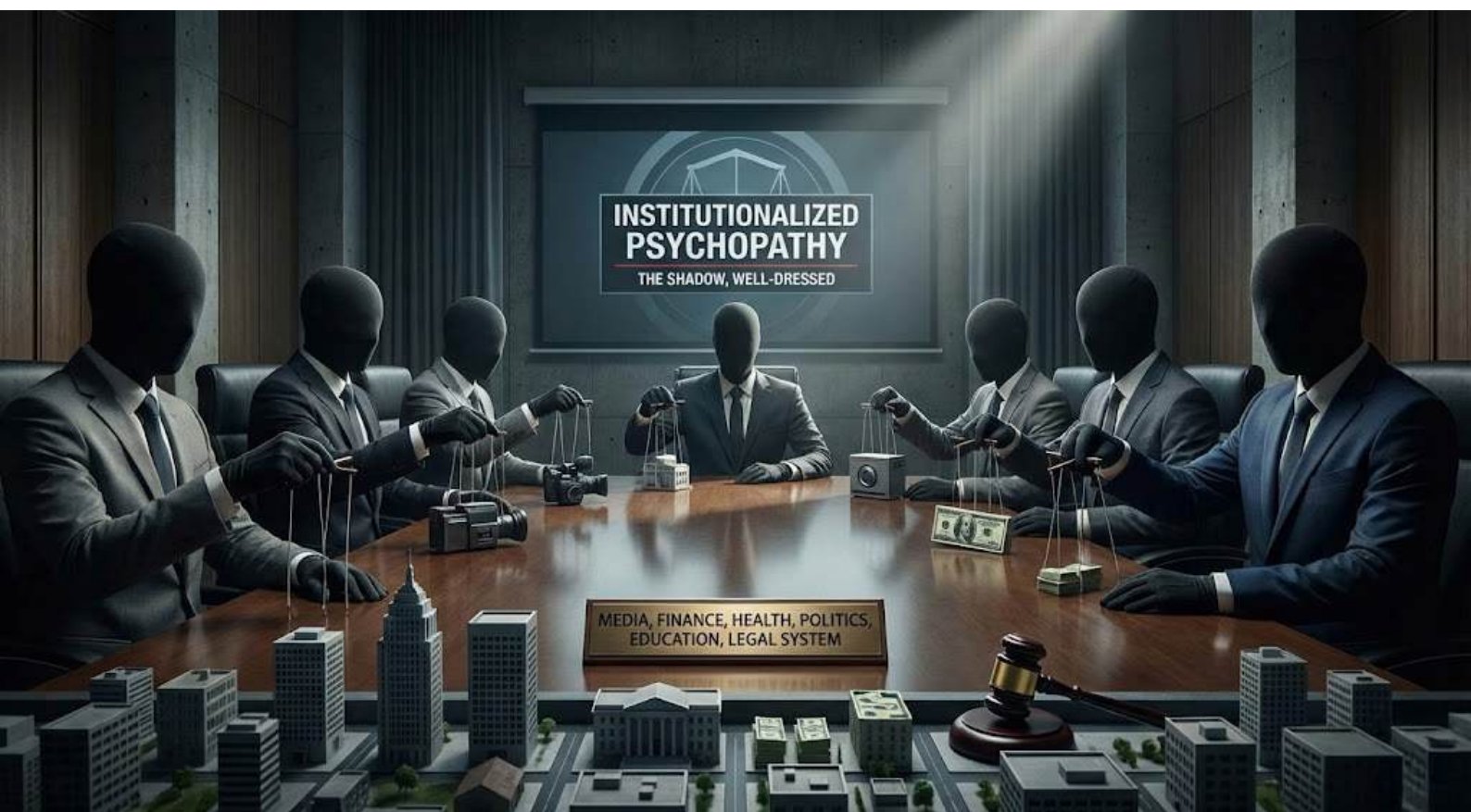


These figures feel no guilt because they know no ethical boundaries. The other is still an object for them. The difference is that now the object is collective. A people, a community, an entire institution. The joy comes not only from individual domination, but from the feeling that they are above all rules. That they can move their puppets untouchably. That their hands remain clean while they exert influence.

Institutionalized psychopathy, in realized form in the world governments, is insidious (cunning). It hides in bureaucratic decisions, carefully formulated speeches, and inspiring orations. But its effects are devastating. And the more it becomes normalized, the harder it is to recognize. After all, who would suspect someone so capable, cultured, and socially recognized? The shadow, when well-dressed, is the hardest to spot.

But it is also the most fatal, because it destroys with legitimacy. And evil, when given a platform, becomes part of the landscape.

Structures of control that have quietly manipulated our lives: Media, Finance, Health, Politics, Education, Legal System and more.'



*But we, people,
want to live
in a different reality!!!*



- **In a world where transparency replaces deception.**
- **Where unity replaces division.**
- **Where we are lead from the heart, not from fear, greed, arrogance and control.**
- **A world where humanity finally sees itself as one family, one soul with many faces.**



Trust that your presence is
shifting the balance towards light.
This is your mission.



This transmission makes space for what is next:

- ❖ A new, stronger, fairer and **rooted in truth**.
- ❖ A new system that honours **transparency, fairness** and the **collective good**.
- ❖ **No more games** designed to keep people desperate.
- ❖ **No more invisible rulers** pulling the strings.
- ❖ A financial world where everyone has a **fair shot**, not just the privileged few.
- ❖ A new era where wealth is no longer a weapon but a tool for **freedom, growth and unity**.
- ❖ A world where everyone's basic needs, food, shelter, education are no longer luxuries but **guaranteed rights**.
- ❖ A future where money **truly represents value** rather than being a tool controlled by a secretive few.



III.

**VERY IMPORTANT REMINDER
-
STILL ABOUT COVID**

A close-up photograph of a COVID-19 test tube. The test tube is held horizontally, with a blue protective sheath on the left end. The main body of the test tube is clear, showing a small amount of reddish-brown liquid at the bottom. A white label is affixed to the side of the test tube, featuring the text "COVID - 19" in bold black letters and a standard barcode to the right. The background is a blurred, colorful map of the world, primarily in shades of blue and green.

COVID - 19





When **Prof. Dr. Sucharit Bhakdi**, one of the few best in his field in virology on our entire planet, got driven away, pushed and haunted aside to give place to people who don't even have ANY MEDICAL FORMATION!!!... – Then, already then, in the beginning of covid period everything became suspicious...

Prof. Dr. Sucharit Bhakdi has been a worldwide renown scientist since the 70s(!!!), a professor in virology, which we happened to have the luck to know about and learn from already back in the 80-ies. He has worked in the most famous and recognized research institutes and universities worldwide, has written many scientific books and carried out scientific researches, made famous discoveries in his field, teaching, etc.

That is why his opinion should be trusted more than that of the many, often younger, arrogant, quick footed, inexperienced with upbloated self-confidence, and ego-centred scientists or fake scientists = politicians whose opinions, unfortunately, are too often and too deeply influenced by the pharmaceutical industry and their money...

Professor Bhakdi stated:

“Please note!!! All this covid mess must have legal consequences. This deserves the maximum penalty!!! Anyone who praises RNA vaccines as safe and effective, who claims that vaccination rarely causes serious side effects, is either incredibly ignorant or indoctrinated or infinitely EVIL. And they are liable to prosecution. As are all those who actively or passively promote and advocate this vaccination.”

He also said:

“It is scientifically proven that this vaccination can only have negative effects and this in a life threatening extent.”

Many other research groups who are respected and internationally well-known, in many countries came to the same conclusion.

So what are our governments and authorities waiting for?!!! – you may wonder with reason...

There is not much to add, is it?

Just one more. There is the official evidence and declaration of Covid injections here below:

I. OFFICIAL EVIDENCE AND DECLARATION OF COVID-19 INJECTIONS, mRNA INJECTIONS, OR mRNA NANOPARTICLE INJECTIONS

(Pdf can be sent by request)



The Alliance of Indigenous Nations (A.I.N.) International Tribunal is the first governing body and judicial authority in the world to issue an ORDER declaring MRNA nanoparticle injections biological and technological weapons of mass destruction.

In addition to legal briefs and scientific studies, the Alliance of Indigenous Nations (A.I.N.) reviewed affidavits filed e.g. in the Florida court system from **Ana Mihalcea, M.D., PhD; Rima Laibow, M.D.; Karen Kingston; Andrew Zywiec, M.D.; Marivic Villa, M.D., and Avery Brinkley, M.D.. Dr. Ben Marble, M.D., and Dr. Paul Alexander, PhD.**; and the late Francis Boyle, J.D., PhD, the law professor that wrote the U.S. domestic implementation legislation of the Biological Weapons Convention, called the Biological Weapons and Antiterrorism Act of 1989. **Dr. Boyle publicly stated the COVID 19 injections were bioweapons in late 2020, before they were even deployed.**

The declaration and ORDER include quotes from and or cites affidavits from Dr. Francis Boyle, J.D, PhD; Dr. Ana Mihalcea, M.D., PhD; Dr. Andrew Zywiec, M.D.,; Dr. Paul Alexander, PhD; and Dr. Rima Laibow, M.D. It also cites the work of Dr. James Thorp, M.D.; Dr. David J. Speicher; Dr. Jessica Rose; and Dr. Kevin McKernan; and cites a recent paper by Dr. Andrew Zywiec, **stating that the 'vaccine' violated the Biological Weapons Convention.**

This extraordinary declaration and ORDER comes in the wake of the World Council for Health Florida chapter declaring the MRNA nano-particle injections to be biological and technological weapons of mass destruction. Previously county Republican Parties across the U.S. as well as the Idaho and Arizona GOPs declared MRNA nanoparticle injections to be biological and technological weapons of mass destruction.

The Indigenous Nations (A.I.N.) International Tribunal stated:

DECLARATION AND ORDER OF THE ALLIANCE OF INDIGENOUS NATIONS (AIN) INTERNATIONAL TRIBUNAL

This Tribunal finds and hereby declares that the 'COVID-19 nanoparticle injections' or 'mRNA nanoparticle injections' or 'COVID-19 injections meet the criteria of biological weapons and weapons of mass destruction, according to the Biological Weapons Anti Terrorism Act, of 1989, 18 USC § 175; Weapons and Firearms § 790.166 Fla. Stat. (2023), Canada's Biological and Toxin Weapons Convention Implementation Act, 2004, and the International Biological Weapons Convention.

This Tribunal finds and hereby declares that the COVID-19 injections, mRNA injections, or mRNA nanoparticle injections, are in fact biological and technological weapons of mass destruction.

REASONS

Upon review of expert evidence and published peer reviewed articles, it is proved beyond a reasonable doubt that the COVID-19 injections, mRNA injections, or mRNA nanoparticle injections, are in fact biological and technological weapons of mass destruction.

CONCLUSION

The AIN Tribunal finds that the application of biological and technological weapons of mass destruction with gene-editing and nanotechnology and transhumanist additions will result and has resulted in a genocide. (For clarity this panel does not minimize the holocaust).

Mankind has been living in the most powerful of delusions - that murder by government, or NGOs, or international corporate oligarchy could ever rest on any moral principle. The fundamental purpose of law is to seek the truth and provide for justice. The Tribunal finds that these bioweapons; COVID-19 injections, mRNA injections, or mRNA nanoparticle injections were constructed by colonial powers to be deployed universally on mankind and on our original peoples as a priority group. As such colonial systems have only served to perpetuate the injustice of what can only be seen as a planned and executed murder and depopulation of mankind around the world. The lack of justice in colonial systems must be seen as by design and to further the application and deployment of bioweapons on the public.

We ask the original peoples and rest of mankind to stand together to give this decision and declaration the force of morality and justice- which is the basis of any system of law. There can be no architecture of law that is a permissive grant to deploy bioweapons on mankind. We find there is a consequential degeneracy in the intrinsic value of mankind by those who have and continue to promulgate the application of weapons of mass destruction on humanity. The COVID-19 injections, mRNA

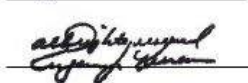
injections, or mRNA nanoparticle injections, are weapons. Biological weapons. Cellular weapons. Poisonous weapons. Genetic weapons. Nanotechnology. Intergenerational weapons. Technological weapons.

This Tribunal finds and hereby declares that the COVID-19 injections, mRNA injections, or mRNA nanoparticle injections, are in fact biological and technological weapons of mass destruction.

This Tribunal finds and hereby declares that the 'COVID-19 nanoparticle injections' or 'mRNA nanoparticle injections' or 'COVID-19 injections' meet the criteria of biological weapons and weapons of mass destruction according to the Biological Weapons Anti weapons and weapons of mass destruction according to the Biological Weapons Anti Terrorism Act, of 1989 18 USC § 175; Weapons and Firearms § 790.166 Fla. Stat. (2023), Canada's Biological and Toxin Weapons Convention Implementation Act, 2004, and the International Biological Weapons Convention. This Order and Declaration is intended to have immediate worldwide effect.

Issued on the 8 day of October, 2025

A. Seaping Ram
For the A.I.N. Tribunal



10 of 11

IV.

DIRECTION TO GO TO



Today we have a shift, a transformational moment in human history that is similar in scope and magnitude to two previous revolutions:

1. First there was **the Agricultural Revolution** and that took centuries.
2. Then there was **the Industrial Revolution** which started just 200 years ago.
3. Now we live in the third revolution of comparable magnitude, in **the Sustainability Revolution** (or Environmental Revolution, or Ecological Revolution, or the Great Turning.)

And this revolution is more thoroughgoing because it's a whole mindset change. This revolution leads us into our future and ensures our survival and prosperity.



Important standpoints:

We are a living part of a living planet.

The industrial growth society, this political economy, 'the business-as-usual' sets its goals, measures its success, is determined in terms of how it grows, how fast it grows.

But it grows in WHAT? Health? Longevity? Wisdom? Beauty and Grace in the eyes of God? In what? -

Only in corporate profits, market share!!!

Today's power holders in this society are actually proud of keeping us in comfort and convenience – for this no cost spared. They are ready to explode the mountaintops, peel off the boreal forests, let miles the size of Texas of plastic sweep over the Pacific for 'our convenience', for our 'security'. This society only asks in return for the have very little of us actually – it ask us to shut up, to be silent, to consume and to obey.

**BUT THIS SOCIETY IS IN THE
PROCESS OF SELF-DESTRUCTION.
IT IS ABOUT THE EROSION OF LIFE!!!
It is a doomed system on runaway.**

WHY





It is evident, the systems thinkers know it and it is common sense as well that this form, this political economy from the system's point of view is doomed!

Because it is seeking to maximize only one variable of an open system.

If you do that with any system everything goes out of control and it begins to devour itself. You cannot maximize just one variable. Once you try to maximize just one variable you cannot have balance, which means you cannot have sustainability.

Mass extinction of birds, dying fishes, economic meltdowns, loss of biodiversity, a billion people living in slums - all that causes grief in the collective consciousness.



“It’s grief, outrage, raw fear of ‘what in God’s name are we doing to our world and each other?’. All these natural and very healthy human emotions, all that pain this ugly industrial corporate growth society tries to pathologize!!! Sick psychopaths, bastards, demons and personification of evil, all of them, who lead the world, the whole planet into destruction, to abyss!”

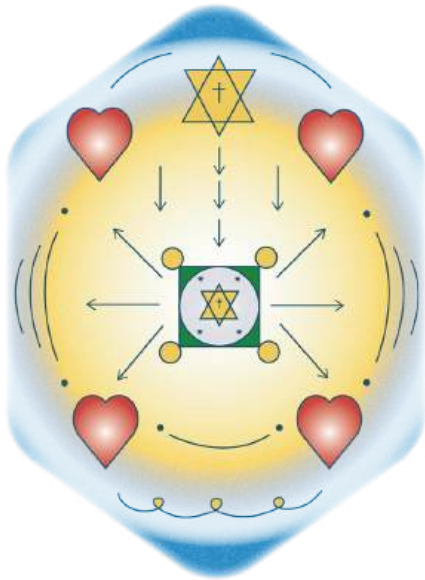
(JOANNA MACY)



I. CODES

1. EVOTIS

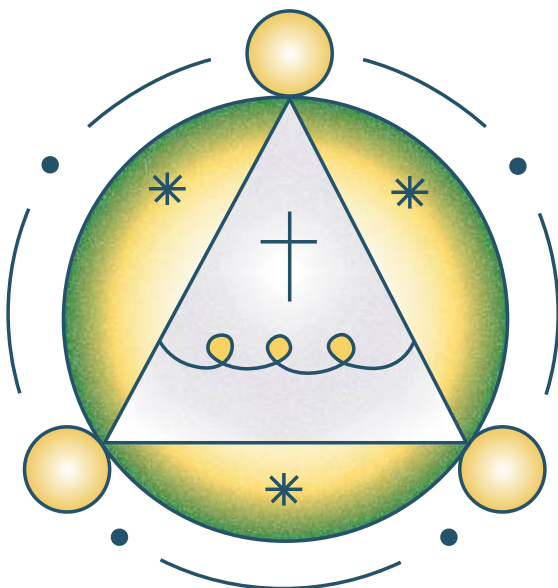
Eliminating Suffering
(Physical, Spiritual, Mental)



This symbol is meant for ending suffering on all three levels of our being: physical, spiritual, and mental. It acts in the early stages to prevent the development of suffering on any level by changing our negative thoughts into positive ones. In the case of past suffering, the Love energy helps gradually reduce our sense of pain and then completely erases it from our minds and bodies.

2. OPANES

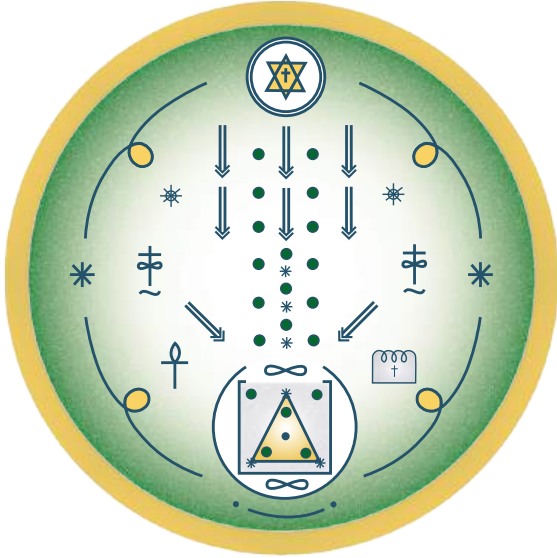
World Health
(The Elimination of Every Illness)



This symbol's high vibrational frequency encoding definitively abolishes all mental and physical illnesses on the entire Earth. It heralds the coming of a life in which the invisible and inaudible messages transmitted by the negative energies are completely destroyed and deactivated. It impels us to think and act positively. It helps create world-unity and united thinking in which health is the priority.

3. ATENIS

Worldwide Prosperity' Symbol
(The Elimination of Poverty on the Entire Earth)



This symbol takes humanity on a path on which unity comes to the fore, the idea that 'everybody without exception is the same and equally important'. Past values are radically changed. The gigantic inequalities between individual countries and people will be abolished. Using this symbol brings about the right for everyone without exception to enjoy a happy, harmonic, balanced, and peaceful life in love and material abundance.

4. DEUMINES

Activation of the Divine Code within us



The symbol activates our entire being, starting from our DNA all the way to the deepest, most hidden and innermost part of our soul, reaching the light and energy of the Source of All Creation within us, and there our innate Divine Code. Activating the Divine Code will get us out of this dimension, this matrix that has been kept entrapped by negative energies for so long.

5. IMIES

Light Body Activation



6. VIOLETIGNIS

Violet Flame Activation



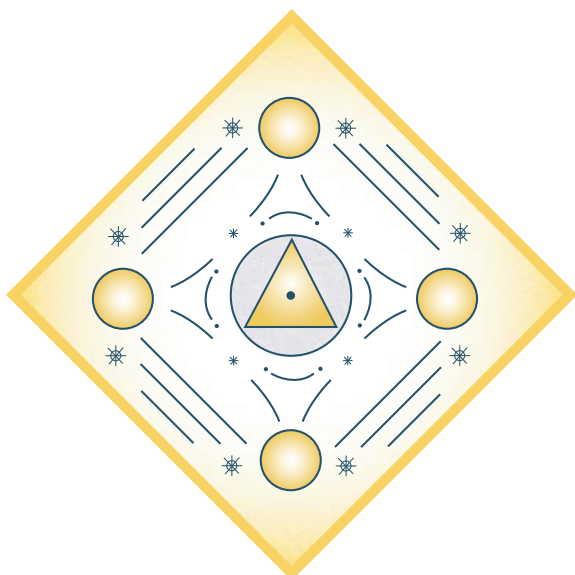
Beloved Almighty God Father and Almighty God Mother, Beloved Jesus Christ and Archangel Michael, Violet Flame, Quan Yin, Saint Germain, Violet Flame Angels, Guides, and All Light and Love Helpers. Please, assist me to tune into the radiant, pure and cleansing vibration of the Violet Flame so that I can release all old and negative thoughts, behaviours, patterns, and relationships, and that I'll be able to move to and live at the Divine Vibrational Dwelling Place of Mankind on the New Divine Earth for the highest good of all. Thank you. "VIOLAIGNIS" 3x

(See and feel that your request is answered and that the Symbol embraces your whole body and aura, surrounded with gold and diamond colours. Feel with gratitude the beneficial, cleansing and purifying force of the Violet flame.)

II. PERFECTING VIRTUES CODES

1. ITES MIESOS

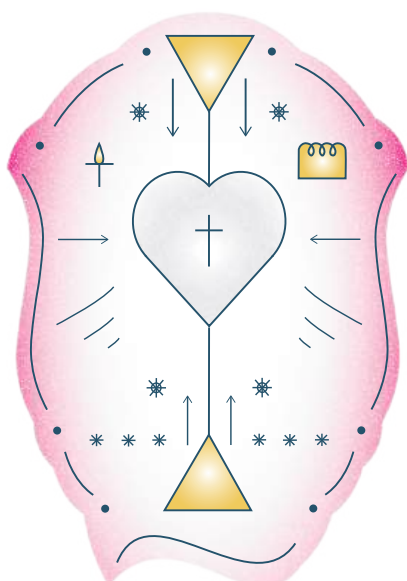
Respect



Using this symbol will cause us to manifest ever-greater respect both for ourselves and for others. It teaches us humility and to maximally respect all living beings and nature around us. It enlightens us to the importance of respecting our more experienced fellow human beings' opinions and knowledge and receiving them with love.

2. ILINOS

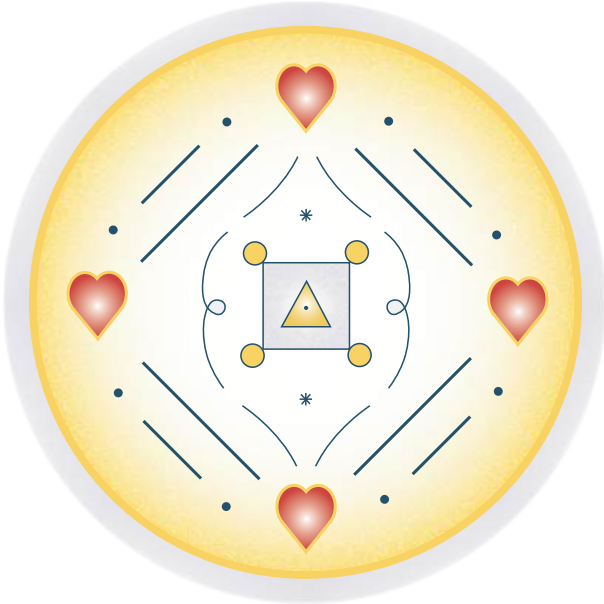
Thanks and Gratitude



The symbol helps us develop healthy value systems for ourselves. It helps us to notice and appreciate everything that is positive in our lives. It makes us grateful and thankful for every good thing that we have received, are receiving, and will receive in the course of our earthly and unearthly careers. We will joyfully begin to implement our next goal or task, with grateful hearts. We will be grateful for ourselves, too – our true selves. We can give thanks for our qualities, families, friends, and for everything that is ours. We'll realise that the people who surround us aren't inserted into our lives at random. The symbol helps us to notice the wondrous love energy that lives inside these valuable people, which will lift us to greater and greater frequency heights, broadening our consciousnesses. During all of this we'll endeavour to make everything even better and more beautiful in our lives.

3. ISENIS

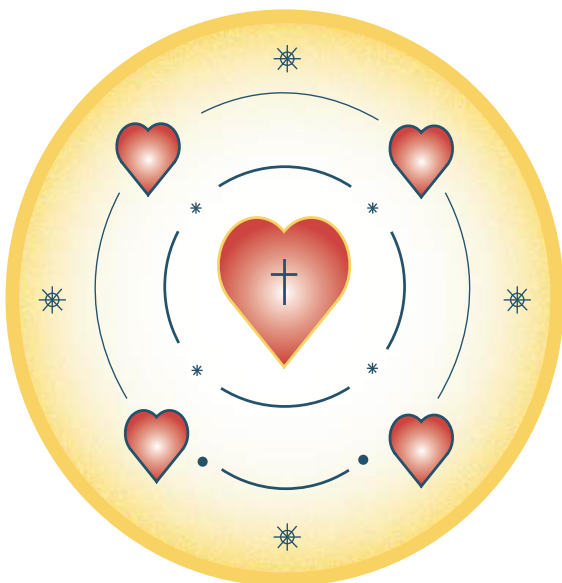
Empathy (Compassion)



This symbol cultivates that ability which is indispensable to our humanity, the feeling of empathy. Empathy makes it possible to experience and understand other people's emotions and experiences as if they were our own. Empathy enables us to follow only those behavioural, cognitive, and emotional patterns that are loving towards ourselves and our fellow human beings. Empathy teaches us to listen to our fellow humans with love, attention, and interest. Empathy strengthens our concentration, patience, and develops our sincerity.

4. VENISES

Strengthening Togetherness

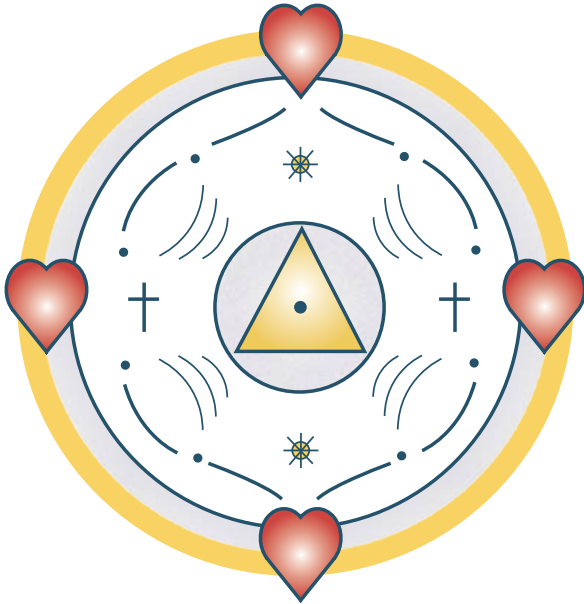


This symbol is another cornerstone of the 4 Life Codes. It promotes, builds, and provides the creation of a life founded on togetherness.

The low frequencies endeavour to destroy the concept of community among humanity. Nowadays life is heading in a direction which explicitly hinders finding our spiritual happiness. For example, not so long ago, children used to spend most of their time together. Today their companionship comes in the form of television, smartphones and different community webpages while they spend their time physically entirely alone in their rooms. The society of our age alienates people from each other, split apart community and family members, tossing them into the pit of isolation, vulnerability, and abandonment. It robs them of the experience of positive and joyful feelings that a community can provide. That's why it's very important to use this symbol.

5. FENASIS

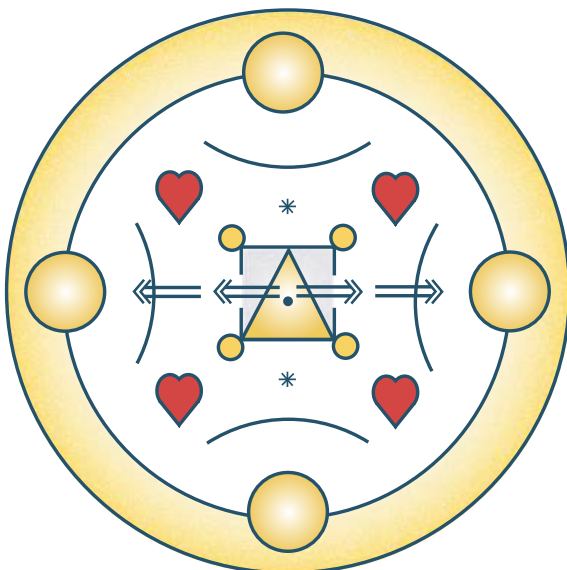
Strengthening Family Happiness
and Togetherness



This symbol strengthens love, harmony, and tranquillity in our families, and helps us to accept and understand each other. It also strengthens the family ties, togetherness, and lifts domestic sincerity up to a healthy level. It encourages to help and support each other and completely abolishes the 'I was right' rivalry between family members, and acts in our subconscious minds to stop the solely ego-based desire to enforce our will. The symbol strengthens feelings of togetherness, empathy, concern and care among family members. It also awakens the interest of patiently listening to each other. Furthermore, the symbol makes us understand the importance of caring for each other and the participation in each other's everyday lives, as the live relationship with our 'roots' is very important for our spiritual balance and sense of security. In today's societies, where alienation is a serious disease of our time due to lifestyle and so frequent geographical distances, regular contact among family members has been given a particularly important role.

6. SOLES

Forgiveness



This symbol highly develops our ability to forgive. It also helps us by preventing the negativity which surrounds us and lies within from causing pain to our fellow humans and ourselves.

It's very important to be able to forgive ourselves and everyone else. Guilt, resentment, vindictiveness and anger represent very low frequency levels, which primarily punish those who carry them, that is those who are feeling and experiencing these emotions about others. We need to know that if somebody hurts us, whether with words or with deeds, or if we hurt somebody else, this drags both the harmer and the harmed down to the low frequency level of harm; exploiting the areas within ourselves and our loved ones that are not yet perfect and are awaiting development.

Herbarium

ROSES

Roses are more than just beautiful flowers – they are a treasure trove of surprises and hidden potential. Beyond their mesmerizing beauty and enchanting fragrance, roses have been used for centuries for various purposes in skincare, culinary art, health and symbolism. These timeless flowers have an incredible versatility.

Throughout history, roses have been associated with a variety of symbolic meanings. From love and passion to friendship and beauty, the different colours and varieties of roses carry distinct messages. The symbolism of roses can deepen our appreciation for this timeless flower and add a layer of meaning to our everyday life.



Red roses are often associated with love and romance, making them a popular choice for Valentine's Day or anniversaries.



Yellow roses symbolize friendship and joy, making them a great gift for a dear friend or a way to brighten someone's day.



White roses are often associated with purity and innocence



Pink roses symbolize gratitude and admiration.



The wide range of uses of roses

Rose water

Rose water has long been hailed as a secret weapon in the world of skincare. This gentle and natural ingredient is derived from the petals of roses and has a multitude of benefits for the skin. Its anti-inflammatory properties help soothe irritated skin, making it a great remedy for conditions like acne or rosacea. Rose water also acts as a natural toner, helping to balance the pH levels of the skin and tighten the pores. The hydrating properties of rose water make helps to lock in moisture and keep the skin looking plump and radiant.

Rose essential oil

Known for its calming and mood-enhancing properties, rose essential oil is good for tranquillity and serenity. The delicate scent of roses can help relieve stress and anxiety and even promote better sleep.



Rose tea

Rose tea is a delicious and soothing beverage. It has been enjoyed for centuries for its delicate flavour and numerous health benefits. Made from the petals of roses, this tea pleases, is rich in antioxidants, which can help boost the immune system and protect the body against free radicals. It is also known for its anti-inflammatory properties, making it a great choice for those with digestive issues or menstrual cramps. The soothing nature of rose tea can help calm the mind and promote relaxation, making it a perfect addition to your self-care routine.

Rose Tea Recipe

Ingredients

a handful of dried rose petals
2 cups hot water
a squeeze of lemon (optional)
a drizzle of honey (optional)

Method

1. Put Steep the rose petals in a jug.
2. Pour the hot water over.
3. Let it stand for 3-5 minutes.
4. Add lemon and honey for an extra burst of flavour after taste.



You can sip it in the morning to start your day on a calming note or winding down with a cup in the evening, rose tea is a delicious and soothing beverage that will leave you feeling refreshed and rejuvenated.

Rose petal bath

The natural oils found in rose petals help moisturize and soften the skin, leaving it feeling silky smooth, and nourished. The gentle scent of roses can also help relax the mind and relieve tension.

To create a rose petal bath, simply scatter a handful of fresh or dried rose petals into warm water and allow them to infuse for a few minutes. A few drops of rose essential oil can also be added for an extra touch of luxury.



Rose vinegar

Rose vinegar, made by infusing vinegar with rose petals, is a flavourful addition to dressings, marinades and sauces. The subtle floral taste of rose vinegar can elevate the taste of dishes, giving them a delicate and sophisticated flavour.

To make rose vinegar, simply place a handful of fresh rose petals in a jar and cover them with vinegar. Let the mixture sit for a few weeks, allowing the flavours to meld together. Once the infusion is complete, strain out the rose petals and store the vinegar in a bottle. Use it to dress salads, marinate meats, or add a splash to your favourite sauces. The possibilities are endless, and the result is a truly unforgettable culinary experience.



Roses can also be used for potpourri, rose petal crafts (creative and beautiful DIY projects) and for a wonderful rose petal jam with an unforgettable and sophisticated taste. (See in Recipes)

Recipe

ROSE PETAL JAM

(700 g of jam)

This recipe is adapted from Artusi's 1891 cookbook, and from the monks of San Lazzaro, Armenian monastery. Artusi notes that the best roses to use are the ones that are in full bloom. The recipe is said to have originated in ancient Roman times, and was preserved throughout the ages by noble families across Europe. Tradition says that the scent and essential oils of roses make you more intelligent. So while we're making the jam, roses are already having a beneficial impact on our mental health. 😊

Use unsprayed roses only!



Ingredients

600 g white caster sugar

200 g rose petals, preferably red or dark pink with a strong perfume

600 ml water

juice of one lemon

Method

1. Very gently rinse and drain the rose petals and place them in a large bowl with 200 grams of the sugar and the lemon juice.
2. With your hands, massage the rose petals with this mixture until you reduce the petals to a sort of "paste." The petals should remain whole, not torn, but with the sugar and lemon they will release colour, perfume and wilt.
3. In the meantime, add the rest of the sugar to the water and heat in a large saucepan until the sugar dissolves.
4. Add the rose petals and bring to the boil.
5. Allow to boil until the syrup thickens and the petals no longer float (about 30 minutes).
6. Remember this is a jam made from flowers, not fruit pulp! It won't be jammy, but more a lovely silky syrup. Keep an eye on it, and stir every now and then.
7. While still hot, place the jam in clean, sterilised jam jars and allow to cool.

Notes

1. This delicately perfumed jam is beautiful on fresh white bread or brioche, with or without a little unsalted butter. Stirred into some plain organic yogurt is divine!
2. In Roman times, according tradition, the jam was served with meat and breaded fried pork marrow.

JOKE

Absent-minded professors

There were three professors at the railway station.

They were deep in conversation.

The train had just arrived, but they did not notice it.

Then the guard shouted, "Take your seat, please!"

The professors heard the guard and rushed for the train.

Two of them got on the train before it moved. The third one was left behind.

It was Professor Egghead. He looked sad.

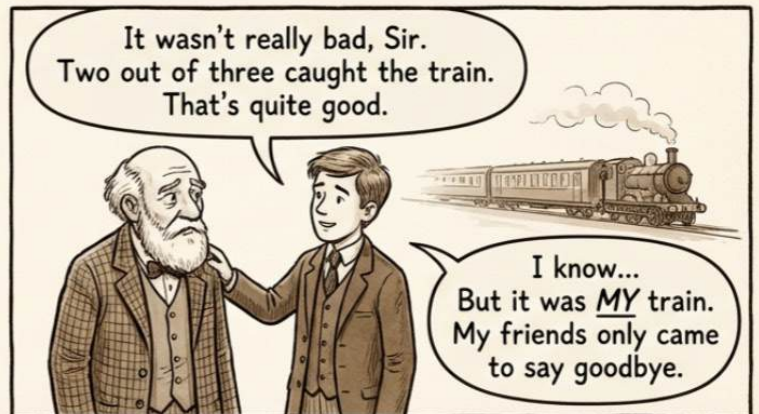
One of professor's students was at the station.

He tried to comfort the professor. "It wasn't really bad, Sir, said the student.

"Two out of three caught the train. That's quite good, you know."

"I know," the professor said. "But it was my train.

My friends only came to say goodbye."



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 New Download Codes: <https://fountes.com/free-new-downloads-codes/>

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

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

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

Herbaria: <https://fountes.com/herbs-in-alphabetical-order/>

Recipes: <https://fountes.com/recipes-in-alphabetical-order/>

Portfolio of Thoughts: <https://fountes.com/thoughts-in-alphabetical-order/>

Jokes: <https://fountes.com/jokes-in-alphabetical-order/>