

FREE !

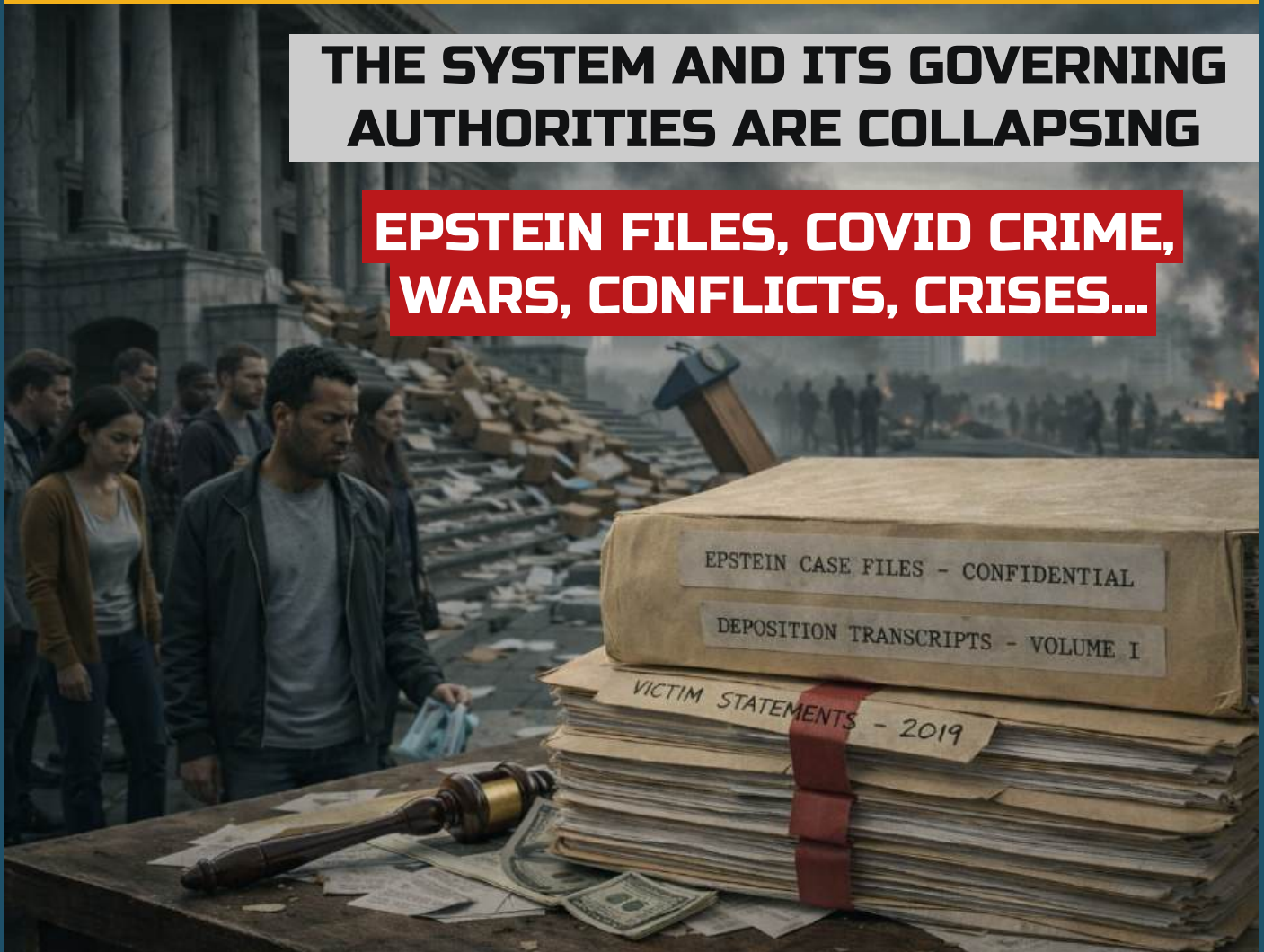
# BREEZE

www.fountes.com

ISSUE 16, 2026

**THE SYSTEM AND ITS GOVERNING  
AUTHORITIES ARE COLLAPSING**

**EPSTEIN FILES, COVID CRIME,  
WARS, CONFLICTS, CRISES...**



**In the chaos of the Epstein files  
we still mustn't forget the horrible and vicious  
COVID CRIME committed against humanity.**



# CONTENTS

Portfolio of Thoughts .....	4
Prof. Dr. Suchari Bhakdi's Predecions in December of 2021 .....	6
World Council for Health Presents Prof. Dr. Sucharit Bhakdi with the Award for Courage, Truth, Science and Wisdom.....	10
Japanese Oncologist Calls for Immediate Withdrawal of mRNA Covid Injections .....	13
But what can we do now?.....	15
Codes .....	18
Perfecting Virtues Codes.....	21
Herbarium.....	24
Recipe .....	25
Joke .....	26
X-Codes... Source Life Codes Website Information .....	27

# Portfolio of Thoughts

Science must always serve humanity,  
guided by wisdom and an unwavering  
principled ethical approach.

Truth and compassion must prevail —  
in medicine, as in life.”

— *Prof. Dr. Sucharit Bhakdi*



“Wisdom begins with knowing you know nothing.”

Plato — 428 BC – 347 BC (*Ancient Greek philosopher,  
student of Socrates, teacher of Aristotle*)



**IN THE CHAOS OF THE EPSTEIN FILES...**

**WE STILL MUSTN'T FORGET THE**

**HORRIBLE AND VICIOUS**  
**COVID CRIME**

**COMMITTED AGAINST**  
**HUMANITY!**



In addition, there are wars, conflicts worldwide; governments' lies and secrets are exposed; the people's trust in governments and their authorities, also in official, profit-hunting science and medicine has been destroyed forever.

# I.

## PROF. DR. SUCHARIT BHAKDI'S PREDICTIONS In December of 2021



**Prof. Dr Sucharit Bhakdi** has long been speaking out against Covid orthodoxy – at immense personal cost– and warning of the catastrophic harms inflicted by mRNA vaccines. This distinguished scientist, dedicated physician, and fearless advocate for medical ethics, has devoted his life to *the study of microbiology and health*. **With decades of expertise in infection epidemiology**, his work has been marked by intellectual rigour and a deep commitment to patient well-being.

**His weren't predictions of what might happen. These were what would happen.**

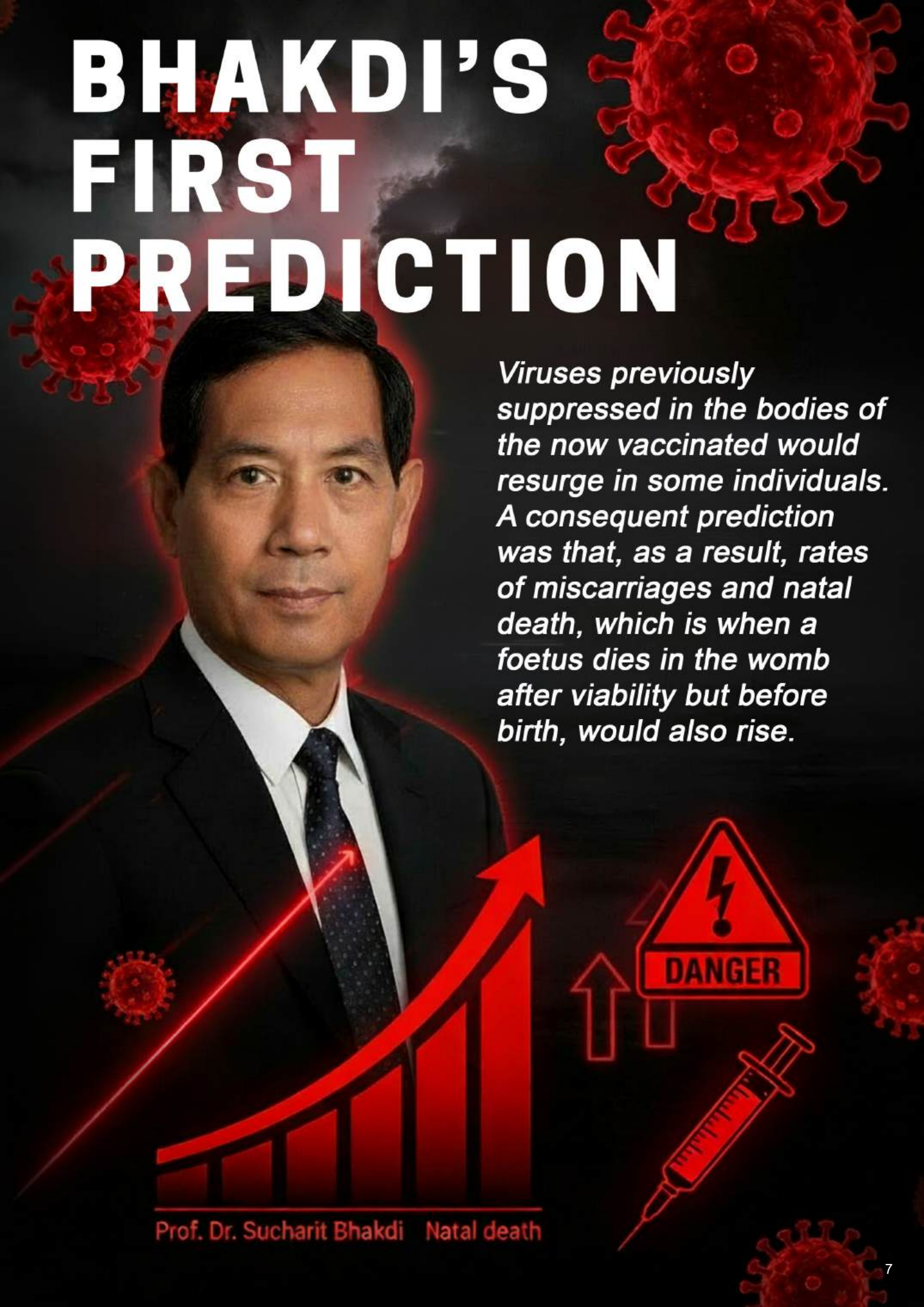
The mass deployment of mRNA vaccines would not end with short-term adverse events. The real damage would appear later, quietly, out of view.

Dr Sucharit Bhakdi has long been speaking out against Covid orthodoxy – at immense personal cost– and warning of the catastrophic harms inflicted by mRNA vaccines. Follow the links for his explanation of how long-term damage is caused by this ongoing assault on the immune system. (from January 22, 2026 article in The Easton Spectator “Dr. Sucharit Bhakdi's Third Prediction Comes True: Study Reports Rise in Tuberculosis” see link <https://www.eastonspectator.com/2026/01/22/dr-sucharit-bhakdis-third-prediction-comes-true-study-reports-rise-in-tuberculosis>)



# BHAKDI'S FIRST PREDICTION

*Viruses previously suppressed in the bodies of the now vaccinated would resurge in some individuals. A consequent prediction was that, as a result, rates of miscarriages and natal death, which is when a foetus dies in the womb after viability but before birth, would also rise.*



Prof. Dr. Sucharit Bhakdi Natal death



# **BHAKDI'S SECOND PREDICTION**

**Cancers. Turbo-cancers.  
Latent infections that have been held in  
check for decades lose their restraint.  
Cancers erupt.**



# BHAKDI'S THIRD PREDICTION

**An ominous upsurge of tuberculosis.**

***"TUBERCULOSIS ONCE WAS  
THE MAJOR KILLER OF MANKIND."***



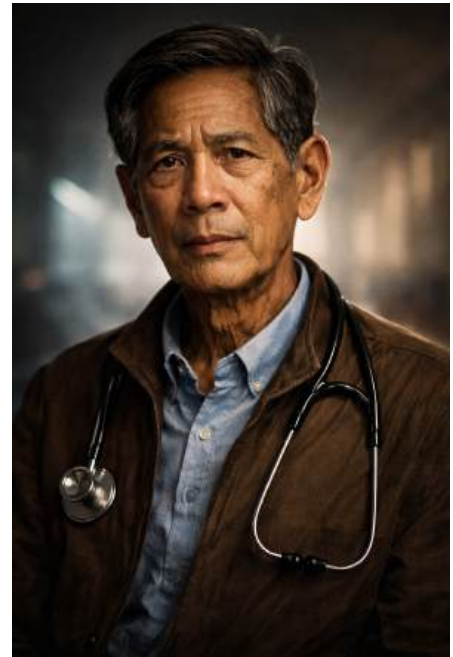
**Warning**

# II.

## WORLD COUNCIL FOR HEALTH PRESENTS PROF. DR. SUCHARIT BHAKDI WITH THE AWARD FOR COURAGE, TRUTH, SCIENCE AND WISDOM

“TRUTH AND COMPASSION  
MUST PREVAIL -  
IN MEDICINE, AS IN LIFE.”

Prof. Dr. Sucharit Bhakdi



A distinguished scientist, dedicated physician, and fearless advocate for medical ethics, Prof. Dr. Sucharit Bhakdi has devoted his life to *the study of microbiology and health. With decades of expertise in infection epidemiology*, his work has been marked by intellectual rigour and a deep commitment to patient well-being.

**Dr. Bhakdi's career spans decades of respected academic work.** As head of the Institute of Medical Microbiology and Hygiene at the University of Mainz, **he trained generations of doctors and researchers, contributing over 300 peer-reviewed papers to the medical literature.**

A mentor, a leader, and a man of conscience, Prof. Bhakdi's legacy is one of both academic excellence and moral courage.

**His contributions remind us that science must always serve humanity, guided by wisdom and an unwavering principled approach.**

Throughout the Covid chapter, Dr. Sucharit Bhakdi emerged as a steadfast voice of caution, reason, and humanity. While many followed the narrative, Bhakdi took a different path, defined by deep concern for public health, scientific ethics, and, most importantly, the sanctity of human life.

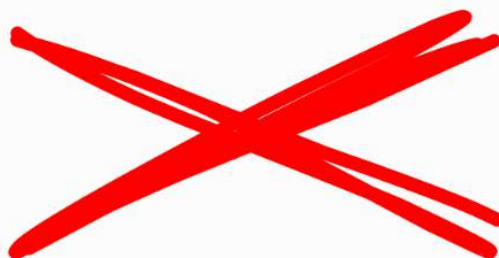


When governments began enforcing lockdowns, mandates, and experimental medical interventions, Bhakdi warned of the potential for harm. While many professionals stayed silent or complied, he spoke out, highlighting the dangers of global health policies.

He argued that:

- Lockdowns could cause more harm than the virus itself by leading to mental health issues, poverty, isolation, and untreated illnesses.
- PCR testing was being misused to inflate case numbers and spread fear.
- Vaccination campaigns, especially those involving mRNA technology, were launched without sufficient safety data, risking adverse effects.

Dr. Bhakdi emphasised that protecting the vulnerable should not come at the cost of endangering the healthy. By urging caution and informed consent, he prevented countless individuals from being harmed by policies implemented in haste.



# COURAGE, TRUTH AND WISDOM

It takes immense courage to stand against tyranny, inviting censorship, character assassination, and professional loss. Dr. Bhakdi endured all of these, not for fame or fortune, but because he knew lives were at stake. He demonstrated that real science is not about consensus, but about questioning.

**As the world begins to reevaluate the response to the Covid era, many of Bhakdi's warnings are proving prophetic. The rise in vaccine-related adverse events, the mental health crisis among youth, and the damage to civil liberties are now widely acknowledged.**

For his unwavering courage, for standing for truth at great personal cost, for applying science with compassion, and for using wisdom to preserve life, World Council for Health is delighted to recognise Dr. Sucharit Bhakdi with the **award for Courage, Truth, Science, and Wisdom.**



# III.

## JAPANESE ONCOLOGIST CALLS FOR IMMEDIATE WITHDRAWAL OF mRNA COVID INJECTIONS...

Press conference on 18 Sept 2025

Six officials from Japan's Ministry of Health attended a press conference hosted by the Japan Vaccine Issues Research Association regarding messenger RNA vaccines.

☀ Request for mRNA vaccine cancellation and market recall submitted to the Ministry of Health

☀ Oncologist **Prof Fukushima**:  
“It is a novel gene therapy drug. Substantively, it is a gene therapy drug. This gene, in this stable form of messenger RNA, is introduced into the body. When cells take it up, what happens is that it gets incorporated into the nucleus and integrated into the DNA”



“In cancer patients' tissues, it gets incorporated, or it may even promote cancer growth or carcinogenesis - we don't know. There are so many unknowns, and now with this disease, I strongly emphasized to the Ministry of Health, Labour and Welfare officials that this is new, If things we've never seen before are happening now, we must face them properly and shine the light of science on them.”

“We're only now starting to grasp the full scope, but regarding the benefits, we still don't know much. It's not just about papers - there are papers, but in reality, comparing vaccinated and unvaccinated people prospectively to see how many are hospitalized or how many die - when you look at the deaths, even setting aside vaccine-related deaths, **it's strange that more vaccinated people die from COVID.**”

“Vaccines - in other words, the influenza vaccine - is unnecessary. The COVID vaccine isn't needed either. We've been brainwashed into this vaccine craze, and whether we can break free from that is the question.”

**According the research conducted by groups of scientists and doctors worldwide** COVID-19 vaccines have been associated with rare acute adverse events, including myocarditis, pericarditis, thrombosis, thrombocytopenia, Guillain–Barré syndrome, transverse myelitis, and Bell’s palsy. One such potential complication is the development of autoimmune thyroid disorders, including GD. anaphylaxis, blood clots, myocarditis, pericarditis, hearing changes, and tinnitus. fatigue, menstrual disturbances, myalgia, arthralgia, dizziness, and headache.



For the COVID-19 vaccines, delayed reactions include injection-site reactions, large local reactions (also known as “COVID arm”), morbilliform eruptions, delayed urticarial reactions appearing hours to days after vaccination, and the new onset of chronic spontaneous urticaria.



# IV.

## BUT WHAT CAN WE DO NOW?

Instead of letting panic, fear and anger, mixed with a feeling of blood revenge, let us concentrate on what we can do now. While it is important to demand holding those responsible accountable for the harmful vaccination culture, and especially for Covid 19 vaccine, the most important thing is still to focus on what we can do at present for our health and on how we can help to save the lives of many.

### Problem solving

1. Problem solving always starts with recognizing and acknowledging that *there is a problem*.
2. Then the steps for problem solving can be thought out and implemented.

## SO...HOW CAN WE HELP OUR BODY TO GET RID OF THE SPIKE PROTEIN

And other harmful substances of the vaccine

### BY INCREASING AUTOPHAGY.

Increasing autophagy means boosting your body's cellular "self-eating" or recycling process, where cells break down and remove damaged components, proteins, and organelles to regenerate new, healthy cells. This "housekeeping" mechanism is ramped up during positive stress like fasting, exercise, to enhance cellular health, detoxify, and potentially slow aging.

Autophagy – the word is derived from Greek for "self-eating". The process is a survival mechanism that removes junk from cells, providing energy and building blocks for repair.

### AUTOPHAGY TRIGGERS:

#### 1. Fasting/Calorie Restriction

Intermittent fasting (e.g. 16/8 hours) or longer fasts (24 hours) are major triggers, forcing cells to consume internal resources.

#### 2. Exercise

Physical activity creates metabolic stress that induces autophagy.

#### 3. Dietary changes for increasing autophagy

They focus on triggering a "nutrient-sensing" mechanism that signals cells to stop growing and start repairing. The primary goals are to lower insulin levels, limit calorie intake, and consume compounds that activate cellular cleaning.

Based on current medical research conducted by several reliable groups of scientists, e.g. Cleveland Clinic, in line with several other international studies, the following specific dietary changes increase autophagy:

## **A. Intermittent Fasting and Timing**

The most effective way to trigger autophagy is through fasting, as it deprives cells of nutrients, forcing them to recycle damaged components for energy.

### **a. Time-Restricted Feeding (16/8)**

Fast for 16 hours and eat within an 8-hour window (e.g., 12 p.m. to 8 p.m.). This encourages the body to enter a cleansing state overnight and in the morning.

### **b. 12+ Hour Fasting**

Autophagy becomes more active after 12–16 hours of no food consumption.

### **c. Avoid Late-Night Snacking**

Avoid eating at least 3 hours before bedtime to allow the body to initiate repair while sleeping.

### **d. Short Time Ketogenic (Keto) Diet**

A very low-carbohydrate, high-fat diet simulates the metabolic state of fasting (ketosis) without requiring long periods without food. When carbohydrates are restricted, the body burns fat for fuel, producing ketones (like BHB) that activate autophagy. Aim for roughly 70-80% of calories from healthy fats, 15-20% from protein, and 5-10% from carbohydrates.

Ketogenic diet is nowadays recommended for short time mainly as it may harm liver function when it is used during longer period.



## B. Key Foods and Compounds to Include

Certain foods contain polyphenols and other compounds that directly promote autophagy.

- **Green Tea:** Packed with EGCG (epigallocatechin gallate), which is a known autophagy activator
- **Coffee: Black coffee** (without sugar or milk) can stimulate autophagy.
- **Berries & Fruits:** Blueberries, raspberries, strawberries, and pomegranates are rich in antioxidants and flavonoids that support cell cleaning.
- **Healthy Fats:** Extra virgin olive oil, avocados, coconut oil, and walnuts.
- **Cruciferous Vegetables:** Broccoli, kale, and spinach contain sulforaphane, which activates the Nrf2 pathway, a regulator of autophagy.
- **Herbs and Spices:** Artemisia, hemp, Dove's-foot crane's-bill, nasturtium, sage, rosemary, yarrow, plantain (tea or tincture); turmeric (curcumin), ginger, cinnamon.
- **Cocoa :** Rich in polyphenols that can boost autophagy.
- **Spermidine-Rich Foods:** Soybeans, mushrooms, fermented foods (tempeh, natto), and aged cheeses.



## SUGGESTION FOR AN AUTOPHAGY-BOOSTING DAY

**Morning:** Water, black coffee, or green tea only (fasting).

**Break-Fast (Noon):** A meal high in healthy fats, moderate protein, and leafy greens (e.g., Avocado and egg salad with olive oil).

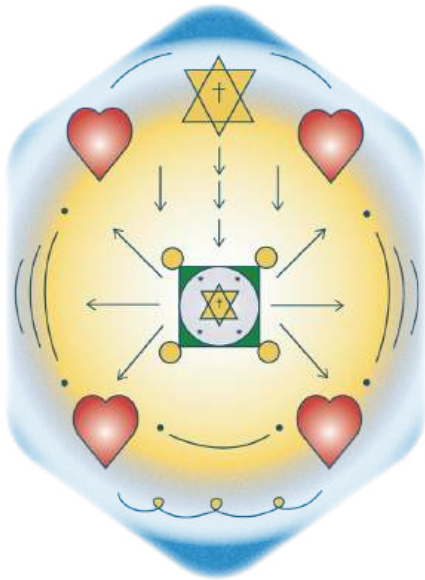
**Snack:** A handful of walnuts or a small bowl of berries.

**Dinner (Early):** Salmon with broccoli and turmeric.

# I. CODES

## 1. EVOTIS

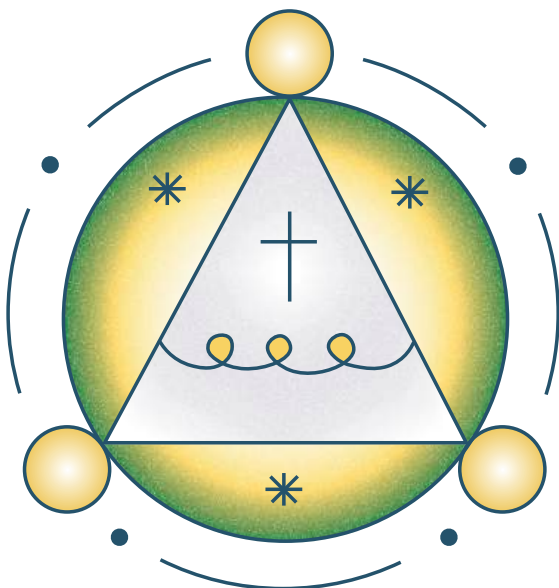
Eliminating Suffering  
(Physical, Spiritual, Mental)



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

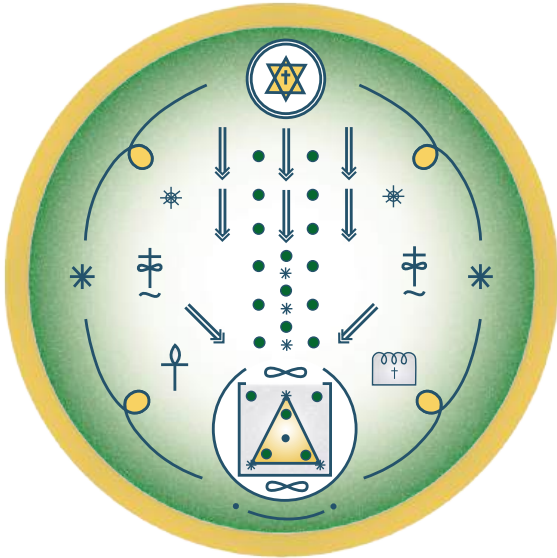
World Health  
(The Elimination of Every Illness)



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. VIOLAIGNIS

Violet Flame Activation



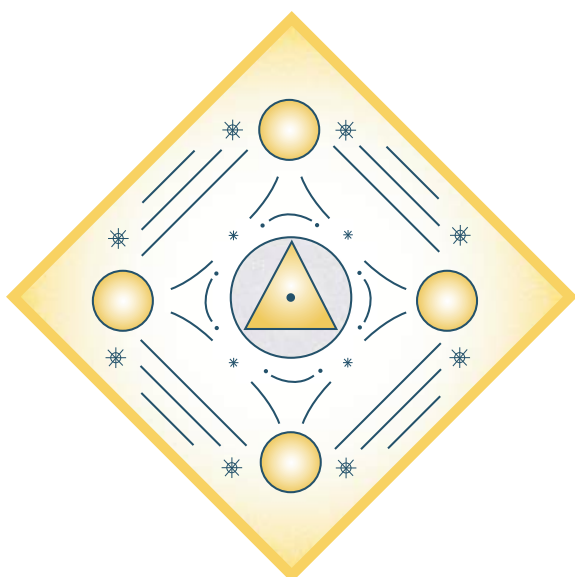
Beloved Almighty God Father and Almighty God Mother, Beloved Jesus Christ and Archangel Michael, Violet Flame, Quan Yin, Saint Germain, Violet Flame Angels, Guides, and All Light and Love Helpers. Please, assist me to tune into the radiant, pure and cleansing vibration of the Violet Flame so that I can 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

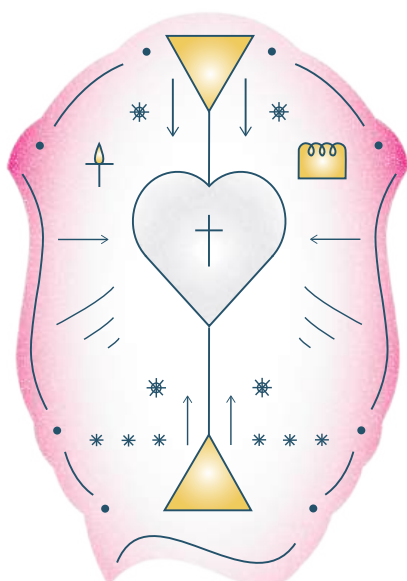
Respect



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

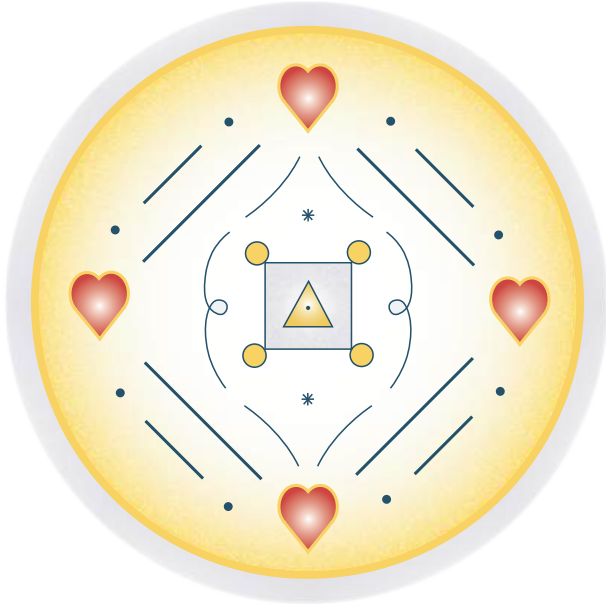
Thanks and Gratitude



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

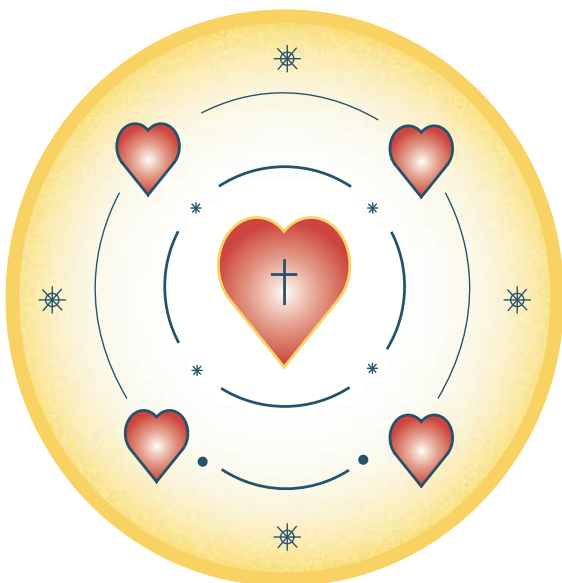
Empathy (Compassion)



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

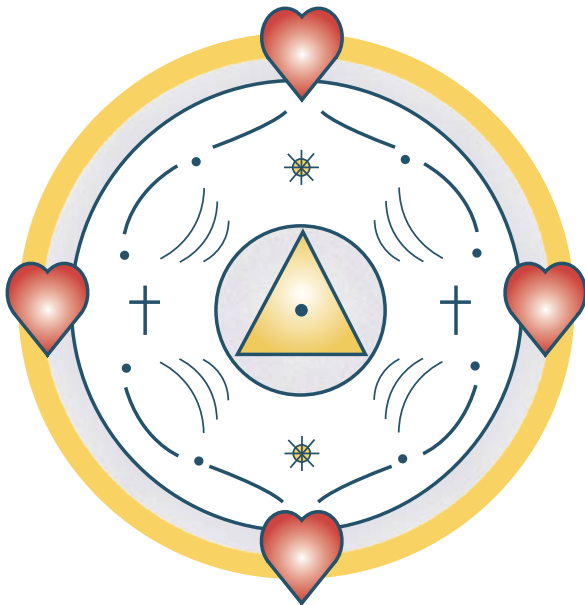


This symbol is another cornerstone of the 4 Life Codes. It promotes, builds, and provides the creation of a life founded on togetherness.

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

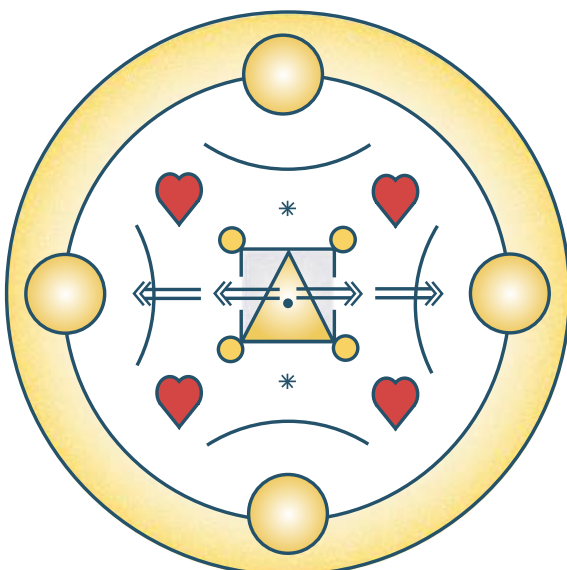
Strengthening Family Happiness  
and Togetherness



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

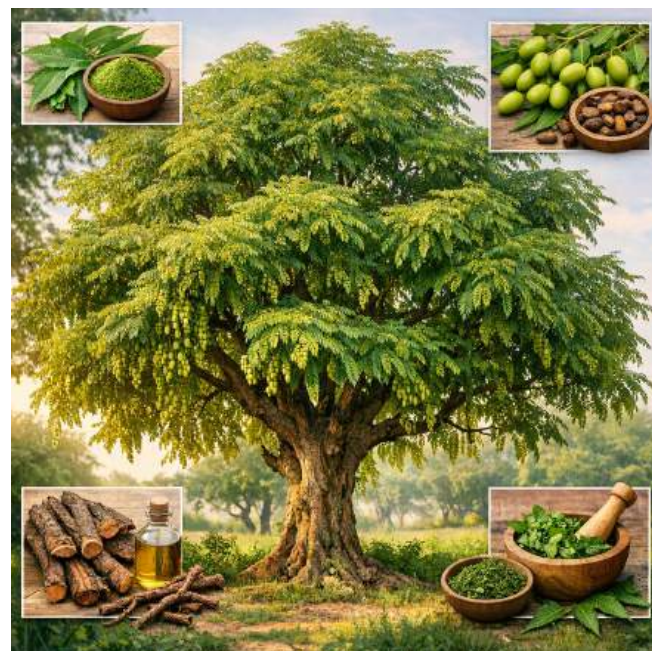


This symbol highly develops our ability to forgive. It also helps us by preventing the negativity which surrounds us and lies within from causing pain to our fellow humans and ourselves.

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.

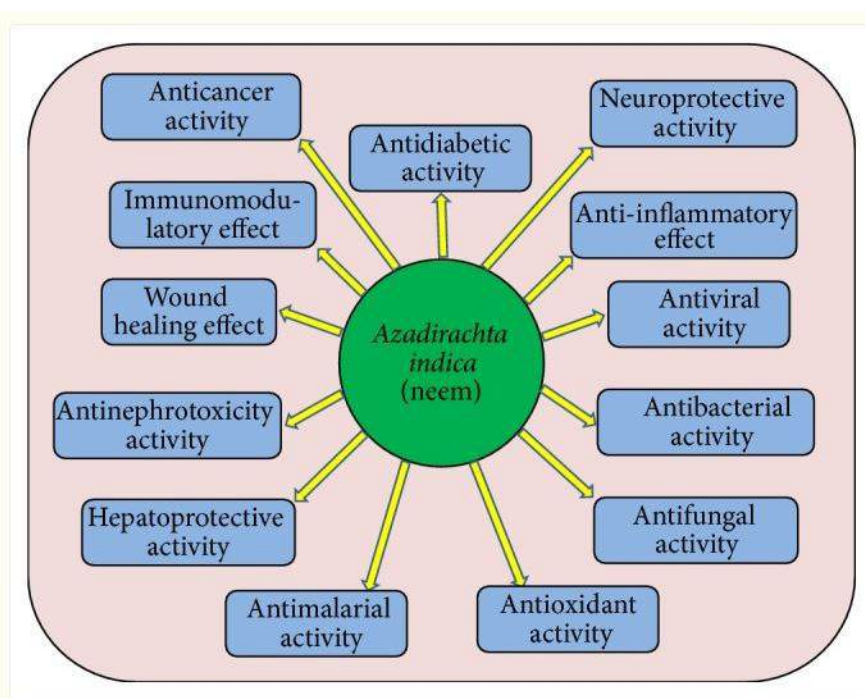
## NEEM TREE

**Neem (Azadirachta indica)** is an evergreen tree with a well-earned reputation for being the most potent medicinal flora in the world. The neem tree is known in Ayurveda as nature's pharmacy. The tree grows predominantly in the Indian subcontinent but is now being cultivated in similar climates all over the world as people are beginning to recognize its usefulness. All parts of the neem tree are used: leaves, bark, root and fruits.



### Abstract

Neem (*Azadirachta indica*) is a member of the Meliaceae family and its role as health-promoting effect is attributed because it is rich source of antioxidant. It has been widely used in Chinese, Ayurvedic, and Unani medicines worldwide especially in Indian Subcontinent in the treatment and prevention of various diseases. Earlier finding confirmed that neem and its constituents play role in the scavenging of free radical generation and prevention of disease pathogenesis. The studies based on animal model established that neem and its chief constituents play pivotal role in anticancer management through the modulation of various molecular pathways including p53, pTEN, NF- $\kappa$ B, PI3K/Akt, Bcl-2, and VEGF. It is considered as safe medicinal plants and modulates the numerous biological processes without any adverse effect.



Source:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC4791507/>

National Library of Medicine (National Centre for Biotechnology Information)

## Recipe

# NEEM LEAF TEA

You can use fresh or dried neem leaves.

### I. Using dried leaves or a tea bag:

1. Just pour boiling water on a pinch of leaves (about 1 gram)
2. Steep for a shorter time (2-3 minutes) to avoid excessive bitterness.
3. Sweeten to taste if desired.

### II. Using fresh leaves

1. Boil 3-4 leaves in 2½ - 3 dl water for 5-7 minutes
2. Strain, and cool.



# NEEM WATER

1. Take 2 litres of water and put it to boil.
2. Add 2 tsp neem leaves (no stems) to it.
3. Let it boil for a few minutes.
4. Once the colour of the water has changed, put off the fire and let it cool.

You can drink it for soothing and healing your stomach, wash your face and skin in it or using for your teeth - health.



# JOKE



My newly retired husband was watching as I went about my daily routine. I vacuumed, cleaned, ironed and sorted the laundry. After making us both a cup of coffee, I sat down.

My husband looked at me thoughtfully. Was he finally realising he could help? - I wondered.

My hopes were dashed when he said: Isn't it wonderful how you always find ways to keep yourself so busy...



LOL

# 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](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/>