

AS DISPLAYED ON INSTAGRAM AND FACEBOOK

# DISCOVER YOUR POWER

TO  
HEALTH AND HAPPINESS



CHRIS FRÖLICH

*Dear Brothers & Sisters  
around the world*



Enlight may be your most important  
“Discovery channel” ever!

With Instagram, Facebook and our website,  
you can create your life exactly the way you want.

When you become a lover of your life,  
joy and happiness are the profits for us all!

Wishing you all the best!  
**Enlight Foundation**

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# Your Body & Your Soul

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# Introduction

Dear Reader.

Welcome to this booklet which I want to share with you.  
It tells what I have found of importance through my 85 years.  
But don't listen to me. Follow your own heart what is  
best for you.

Most spiritual leaders agree that we are all meant to  
ENJOY LIFE, sing, dance and laugh. Listen to beautiful music,  
have fun outdoor activities and work we love!  
The base is "Good Health"!

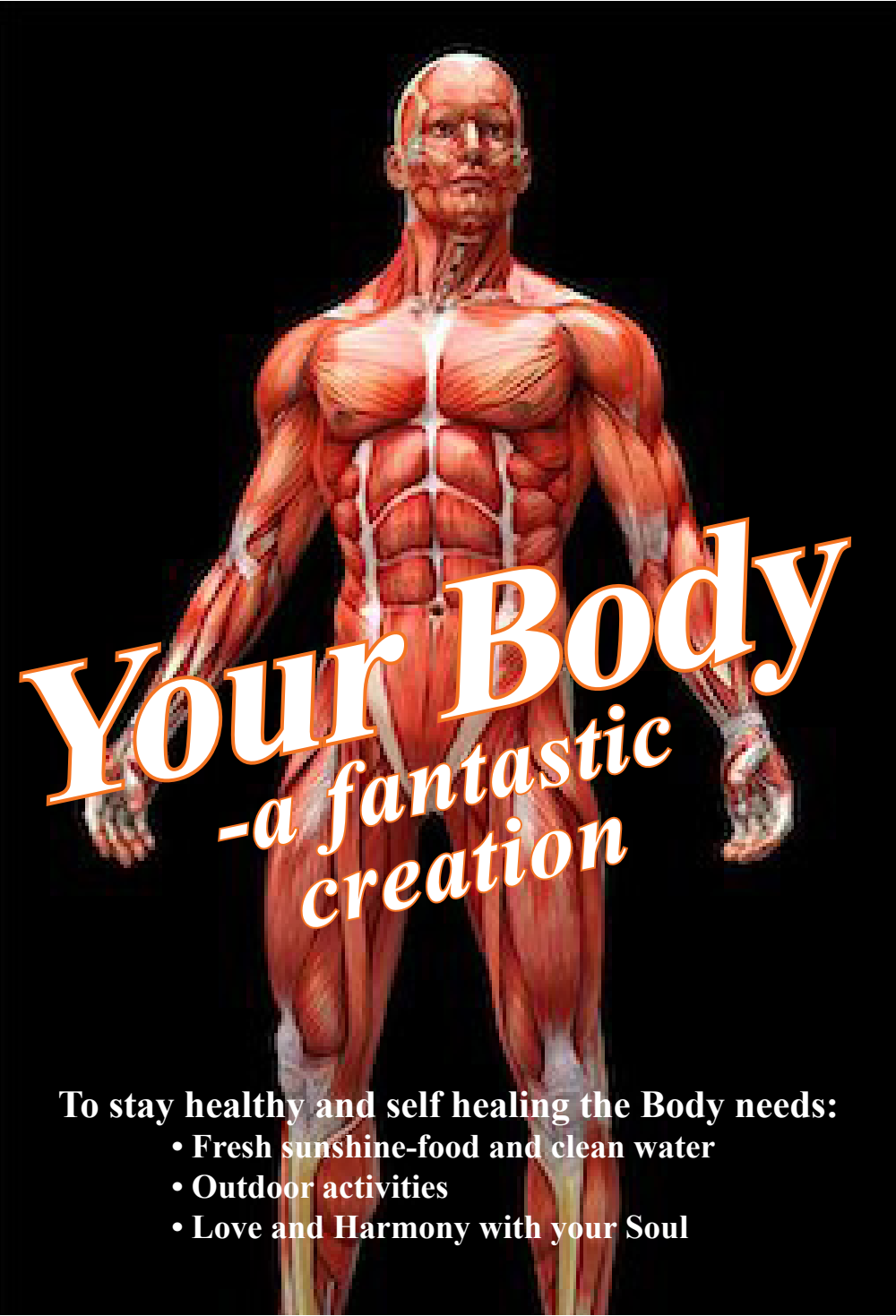
This leaflet contains short and condensed facts about  
health, spirituality, love and happy living.  
I hope you will enjoy it and enlighten yourself !

I wish you all the best!

*Love*







# Your Body

*-a fantastic creation*

**To stay healthy and self healing the Body needs:**

- Fresh sunshine-food and clean water
- Outdoor activities
- Love and Harmony with your Soul

# THE TRUTH ABOUT HEALTHY EATING



- Your best choice is locally grown, organic, raw plants.
- Make sure you get enough variety in your food
- Your body becomes self-healing and you live healthy longer
- You can also grow a lot of your food yourself
- Wild herbs and weeds have much more energy than farmed vegetables
- The springtime is ideal to live on green leaves from trees etc.
- Mix in a food processor and enjoy 'Green puré'. It contains almost all you need.

The choice is yours!

Read more at [www.enlight.live](http://www.enlight.live)  
and lots of info in the Health Food-systems.

# THE TRUTH ABOUT WILDGROWING RAW FOOD



- Hippocrates said: Your food shall be your medicin
  - Mother Earth gives you plants with most of what you need
  - Eat the leaves, flowers and berries on your walk, or:
  - Put all of it in a mixer + 1 apple, 1 avocado and water
  - This greenpuré + sprouted grains and mungbeans,
  - Gives you all the nutrition you need in a simple way.
- Welcome to health and happiness!

*How to find the best plants and avoid the bad ones?*

Recommended books:

1. **Plukk ville matvekster** - by Beate Slipher (N) - ISBN 82-7683-425-6
2. **Mat for livet** - by Linn Stokke (N) - ISBN 978-82-691474-0-7
3. **Vildvåxande** - by Dan Uhrbom (S) - ISBN 978-91-639-7266-9

These excellent books, and many more, are good guides.

The recipes are nice, but I do it the 'simple way' (next page).

# THE TRUTH ABOUT MY FOOD-PHILOSOPHY



- In old times, humans and animals lived strong and healthy on Greens
- If we do the same now, we probably will experience the same
- I have tried it with good results.
- On my journey to wild growing food, I experienced an increasing thankfulness to Life and Mother Earth
- Filling me with peace, love and friendliness to all creations.

It's wonderful to live!

Best wishes to you from

*Chris Frölich*  
Founder of ENLIGHT FOUNDATION



# THE TRUTH ABOUT SLEEP



- Most people need 8 hours to reset, build cells and heal.
- More during full moons and solstices.
- More during strong wind, low pressure and when sick.

*So what can we do?*

- Follow the signals from your body.
- Sleep when you're tired instead of using bad stimuli.
- Don't watch TV or screens for at least 2 hours before bedtime.
- Open the window, go to bed early, hours before 12pm are best.

Read more at [www.enlight.live](http://www.enlight.live)

# THE TRUTH ABOUT TRAINING



- Exercise or physical activity is vital
- Walk continuously for at least 30 minutes each day
- Weightlifting strengthens body and mind
- Don't overdo it, be careful with your body
- Yoga combines exercise with breathing and stretching
- Dancing is fun and good for body and soul
- Martial arts teach confidence and discipline

Read more at [www.enlight.live](http://www.enlight.live)  
and in the training-market

# THE TRUTH ABOUT GROUNDING VITALITY



- Energy from the earth and universe is a must for all life.
- Shoes with rubber soles prevent most of that energy.
- Beds and cars too.
- The result is that you feel tired.

*So what can we do?*

- Avoid all bad stimulants.
- Try instead to ground the shoes, your bed or car.
- Easy to put on, inexpensive to buy.
- Choose one or all and feel more vitality. Or:
- Walk and work barefoot in your garden or out in Nature
- The natural way to health and happiness.

Source: Earthing, book 21, page 69

# THE TRUTH ABOUT MEAT



- Children would never kill an animal.
- Humans kill 60 million animals every day!
- Meat production takes 50-80% of all food and water in the world.
- The CO2 emissions is more than all transport together.
- Conventional meat is full of chemicals, hormones and acid.
- Eating meat increases your risk of cancer.
- To put dead flesh in a healthy body is insane, it rots.
- What we do to others, we do to ourselves.

*So what can we do?*

- Our teeth and digestive system Is made for plant food.
- All the nutrition we need, we can get from the plants.
- Vegetarians use only 20% of the land & resources.
- The average vegetarian lives 6 to 10 years longer than meat-eaters.
- “*Vegetarianism can change our destiny*” said Albert Einstein.

Source: See recommended books, page 69.



# THE TRUTH ABOUT MILK AND DAIRY



- Milk is indigestible for most people, after they pass 2 years of age.
- Then it creates mucus and disease
- Regular milk contains pesticides, hormones and antibiotics
- Pasteurization and skimming renders the milk useless even for calves.
- What does that tell you?

*So what can we do?*

- Drink 1-3 liters of clean water every day
- Goat's milk is a much better choice than cow's milk
- Choose organic butter, goat cheese and yogurt
- Do not eat "light" products or fat-reduced milk
- Raw milk is generally better than pasteurized.

Source: Niels C. Geelmuyden, Sannheten på bordet

# THE TRUTH ABOUT COFFEE AND TEA



- Is sprayed up to 40 times before harvesting!
- Contains synthetic trace elements from processing
- Instant coffee, tea bags, capsules, decaffeinated, should be avoided

*So what can we do?*

- Use organic coffee beans that you grind at home
- Organic leaf tea is the best
- In moderate use, both are healthy and good energy boosters

Source: Niels C. Geelmuyden, Sannheten i Glasset

# THE TRUTH ABOUT SODA & SOFT DRINKS



- Creates addiction, tooth decay and restless sleep
- Disease in body and mind, among others;
- Diabetes, overweight, depression, osteoporosis, reduced fertility, etc.

*So what can we do?*

- Drink alkaline, fresh Water, 2-3 liters a day (add lemon for flavor)
- Don't drink diet soda, artificial sweeteners are worse than sugar

Source: Niels C. Geelmuyden, Sannheten i glasset

# THE TRUTH ABOUT MOBILE PHONES



- The manual says: keep the phone ca 10 cm away from your body.
- The radiation is millions of times higher than what is recommended as safe.
- Apple co-founder Steve Jobs forbid his children from using his devices.
- Epidemic sickness from EMF radiation is roaring over the world.
- For each hour a child uses a phone or laptop to watch videos or play games, he may be exposed to radiation damage equivalent to 66.6 chest X-rays.
- Experts warnings have been sent to the UN: We will see a tragedy.

*So what can we do?*

- Old mobile phones have much less radiation.
- Use a protective cover, and speaker on, hold 30cm away from your head.
- Avoid carrying in pockets, unless turned off.
- Non-wireless home/office telephones are the safest
- You don't need to be online all the time.

Source: [www.energica.no/\\_powered-by-nature-tormod-holt](http://www.energica.no/_powered-by-nature-tormod-holt)

# THE TRUTH ABOUT ELECTROMAGNETIC RADIATION



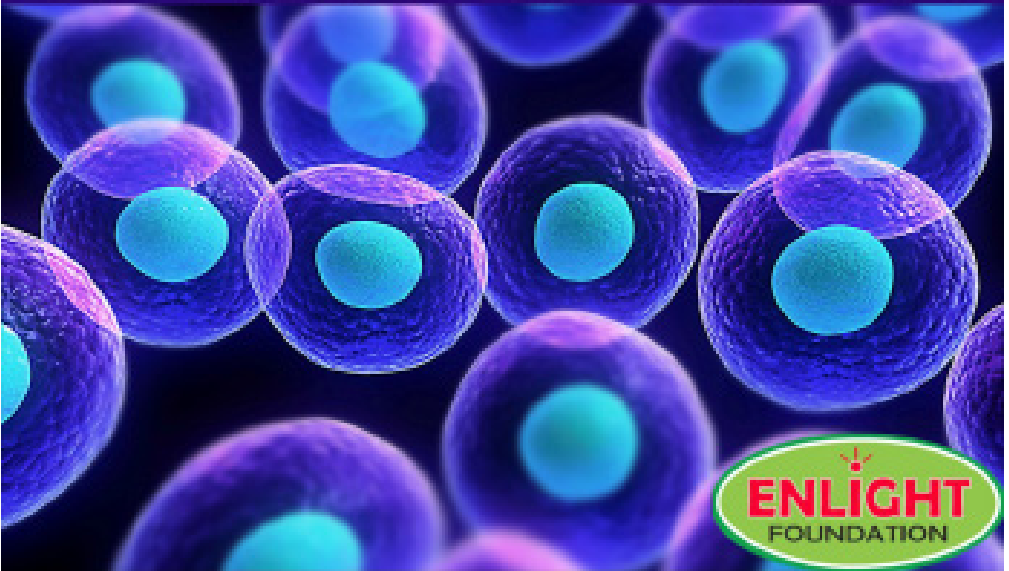
- El. supply companies are installing remote-reading el-meters in all homes.
- They transmit continuous harmful radiation in and around the house.
- Headaches and insomnia are the first symptoms that follow.
- Doctors are not allowed to comment!

*So what can we do?*

- Deny installation of remote reading electricity meters.
- Refer to research reports. (Or install a private power generator)
- Reduce your electricity consumption to save money and the planet.

Source: [www.energica.no/\\_powered-by-nature-tormod-holt](http://www.energica.no/_powered-by-nature-tormod-holt)

# THE TRUTH ABOUT THE CAUSE OF DISEASE



- Wrong pH balance in the body or long conflicts
- A lack of vitamins, minerals and happiness
- A lack of Live food, Physical activity, and/or sleep.
- Too much stress, depression or worries
- Excessive consumption of sugar, acid foods and drinks.
- Radiation, heavy metals, Viruses and Pesticides
- Only 5% of all sicknesses are inherited. But if you follow the same lifestyle of your parents you most probably get the same sicknesses.

*So what can we do?*

- Fix the faults
- Eat lots of raw, organic fruits and vegetables and stay active,
- The body becomes self-repairing and healthy.
- Forget Doctors, drugs, vaccines and health services.
- Stay positive and happy, your mind is connected to your health.

Source: Lipton: The Biology of Belief (p. 71)

# THE TRUTH ABOUT OVERWEIGHT



- Overweight is caused by:
- Acid forming and processed food and sugar
- Junk food, soft and light drinks, meat and dairy products
- Sedate lifestyle, laziness and worries
- Your body is unhappy – you become sick

*So what can we do?*

- Stop all the things mentioned above
- Eat raw, alkaline plant foods, drink plenty of clean water
- Lead a healthy, active life and get enough sleep
- Work Hard, sweat everyday.

Read more: [www.enlight.live](http://www.enlight.live)

# THE TRUTH ABOUT YOUR SELF-HEALING BODY



- Your cells need alkaline food to stay healthy.
- Sickness is a warning that your body is acidic (low pH.)
- If you eat and live healthy, you don't need this sickness!
- You are self-healing, free from doctors and drugs.
- Your food shall be your medicine (Hippocrates.)

*So what can we do?*

- Eat raw, organic plant food and drink water (high pH)
- You can allow about 20% cooked / warm food.
- Lead a healthy, active outdoor life, no stress, plenty of sleep.
- Avoid meat, fish, sugar, wheat, alcohol and dairy products.
- Live happy in the NOW. Be kind to yourself and everyone.

Source: Lipton: The Biology of Belief (p. 71)



# THE TRUTH ABOUT NATURAL THERAPY



- If serious sick, don't panic. You are self healing!
- The sickness is a warning, you have to change something!
- The reason is often an acid, stressed and unhappy body
- Kristine Nolfi M.D. got confirmed breast cancer.
- One week detox and six months raw food, the cancer gone!
- The Doctor Association demanded her to prove it once more.
- Half a year eating meat, cancer is back! Half year eating raw food, no cancer!
- Others: 'you have 2 months to live!'
- Detox and raw food: He lived for 50 more years and got 2 children!

*So what can we do?*

- Detox body, root-filled teeth out, forgive all worries.
- Lots of sunshine, green food, clean water, walks, grounding and sleep.
- Enjoy the Now. Live in harmony, forgive when necessary.
- Courage to quit pharma. Strong will to heal yourself naturally.
- Avoid: mammography, biopsy and depressing diagnosis.
- Feel in yourself, how you feel, and do the necessary changes in life.
- You create your own destiny. Live and die naturally and happily.

# THE TRUTH ABOUT VACCINES



- Giant Bluff from Big Pharma. Vaccination is not immunization.
- Very harmful Mercury and formaldehyde (and often active viruses)
- Weakens the immune system - facilitates disease.
- Causes autism in children. The evidence is overwhelming!
- “I would never give vaccines to my own children” - said former Boss in a vaccine-laboratorium.

*So what can we do?*

- Live healthy, enough sleep, no stress
- Wash your hands frequently.
- Make sure you eat lots of antioxidants and vitamins, also in the winter.

Sources: A shot in the dark - Colter and Fisher  
The Medical Mafia - G. Lancelot MD

# THE TRUTH ABOUT PHARMA DRUGS



- Kills hundreds of thousands of people every year
- Millions are seriously damaged
- Billions of dollars in national expenses
- Sickness and disease are the world's biggest business.
- Pharmaceutical drugs and medical malpractice are the most common causes of death in the west.

*So what can we do?*

- Quit using drugs gradually, consult with your doctor
- Lead a healthy and active lifestyle without stress
- Vegetarian diet is best for most people
- “Your food shall be your medicine” – Hippocrates

Source: Geelmuyden: Pillebefinnende

Brian Clement: ‘Life Force’

G. Lancelot MD: ‘The Medical Mafia’

# THE TRUTH ABOUT MEDICAL EDUCATION



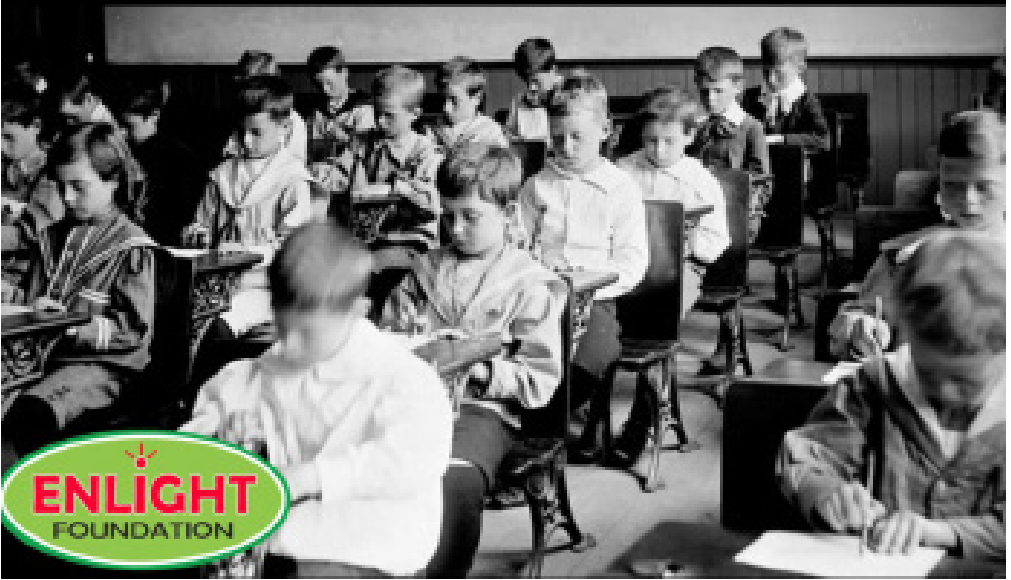
- Largely controlled by the Pharmaceutical industry,
- which also distributes the great “medicine bible”
- Most doctors follow it, to avoid criticism and lawsuits
- Prescriptions are written, pills are sold, and doctors get their bonuses.
- Prevention is almost ignored.
- Some doctors try alternative methods. Usually their medical license is taken away. If they find something that works without pills etc. in USA, they are often killed.

*So what can we do?*

- Get to know your own body
- Let healthy diet and kindness be your lifestyle
- Live actively, without mental stress and with enough sleep
- Then you become naturally self-healing

Source: Geelmuyden

# THE TRUTH ABOUT SCHOOL



- Education is more ineffective and boring than ever.
- Youth today is facing a crisis. They are unhappy. Many are on drugs.
- What is the point of life?
- The most successful people often have minimal education.
- Knut Hamsun: “Schools complicate life on purpose”
- US Rector: “Schools Dodge and Kill Creativity”
- Home school parents instead teach good behavior and way of life, with the freedom to play and work with what they love.
- “My education is not ruined by schools,” said Goethe
- From «Anastasia»: «Pilgrim, all you need in life, you already have. For every step you take, you lose some of it. »

Source: Anastacia and many more

# TIRED OF SCHOOL?



- That schools are necessary is an illusion
- The most important of what you need is inside you
- Many of the best usually have minimal education
- Start doing what you like, learn from doing and become the best
- Shape your positive life philosophy with friendliness towards all
- Live simple, spend little, avoid mortgages
- Then you will be free - the Master shapes his own life!

Read more on [www.enlight.com](http://www.enlight.com)

Booklet: A recipe for school youth etc.

SPLIT YOUR TIME

# 50/50 ON YOURSELF AND WORK



- Leave old dogmas, illusions and media behind
- Learn to know yourself, build body and soul (50%)
- Shape your own beliefs and future goals
- Work doing what you love (50%)
- Farming, handcraft etc. offers opportunity for realisation and creativity

*So what more can we do?*

- Live simple, spend little, avoid mortgages and laziness
- Then you will be free, loving life and yourself
- Be friendly towards all, forgive as often as necessary
- Self discipline brings you into the light, laziness into the dark

Source: Aivanhov: Book 20, p. 67.



# THE TRUTH ABOUT YOUR WORK



- If you are unhappy with your job, you should quit
- Work that you love is essential to your life happiness
- Find something you are good at and become better and better
- Money is not the most important thing!
- Reduce unnecessary purchases, and the economy will last.

*So what can we do?*

- Find out what you really want to work with
- Maybe you would want to work less, which is right
- Enjoy your family, your hobby, and build your health
- To learn to know yourself, create your belief and future
- Live simple, use little, no loans or laziness but self discipline
- Teach your own children what is most valuable, protect Mother Earth
- Home school and learn to work together in your own garden etc.



# THE TRUTH ABOUT TWO IMPORTANT WORKS



- The material work is to earn money etc.
- But even with lots of money something is missing
- Body/mental work is the missing link
- The quintessence is to enjoy life
- Clarity, peace and thankfulness comes to you
- Understanding the reason for all things
- You know that even death is the next life.

*So what can we do?*

- Take time for your body/mental work every day
- Treat your body right and it's self healing and happy
- Be grateful for life and all of what is given you
- Think on a higher level, the light, the positive.

Source: You are Gods, by Mikael Aivanhov

# THE TRUTH ABOUT COOKED FOOD



- Your immune system reacts to cooked food as an intruder
- You defend yourself often with a chronic inflammation
- Doctors call it ‘autoimmune disease’ and give up!
- The lowered immune system opens for more diseases

*So what can we do?*

- Reduce cooked and processed food to 20%
- Increase raw food, fruits and nuts to 80%
- Avoid meat, fish, eggs, sugar, soft drinks etc.
- Eat alive food and you feel alive!

Source: David Wolfe: ‘The Sunshine Diet’

# THE TRUTH ABOUT BODY / MIND REACTS AS ONE



- If your body is sick, your mind is sad.
- If your body is sad, your mind becomes sick

*So what can we do?*

- Live with healthy food and activities
- Avoid conflicts, stress, anger and worries
- Come to agreement, or just FORGIVE, be free!
- Live in the NOW, forget the past and the future
- Live in harmony with yourself and others
- Be grateful for life and all of what is given you.

Source: Scott Peck, M.D.



# Food and living to CHOOSE BETWEEN



**Good**



**Good/bad**



**Bad**



## FOOD, ORGANIC, RAW

1. Green leaves	Wild meat	Meat
2. Vegetables	Wild fish	Fish
3. Grains and Seeds	Goat milk/cheese	Dairy products
4. Nuts and vegumes	Bread	Processed food
5. Water, clean spring	Bottled water	Soft drinks etc.
6. Fruits and Berries	Coffee and Tea	Beer / alcohol

## WHEN SICK

1. Heal yourself	Doctors	Hospitals
2. Herb medicines	Healers	Pharma drugs
3. Fasting, new habits	Change something	Live as before

## LIVING

1. Your New Belief	Religions	Media, movies etc.
2. Nature Living	Suburban	City life
3. Sports & Walks	Indoor training	Competition
4. Positive, be present	Thinking	Negative, criticize
5. Sex when in love	Moderate	Excessive sex
6. Dancing, good music		Loud, modern music
7. Sleep 8-9 hours	6-7 hours	5-6 hours
8. Work outdoors	Indoor/air condition	Hospitals etc.









# **Your Soul** *-the marvel of the world*

## **The universal Law no. 1**

- ‘What you do to others you do to yourself’
- Let it sink into your Soul and Heart, and live it!
- You will always be happy, building a better world
- Be grateful and in Peace and Love to everybody and everything
- Your life will be full of wonders (Paolo Coelho)

# THE TRUTH ABOUT YOUR SOUL -THE MASTER OF THE WORLD



1. You are a divine Soul, travelling with you on a journey of joy
2. To thrive, your Soul needs harmony and a healthy body to live in
3. Your Soul lives forever, collecting ever more wisdom
4. You find your Soul and Heart in silence close to nature
5. When you follow your inner wisdom, you will always be happy
6. That's why Jesus said: 'Be as a child again, and you live forever'
7. Create yourself brand new, forget all you have learned, be born again.

## **Your New Belief**

- A. God created everything, lives in everything
- B. Spiritually we are all One, which science finally believe in
- C. Bruce Lipton MD, proved that all our cells are cooperating, being connected with all other cells in the universe.

## **The universal Law no. 1**

- 'What you do to others you do to yourself'
- Let it sink into your Soul and Heart, and live it!
- You will always be happy, building a better world
- Be grateful and in Peace and Love to everybody and everything
- Your life will be full of wonders (Paolo Coelho)



# THE TRUTH ABOUT YOU DECIDE YOUR DESTINY



- Your Subconscious Mind is recording all your experiences from you are born!
- Your Conscious Mind is activated after the age of 7, and may power you to anything you want in life
- But schools, media and internet drown it!
- You are not aware of your own power
- Using only about 5% of it in life!
- Just what the profitsystem wants - scared slaves following the media!

*So what can we do?*

- Now is the time to give yourself and the world:
- Peace and love, happiness and freedom
- What we are all born with!

Source: Louise Hay, Book 11, p. 67

# THE TRUTH ABOUT YOURSELF



- You are born with a constant desire to receive and give LOVE
- You have divine powers to shape your life exactly as you want
- You are FREE, your own master, protector and healer!
- Most people choose to pursue wealth, abundance and stress, which is an illusion of happiness. Or:
- You can choose the simple life with kindness and love to family, nature and all around you, which gives lasting life happiness.
- We are all born with most of what we need to know to enjoy life, but schooling and media distract our true nature.
- The choice is yours!

Read more: [www.enlight.live](http://www.enlight.live)

Source: Louise Hay, Book 12, p. 67

# THE TRUTH ABOUT YOUR HIDDEN WISDOM



- We are born with Eternal Love and true wisdom.
- You have all the answers within to live your life the way you want,
- But church, school, society and media make you wrongly believe that you need them.
- No surprise that people endlessly go astray.

*So what can we do?*

- Learn how to know yourself by reflection, meditation and prayer.
- Be thankful for life and all which is given you.
- With self-discipline you will see the light to be free and happy.

Source: Louise Hay

# THE TRUTH ABOUT FROM ILLUSIONS TO AWAKENING



- From money, competition, stress and taxes
- To your own 'Space of Love' in happiness
- From richness, fame and sickness
- To a simple, healthy life close to nature

*So what can we do?*

- Discover your inner values: Freedom, Peace and Love
- Live it, be it, with kindness and forgiveness
- Be conscious in the NOW, and thankful for life
- Forget the past; the future takes care of itself

*Real Enlightenment in life is to have:*

- Non-resistance
- Non-judgement
- Non-attachment
- Then you are in the universal power-flow. No ego - no problems!

Source: A New Earth by Eckart Tolle - ISBN nr. 978-0-141-03941-1

# THE TRUTH ABOUT HOW TO LIVE IN HARMONY



1. Recognize that the other person is you
2. May your inner self be secure and happy
3. Happiness is taking things as they are
4. A relaxed mind is a creative mind
5. See the soul and divinity in everybody
6. Be proud of who you are
7. Let your heart guide you.

## **How to find peace inside**

1. The art of happiness is to serve all
2. Live in the Now, forget the past and future
3. Only share your strengths, not your weaknesses
4. If you cannot see God in all, you cannot see God at all
5. To be calm is the highest achievement of the self
6. Inspiring others towards happiness brings you happiness
7. Blessed is the one who is undisturbed by gain or loss
8. You are meant to be a lover of your life.

# THE TRUTH ABOUT HOW TO ENJOY LIFE



- You are born with all you need
- You can form your life the way you want
- You can choose the Good or the Bad
- You live in a fantastic, wonderful world

*So what can we do?*

- Choose the Good and the Positive in life
- Be grateful, kind and forgiving, never criticize
- Keep your own Values by avoiding most schools
- Live simple - close to Nature, use little
- Work with what you enjoy half of the day
- Do what is good for yourself the rest
- Build your Belief and Self esteem strong
- Take time to 'smell the flowers', love your lover
- Enjoy the Now, the past is gone, the future takes care of itself

Source: Aivanov 'Daily Meditation'



# THE TRUTH ABOUT LIFE



- Life can be hard and filled with trials to learn and move forward
- Your consciousness holds the answers to shaping your life as you wish
- The tools are self discipline, work and love for yourself and the Creation
- Avoid criticizing and forgive as often as possible.

### *So what can we do?*

- Be positive and friendly towards all. You receive what you give.
- Shape your own spiritual belief and independence
- Build body and soul with vegetarian food, exercise and enough sleep
- Work doing something you love, regardless of salary
- A simple life offers freedom and happiness
- Find the right partner. Having many children is a blessing.

Read more: [www.enlight.live](http://www.enlight.live)



# THE TRUTH ABOUT **FREEDOM**



- We are all fooled by wrong illusions, making our lives miserable.
- To break free, we should live simple, without any debt or mortgage
- Natural home born children, never vaccines.
- Home schooling – learn the practical way.
- Learn to know nature and your divine self.
- Always be kind and thankful.
- Work and create what we love to do.
- Plant seeds and harvest your food.
- Love yourself, your family and all creations.

Read more: [www.enlight.live](http://www.enlight.live)

# THE TRUTH ABOUT SUFFERING



- Suffering is a sign that you are doing something wrong.
- Feel in your heart which way is the right for you.
- To make changes in life is a must for health and happiness.

*So what can we do?*

- Do what is best for you, run, sweat, work hard.
- When you are happy, you can give to others.
- “Bottling up” suffering rarely lasts/works
- Change the reason for sickness, let the fever and time heal you.
- Try to avoid doctors, diagnoses and pharma drugs.

Read more: [www.enlight.live](http://www.enlight.live)

# THE TRUTH ABOUT WHY LIFE IS DIFFICULT



- So, you shall learn to master how to live.
- So, you shall get the joy of knowing you made it.
- So, you shall learn what to change.
- So, you shall be a stronger and better person.

*So what can we do?*

- Self-discipline is your best (and only) tool.
- Sickness is a warning to make a change.
- Let your intuition guide you in hard choices.
- Listen to others, but follow your heart.

# THE TRUTH ABOUT TEMPTATIONS



- No 1 is unhealthy food, junk snacks and softdrinks.
- Laziness we all have and is hard to fight.
- Both result in overweight and serious diseases.
- Others may be tempted by Cigarettes, Alcohol, Sex or Drugs.

*So what can we do?*

- Fight the temptation with self-dicipline to stay fit.
- Never overdo anything, stay in the middle.
- Learn to know what is to your best and follow it, love yourself.
- Keep your body and soul away from dirty impressions.

Learn more: [www.enlight.live](http://www.enlight.live)

# THE TRUTH ABOUT RELATIONSHIPS



- Love yourself and know who you are
- Be how you would like your partner to be
- Be open and love will find you.
- It's best to be able to share your views on:
- Spirituality and important life choices, love and desire for children
- Easy way of life with work and freedom for all
- Think carefully before you commit yourself to marriage

*So what can we do?*

- Give full freedom to your partner, never be jealous.
- Each form their life the way they feel is right
- Give all your love, to the best for both of you.
- Stay Strong and humble, not possessive or dependent.

Learn more: [www.enlight.live](http://www.enlight.live)

# THE TRUTH ABOUT CREATING PERFECT COUPLES



- Facts are often better than a romantic start
- A joint view on life, faith and a few common interests
- Unrestricted love for partner and family
- Offer freedom to achieve personal goals and wishes in life, even in danger of loss
- Many children are a blessing - the greatest.

Sources:        Bruce Liptin, MD: “The Honeymoon effect”  
                     Scott Peck, MD: “Road less travelled:  
                     Neale Donald Walsch: “Conversations with God”  
                     Khalid Gilbran: “The Prophet”.

# THE TRUTH ABOUT FINDING THE RIGHT PARTNER



- Love yourself and know who you are
- Be how you would like your partner to be
- Be open and love will find you.

Source: Scott Peck, MD: “Road less travelled”.



# THE TRUTH ABOUT THE RESPONSIBILITY OF HAVING CHILDREN



- Parents should really want children
- The fetus should get healthy nutrition, harmony and conversation from the mother
- The birth should be done at home, if possible, with the help of a doula
- Avoid hospitals, baby control and vaccines
- Give breast milk, love and harmony
- From approx. 6 months raw, organic mashed apple, banana, avocado etc. as well as oat and millet porridge (blended). No cow's milk or ready-made food!
- Goat's milk is a good alternative to breast milk (if necessary)

## *So what more can be done?*

- The child needs a lot of care and love from mom and dad
- A healthy diet, good water and fresh air
- If sick, rest and time will make the child well again. Avoid Pharma!
- The problems start with large kindergartens and schools
- Home school with parents can be recommended, learning in freedom without stress
- Do not try to protect your child too much. Let them figure things out by themselves.
- The adult child will be healthy in body and soul, self-disciplined and confident in his own healthy values. (hopefully)

Sources: [www.enlightyourself.com](http://www.enlightyourself.com)

Booklets: Anastacia, Family happiness ABC, Youth advice & Protect yourself from vaccines

# THE TRUTH ABOUT PROBLEMS



- Welcome problems as friendly warnings to do better
- To live healthy, friendly, thankful, forgiving etc.
- Stubborn people get harder warnings
- We are guided to our best, but we have to react to the signals.

*So what can we do?*

- Ask yourself honestly: What caused the problem
- Often you find that YOU did wrong
- What can you do to fix it? (Don't blame others)
- Solutions make you feel better and ready:
- Avoid conflicts, even if YOU are right, forgive and be free.

# THE TRUTH ABOUT WELFARE AND BENEFITS



- Aristotles: “The milk of human stupidity is organized help.
- The only thing you deserve is what you earn.
- The more that is given, the more election votes are bought
- The more that is given, the more weakened and useless the people.
- U-country helpers in the field say: please do not give more money!!
- What they need is to understand how to help themselves!

*So what can we do?*

- Do everything you can to become completely self-sufficient and self healing
- Diciplin strengthens your self-esteem and freedom
- Avoid free healthcare and social ‘help’, welfare.
- Enlighten yourself to understand the traps.

# THE TRUTH ABOUT REAL GRATITUDE



- I say; Thank you, dear God and Parents for LIFE.
- For all I need is life as a birth gift.
- To enable me to create all the best for myself and others.

*So what can we do?*

- Find your inner tools, follow your heart and feelings.
- Strengthen your self-discipline and will to be healthy, happy, self-sufficient and kind to everyone.
- Live free from media, social help, loans and long education.

Learn more: [www.enlight.live](http://www.enlight.live)

# GIVE YOUR CHILDREN AS DESERVED



- Always pay Mother who takes care of the Family
- Pay the children who works for the best for the family (motivation)
- They will then learn to work and understand the value of money
- Inheritance should be given in portions to avoid tragedies:
  - a) Pay for valuable work they love but can't make them a living
  - b) Financial support for cars and homes etc.

# THE TRUTH ABOUT PRAYERS



- The bible tells us to pray to God for what we want.
- The truth is, we have already been given everything possible.
- To create our lives the way we want. God has nothing more to give.
- Praying for others' help, because you are sending your own energy to work

*So what can we do?*

- Believe the fact that you have all the abilities to help yourself.
- Use your self-discipline and will to work for what you want.
- Enlighten others who are seeking.
- The universal law of Coexistence helps you to be “in the flow”.
- What you do to others you do to yourself.

Source: N. D. Walsch: Conversations with God

# THE TRUTH ABOUT THE ROAD TO HAPPINESS



## *What we have experienced:*

- Our family decided to move to the Mediterranean.
- We found a beautiful inexpensive nature plot.
- There we built small wooden huts and drilled for water.
- The soil was perfect for growing our own vegetarian food.
- Homeschooling, and gardenwork for all of us.
- The children get paid per hour of work.
- Harvesting our food, playing and singing together.
- Live simple, buy little, no loans, Love and freedom.

Learn more: [www.enlight.live](http://www.enlight.live)

Booklet: The A-B-C to a happy family life, p. 69





# Wisdom

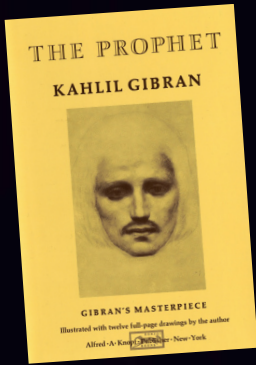
**The Prophet - 200 years ago**

**Jesus - 2000 years ago**

**Tao - 5000 years ago**

**They all correspond with the latest science.**

# THE TRUTH ABOUT THE PROPHET



- **When love** gives you a sign, follow it. Even if its paths are difficult and steep.
- Love gives nothing but itself, and takes nothing from anything other than itself. Love does not own and cannot be owned. Because love is enough in itself.
- **Marriage:** You were born together and shall be together for ever. You shall even be together in the silent memory of God. But let there be space in your togetherness. Let the heavenly winds dance between you. Love each other, but do not make love into a bond. Let it be an ocean of motion between the coasts of your souls.
- Sing, dance and be happy, but allow the other to be alone. Offer your hearts, but not in the custody of the other.
- Stand together, but not too close. Because the pillars of the temple stands separated. The oak tree and the cypress does not grow in each others' shadow.
- **Your clothes** hide much of your beauty. But they do not hide what is not beautiful.
- I wish you could meet the sun and the wind with more of your skin and less of your clothes. For the breath of life is in the sunrays, and the hand of life is in the wind.
- **If there is a fear** you wish to run from you must find this fear in your heart and not in the hand of the one you fear.
- When you can no longer rest in the loneliness of the heart, you live with your lips, and sound becomes an escape and a way to pass time.
- In much of your talk the thought is almost killed. For the thought is one of the birds of the sky, and in a cage of words the thought might unfold its wings, but it cannot fly.

*Source: Kahlil Gibran - The Prophet*

# THE TRUTH ABOUT THE PROPHET: CHILDREN



- **Your children** are not your children. They are the sons and daughters of life with their own longings.
- They come through you, but not from you.
- Even if they are together with you, they don't belong to you.
- You can give them love, but not their thoughts, for they have thoughts of their own.
- You can provide shelter for their bodies, but not for their souls. For their souls live in tomorrow's house, which you cannot visit, not even in your dreams.
- You can strive to emulate them, but do not try to make them emulate you.
- Life does not go backwards or linger by the memory of yesterday.
- You are the bows that your children are slung from like living arrows.
- You do not give much when you only give of your belongings.
- Only when you give from yourself, you are truly giving something.
- For it is in truth life which gives to life - while you, who force yourselves to give, are nothing but mediums.
- The way each and every one of you stands alone in God's knowledge, all of you must be alone in your knowledge of God and your understanding of the world.

*Source: Kahlil Gibran - The Prophet*

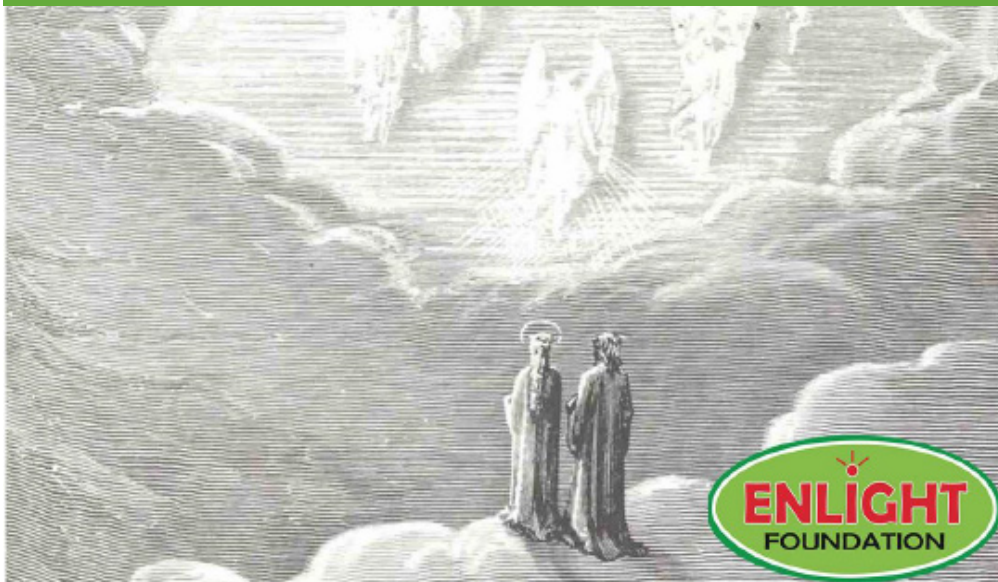
# THE TRUTH ABOUT THE PROPHET: LOVE AND WORK



- **When you work** you are a flute which in its heart the whispers of time is translated into music. Who would want to be a silent instrument when everything else sings together?
- When you keep yourself busy with work you do in all honesty love life. And the one who loves life through his work will take part in the inner secret of life. And I say that in truth life is darkness unless you long for it. And all longing is blind if it is not paired with knowledge. All knowledge is in vain if it is not paired with work. And all work is pointless if it is not connected to love. And when you work with love you connect yourself to the others and to God.
- Work is visible love. If you cannot work with love but just with loathing it is better that you leave your work and go sit at the temple gates to receive hand-outs from those who work with love. For if you bake a bread with indifference you bake a bitter bread that only half way can satisfy a human hunger.

*Source: Kahlil Gibrans - The Prophet*

# THE TRUTH ABOUT JESUS SAID ABOUT MOTHER NATURE



- I tell you truly, you are ONE with mother nature
- She is in you and you are in her
- If you destroy her, you destroy yourself

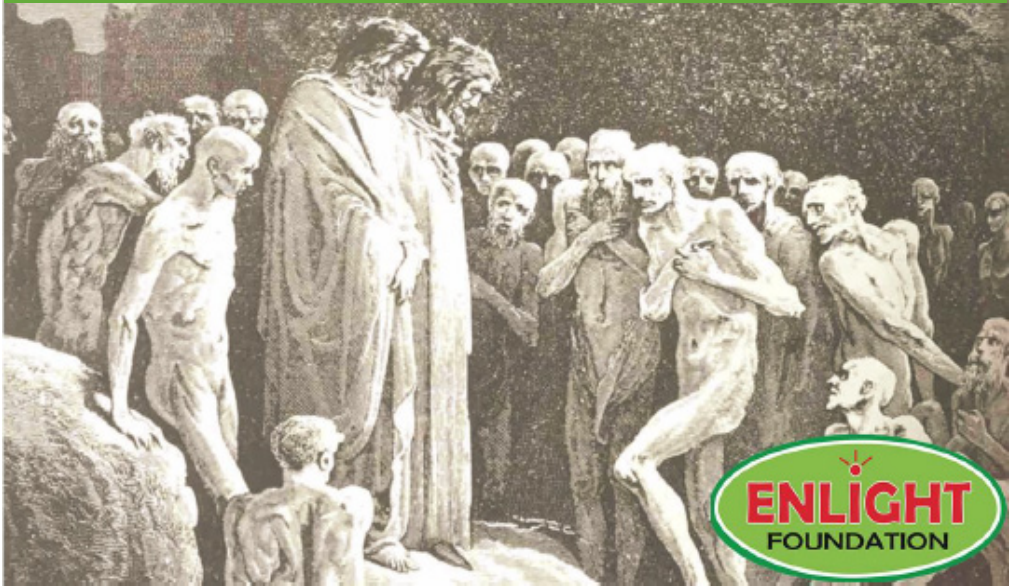
*So what can we do?*

- Start with yourself, eat right
- Live simple
- Help Mother Nature to survive

*Source: Essene Gospel of Peace*



# THE TRUTH ABOUT JESUS SAID, HOW TO REGAIN HEALTH

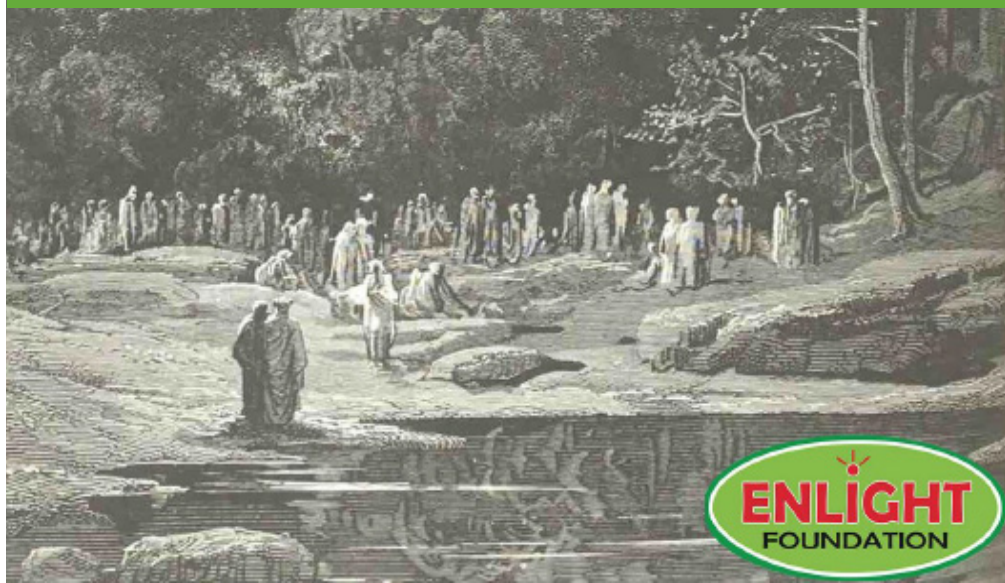


Jesus told Essene, who wrote the Scrolls, lately found  
To become healthy, you must get rid of old sins:

- Fast for 7 days for each year of sin (no food!)
- Spring water rinses your whole system.
- Edema cleans your colon-every evening.
- Sunshine regenerate your skin and warms.
- Air, deep breathing rinses your blood and lungs.
- After the fast, sin no more.

*Source: Essene Gospel of Peace*

# THE TRUTH ABOUT JESUS SAID WHAT TO AVOID



Jesus taught Essene, who wrote the Scrolls, lately found

- The sun is the only heat that gives life.
- Kill not your foods with the fire of death.
- What kills your food, kills also your body.
- Eat not what fire, frost or rot has destroyed.
- It will rot your body in disease and death.

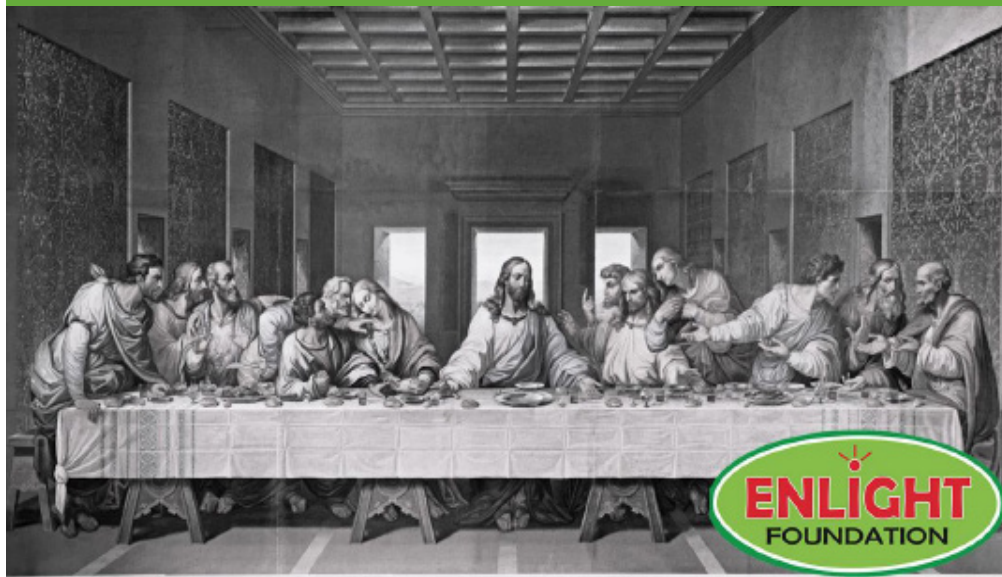
*So what can we do?*

- Eat raw sunshine food from Gods table.
- Let the sun prepare your bread.
- Soak the grains and let sprout under the sun.
- Crush the sprouts and make thin wafers.
- Let the sun dry them from morning till noon.
- Turn the wafers and let them dry till sunset.

*Source: Essene Gospel of Peace, page 39-40*



# THE TRUTH ABOUT JESUS SAID WHAT TO EAT



Jesus taught Essene, who wrote the Scrolls, lately found

- Don't kill to eat, their death will become your death.
- Eat all the plants from nature's Royal table.
- Kill not your foods with fire of death.
- Cooked food will kill your body and your soul.
- So eat food from the table of God, fruits, grain and grass.
- Have only two meals a day, at noon and sunset, but pick food in nature any time.
- Eat in peace, and slowly, chew well and mix only three foods.
- Eat local foods, not from faraway countries.
- Breathe long and deeply during all your meals.
- Never overeat, no more than two thirds from full.
- Sundays, eat not, let God give you long life on earth.

*Source: Essene Gospel of Peace*

# THE TRUTH ABOUT JESUS SAID HOW TO FIND PEACE



- Start with yourself, (avoid all media).
- Fast for 7 days, detoxing is fantastic for you.
- Start eating raw food, (max 20% cooked) drink water.
- Find peace within, be thankful and forgiving.
- Give your peace and kindness to all you meet.
- Work 50% with what you love, live simple, (no loan).
- Build your body, mind and spirit the rest of the time.
- Start growing your own food, (you will love it)
- Enjoy living in the NOW, forget the past and the future.
- Good and bad will always exist, let's work for the Good.

*Source: Essene Gospel of Peace E.B szkely*  
*ISBN 978-1-941489-40-6*

# THE TRUTH ABOUT LOVE



- All want Love, Peace and Freedom in life.
- Later we are tempted by richness and glory.
- You must choose, you never get both!
- Society and schools focus on economy.
- You need a strong will and belief to find your origin.
- Love and Family are waiting for you.

*So what can we do?*

- Choose love and a stress-free life away from it all.
- Live simple with freedom and home schooling.
- Grow some of your own food, live healthy and happy longer.
- Love life, your family and nature's beauty.

*Source: Essene Gospel of Peace*

# THE TRUTH ABOUT TAO WISDOM, 5000 YEARS OLD



1. Thoughts weaken the mind. Desires weaken the heart
2. Don't value what others value or what others do
3. What is a good man but a bad man's teacher
4. Accept the world and be happy. To improve is very hard
5. Peace is the highest value. Violence rebounds upon oneself.
6. Knowing yourself is wisdom. Mastering yourself is true Power.
7. The more you know the less you understand
8. Keep away from judging, your heart will find peace
9. Content with an ordinary life, the Master serves as an example
10. The best businessman serves the communal good
11. The Master is healing him/herself of all knowing
12. The Master has given up helping. He is people's greatest help.

*Source: 'Tao Te Ching, Lao-Tzu' by Stephen Mitchell*



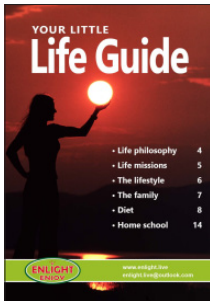
# The best starters

1.	<i>Happier than God</i>	<i>Neal Donald Walsh</i>
2.	<i>The Biology of Belief</i>	<i>Bruce Lipton</i>
3.	<i>Practicing the Power of Now</i>	<i>Eckhart Tolle</i>
4.	<i>The Power of the heart</i>	<i>Baptist Pope</i>

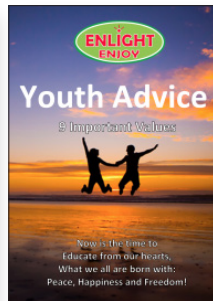
## Recommended books

1.	Foods that heal	B. Jensen, MD
2.	Health magic through chlorophyll from living plant life	B. Jensen, MD
3.	Nature has a remedy	B. Jensen, MD
4.	The Tao of Health	Daniel Reid
5.	The Tao of Detox	Daniel Reid
6.	The book of infinite wisdom	Stephen Chang, MD
7.	The untold truth	I. Blair Hamilton
8.	A new model of health and disease	Vithoulkas
9.	The medical mafia	G. Lancotot, MD
10.	A shot in the dark	Coulter & Fisher
11.	Life!	Louise L. Hay
12.	The power is within you	Louise L. Hay
13.	Anastasia (in English)	Vladimir Megré – 10 books
14.	Wild Growing Plants (Swedish)	Dan Uhrbom
15.	The sunfood diet	David Wolfe
16.	The blood type diet	P. J. D'Adamo, MD
17.	The hidden message of water	Masaru Emoto
18.	Live long and healthy	M. Tombak
19.	Life force	Brian Clement, MD
20.	Golden rules for life	Omraam Mikhaël Aïvanhov (2 books)
21.	Earthing: The most important	C. Ober, S. T. Sinatra, M. Zucker
22.	Vildvuxet mat (Swedish)	L. Sundgren
23.	Iodine, why you need it	David Brownstein
24.	Cure for all diseases	Hulda Clark, MD
25.	The hidden health hazard	Susan Stockton
26.	Conversations with God	Neal Donald Walsh
27.	The Power of Now	Eckhart Tolle
28.	The Prophet	Kahlil Gibrans
29.	Mat for livet (Norwegian)	Linn Stokke

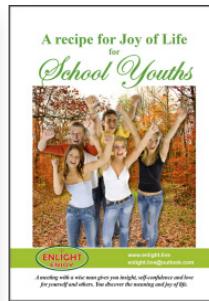
# Specialized Booklets in summary



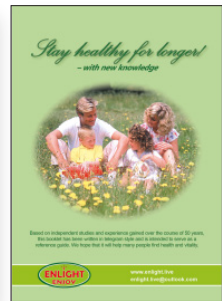
1. Your little life guide



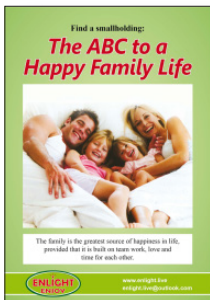
2. Youth Advice



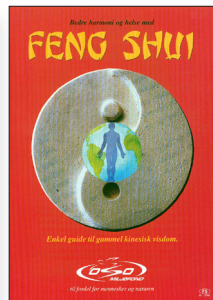
3. Joy of life for School Youths



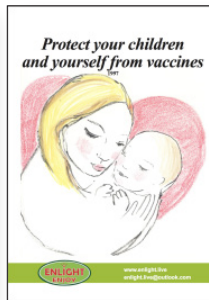
4. Live healthy longer -with new insights



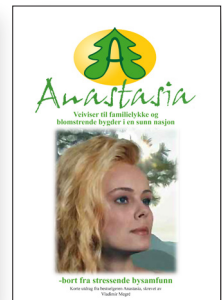
5. The ABC to a Happy Family Life



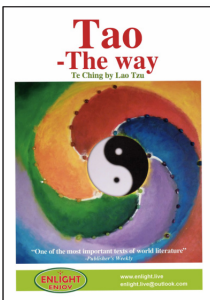
6. Feng Shui -Chinese wisdom



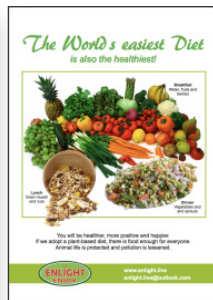
7. Protect your children from vaccines



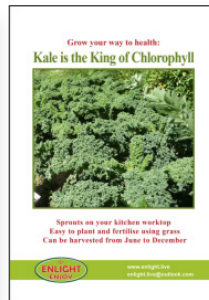
8. Anastasia - the guide to family happiness



9. Tao - The Way



10. The World's easiest diet



11. Kale is the King of Chlorophyll



12. Children would never kill an animal



14. Meat kills 3x



15. Peace is possible Prem Rawat



16. Living Health DVD



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***-to these Brave and Brilliant Authors!***  
***For Enlightening our lives to a better world,***  
***and what we are born with:***  
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