



Youth Advice

9 Important Values



Now is the time to
Educate from our hearts,
What we all are born with:
Peace, Happiness and Freedom!

Dear Young People of all Ages



Welcome to discover the 9 values,

First of all it's important to know that a cynical profit system has chosen our values in life: money, schools and material things.

We work like slaves for more and more money. (as I did)

But most of us are still not happy, because our own inner values have on purpose been hidden from us by the "system"

The solution for me, was to close the door to the illusions and build my own, simple world. I opened a new door to sunny Mallorca, self-built a hut on a nice piece of land to grow our vegetarian food, a small car and kayaks.

Then we got time without schools and noisy media. To find ourselves, open our hearts in gratefulness for life, for each other and a wonderful world. To sing, dance, and homeschooling, forgive, and give kindness, light and warmth to each other and all people we meet. Now, all in the family from 8-80 are HAPPY!

I hope some of the 9 discoveries will help you to Enjoy Life!

Love from

Chris Frolich

Discover the 9 Important Values



1. New Diet – good for you and the world	Page. 4
2. New Belief – forms your Destiny	5
3. New Body – be Grateful	6
4. New Work – be Satisfied	7
5. Right Partner – be Blessed	8
6. New House – be Content	9
7. New Garden – be Self-sufficient	10
8. Children – be their Teacher	11
9. New Lifestyle- be Free – Accept the present	12

- Build your own space of love
- Booklets – easy to read
- A Prayer: Dear Life, I Love You

1. NEW DIET – GOOD FOR YOU AND THE WORLD



A Healthy body is Alkaline, not acid.

Your teeth are made for plants

Raw plants and fruit are Alkaline,
gives you a healthy, self-healing body, without medicines.

Organic Rawfood tastes good

It is easy to prepare. Kale leaves have all the vitamins, minerals and proteins necessary to keep you healthy (animals eat mostly grass)

Vegetarian diet makes you feel great

Your eyes and skin will shine. Your weight will be right. In addition, you are saving many lives, which is a must for a better world.

Morning meals

Healthy water, fruits and berries.

Other meals: Green leaves smoothie

Salads, vegetables, grains, nuts and seeds

Oat and Quinoa, Rice and Chia are gluten free.

Lentils and mung beans give extra proteins

Healthy water is hard to find.

Spring water is best. Drink it ½ hour before, or 2 hours after your meal.

This is the ultimate diet. Flexitarians have in addition to a fish dish 1-2 times a week

More in booklet (A)

"Raw food gives us healthy self-healing bodies without pills and medicines. We do not pollute or cause animal's death, but help to make a sustainable world."

2. NEW BELIEF – FORMS YOUR DESTINY



Your destiny depends on your belief. Love is the substance of which all is created. The more love you give, the more you receive. All we ever wanted was to love and be loved. But the rulers separated us to slavery.

Your soul lives forever, in former and future generations. It has collected enormous knowledge for you to use, if you open your heart, feel and follow your intuition.

Your consciousness and forgiveness are your best tools to happiness and peace. With kindness you get most of what you need in life.

God is your best friend and may be viewed in the Sun. And felt in your heart. Giving light, warmth and wisdom to all creations. God never judges you!

We are all ONE. Jesus said: "God is in all. We are all gods. Therefore: What you do or think to others, you do to yourself.

God wants you to be happy, grateful and free to form your life exactly the way you want it.

Mirror the Sun and radiate light and warmth to everyone you meet. Enlighten your wisdom to those who seek. Always positive, never criticize!

Follow your heart. Feel what is right for you. Your brain knows only a fraction of your soul's wisdom, which has the experience from many lives.

We are all born with love and gentleness. Your miracle knowledge is hidden for you by wrong teaching from religions and rulers, through thousands of years. When you live as a shining example with love and freedom, you help the World to be the same.

"New belief is a good way to start contributing to a better world."

3. NEW BODY – BE GRATEFUL



Your body is a miracle to be very thankful for. The best kept secret of medicine is that the body heals itself if we create the right conditions and stop doing the things that caused the illness. Always treat it with right “fuel”, exercise and enough sleep. Appreciate your wonderful creation. Your body is your Soul’s Temple.

Detox your body with “New Diet” in 2-3 months. A 7 day water fast works faster, it gives your body rest and a fresh new start. Break the fast slowly, increasing your food intake to 80% raw and 20% heated. Take time to chew well, be grateful and appreciate the food.

Breathing deeply, gives extra oxygen to make you alkaline and healthy. Jogging is best on dirt roads and trails. Don’t abuse your wonderful body.

Yoga training, martial arts etc., combined with meditations, release stress and increase your self-confidence and strength.

Self-confidence, is to stay in your beliefs and follow your heart – your intuition, regardless of what you are told. But if you see a better way it’s no shame to change.

Social Healthcare doesn’t tell what is best for you, because sick people are big business. Hospital bacteria is a threat to all patients, like cars from service returns with new problems!

Vaccines ruins our immune system. Chemicals allowed in clothes and shoes, food and cosmetics, sun creams, shampoo and soaps are harmful and can cause cancer. Your clothes are best loose and comfortable, cotton and wool. Wash before use!

In the case of scary situations, keep your thoughts clear by not being afraid or angry. Use your courage, confidence and humble kindness to solve the problem (or run!).

Pray in thankfulness for all your gifts, and they become more and more valuable to you. Welcoming the first sun in the morning gives your prayer extra strength, especially if it’s for the good of many.

*“We became dependent of keeping fit for life,
owing it to this wonderful Creation.”*

4. NEW WORK – BE SATISFIED



You should love your work and love what you work with. Then it is a blessing. The wage should not guide you.

Choose your dream job early in life and you will find the most of what you need for it, you already have it.

Work in fresh air and sunshine, like growing your food or building houses etc., this will make you strong, healthy and more independent.

Working with your hands is always satisfying, so are artistic work etc.

Doing the job, you learn more and become very good at it. You will be able to find more details on the Internet. And subsequently ending up as a specialist in your field. Schools are usually unnecessary.

More people are changing profession in life, saying it's a challenge, but giving you more experience. Feel twice before you leave what you are best at.

Feel in your heart what is best for you and follow it. Your heart knows far better than your brain, what will satisfy you in the long run.

"We have been very happy changing from regular jobs to growing our own food all year in a warm climate"

5. RIGHT PARTNER – BE BABY BLESSED



To attract the partner you are longing for, you first have to become the same as you want from the other. You ought to be on about the same spiritual and interest levels. Before beauty, sex and charm. Then follow your heart, but listen to your parents too!

Partners must be free and honest. Always do what is best for the other. Practice “Live and let Live”

Women should first fulfill their most important mission in life: Babies! Later it’s time for career etc.

During pregnancy, be unstressed and prepare for the greatest gift in life. With yoga and walks in sunshine and happiness
Talk to the embryo with love.
Healthy diet and plenty of sleep are important

Best for the baby: Birth at home with a good midwife. Avoid trouble with hospitals and all vaccines. Mother’s milk at least 9 months. As a substitute, use fresh goat milk

After Mother’s milk: Start with freshly made fruit juices or grated apple in the morning. Vegetable and green juices, grated carrot etc. later. Oat flakes in water for an hour and then blend. Never mix fruit and greens/vegetables. Never vaccines!

“Through 15 years we have let love be our guide, respecting the wishes and freedom for each other. Our 4 children are born at home with the same midwife, and all of us being vegetarians”

6. NEW HOUSE – BE CONTENT

A new house is exciting for both.

- Find a place you love, close to nature
- Avoid big antennas, power line, noise and big houses nearby.
- Plot size minimum 5000 m², with trees and soil for garden
- Water supply from the ground, ca. 2000 l/day with a garden ca. 300 m² (Mediterranean)

A small wooden house, 50-60 m² is plenty for a family with four children.

- Cozy to live in, easy to heat and maintain.
- The house plan to be worked out between you
- Detailed drawings for Mediterranean climate. Get yours free from Youth Advice

The house front facing South-West view, protected from North by hills or trees.

- The foundation: a few rocks with poles on. Avoid costly cellar, which disturb the ground.
- May be built by yourselves in 3-5 months, children after 8 may do a lot they love to help you
- Material cost ca. € 20-30.000,-

Wastewater, food and toilet waste go back to the soil. No pollution! It completes the circle; holistic living in reality.



Electricity is good to have for the well pump, but a gasoline generator works well too.

Water supply – be your own plumber. The good pump gives water from the ground up to a 500-1000l tank about 25 m above the house. Connect the pipes yourself, it's easy. Household and personal use is less than 40 litres/person/day. Solar water heater, you may make a simple one from 50m of black pipes. Garden water in the summer needs 5-10 l/m²/day (Mediterranean)

"We moved from a big comfortable house to a small primitive hut and love living close to nature and each other, in a small self-built wooden house. We live "Back to Basic" without pollution."

7. NEW GARDEN – BE SELF-SUFFICIENT



This is your second big project, Growing your food and be self-sufficient, and very happy with its beauty having the plants as your friends.

You are lucky if the soil is rich. More often you have to work with the soil to improve it with compost etc., but never use chemicals. A small rototiller is a good helper.

A small greenhouse which you easily make yourself, is good for getting the seeds to grow faster in the spring/cold season, ready for planting when the soil is warm enough.

Start planting what you want and like to eat. Lots of greens like kale, parsley, broccoli etc. are very easy to grow and very healthy, but also flowers for the beauty and plants for medicinal purposes. Follow the plant calendar if you like and make an overall garden plan, that makes it fun and practical

A variety of useful fruit and berry trees should be included, like figs, citrus, avocado, Almond etc.

To work with, and to live from your own garden of wonderful plants, makes you understand what a fantastic world you are an important part of. You will grow in spirituality. Which is the only value you can bring with you

8. CHILDREN – BE THEIR TEACHER



To live close to your children every day is the greatest gift. You will never regret it! And they need you almost constantly the first years to perform well later in life!

Children need lots of love, hugs and kisses, and to be praised when they show their stream of new developments.

Confidence is built that way and it's of uppermost importance through life

Guide them the right way, instead of criticizing. Teach teeth care without Fluoride.

Most of what they need in life, they are born with, but they need to learn. Politeness and Respect, always practicing it, within the family too. Walk your Talk is very important.

Your Belief, that we are all ONE, is so important to teach them. Then they understand the law "What you do to others you do to yourself"

Practical work may start from age 6-8. They love to help with garden work and to have their own little garden to plant and care for.

To read and write etc. may start when they are ready, but don't stress it.
The older ones will later teach the younger.

Never repeat things over and over again! Rather tell what they would gain from doing it your way.

Age 9-10: give them one school week per subject, Geography etc., and let them be inspired by choosing what they like.

More Practical, like helping build something, screws to be drilled, painting etc. they are proud to do. After a while they know what they like the best.

Teach, Test, Trust; they learn very fast and love to be independent. Use a mover, small tractor etc., and from age 9 they can start steering a car.

Screen watching max 1-2 hours a day. TV shows a lot which can damage for life.

All children to be taught by the parents, without disturbing their beliefs and confidence, which are fragile and easily affected the first years.

Teenagers are going through big changes, which the parents have to educate them about and support them in this challenging phase of their lives. When socializing, their strong beliefs and confidence will resist bad temptations.

Let them get their own living quarter, work and wages to be self-sufficient.

"The children are well balanced, filled with good humor, friendships and politeness. After a while, the oldest teach the younger and they choose the subjects they like the best to study"

9.) NEW LIFESTYLE – BE FREE

To be free is what we all are longing for. You have taken the necessary 8 steps from New Belief to a New Garden. The main work is done – to realize your Dream!

To practice freedom, you have to close the door to all unimportant things, live simple and open your heart to gratefulness and harmony to all creations.

The Media's main purpose is to burden you with negativity and violence and to spread fear. By detaching from the "news" you will very likely feel more free. Why bother to follow the news, when all you can do is to be an example on the opposite. "Let they have the watches, you have the time!"

Now it's time to look inside. Your own feelings and your own Heart. Learn to know and love yourself and all creations. Your beliefs and feelings are the keys to Enjoy Life and change the world. Forgive whenever necessary, create a harmonious, kind and respectful attitude towards everyone. Be a neutral observer, not critical. Let a positive attitude be your companion. And be filled with love and light.

You need to create your own little world, With happiness and joy. Dancing and singing give an uplift. Experience what you love is the only blessing you never get tired of.



Your garden you will love more and more. A peaceful, beautiful oasis. Your world and life are beautiful the way you made it, blessed by God!

Living thrifty the economy will come together with exchanging service and goods etc. The children will learn to be happy with less and saving resources. You are on the right track!

"Living in our hearts, back to basic as a happy example for others, we love to tell more to those who are interested. To enlighten each other become a joy."

True Liberation – Accept the Present - The NOW



The thinking of most of us is repetitive, judging, and painful from past and future. Causing a serious leakage of vital energy and illness.

The good news is that just by deep breathing, you can free yourself from this tormentor in your head. And start accepting to stay in the **Present**. The **Now** AS IT IS! Make the present your best friend and ally. This will miraculously make you happy and relaxed.

Later you will find that whatever happened usually was for **Your Best!**

Recommended books to Enjoy life:

Eckhart Tolle in his book “The Power of Now” tells you in details how to achieve better health in body and soul, be happy with your partner etc.

Neale Donald Walsch in his many books, has guided thousands of people to happiness, by explaining our Friendship with God.

The Power of the Heart is a fantastic book by Baptist de Pape.

Build your own “Space of Love”



Find a place you Love

Min. Size 3000 m² w/ trees and soil
Water min. 5 L/m² garden/day
Orientated towards South, East, West
Protected from North, hill or trees



Build a small house

Size 50 m² for four people + terrace
Insulation and double glass, wood oven heating
Build yourself a home in about 3 months
Material cost approx. 30 000€



Create your garden

Min. Size 300 m² for four people
Plant what you shall live from
Everything organic and biodynamic
Make a large orchard with fruit trees
Feel the joy and power of the earth.
Live happy and healthy longer

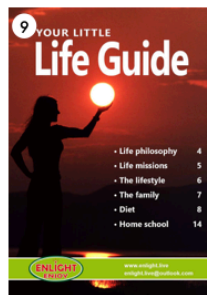
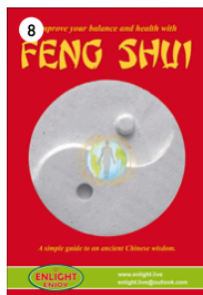
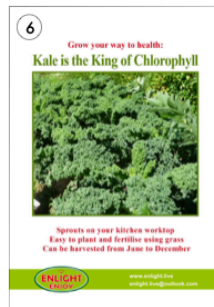
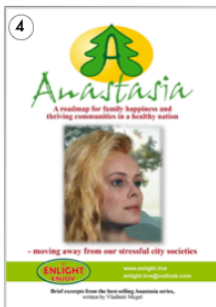
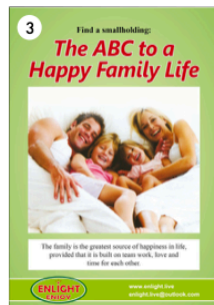
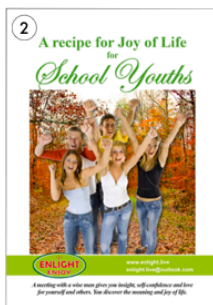


See an example

Home school and garden work
Freedom from lots of driving
A vegetarian, holistic family
Loving Gods fantastic creation
Everyone is Free and Happy



Booklets Easy to Read



Prayer



Dear Life, I love you!

*Thank you, dear Life, in my Soul in my Heart!
Thank you, dear Body, and all my Cells
for keeping our
Body Healthy and Self-healing!*

I make my Destiny by:

*Giving myself Healthy Food, and Enjoy Life in Peace
And Love, Kindness and Gratefulness to my Family
and all the Creations.*

To be a living Example for Love and Freedom

Amen