



## Of real gifts and cheating packages - some personal thoughts on the Christmas season

You can show people that you value and love them on any day of the year. However, the Christmas season is an opportunity to remember with gratitude those who - without expecting anything in return - have given you gifts during the past year and thereby shown you their empathy, sympathy or affection. This concerns not only people who are close to you, but also strangers. And it is not only about material values. When you give a person a smile, it can brighten their day. When you give a person attention, they feel noticed. When you give a person trust, it shows them your special appreciation. When you give a person your time, it can help them on many levels.

Really given as a present? Some companies want us to believe that they are particularly social and "give" us digital gifts. But be aware that you are not receiving a gift, but paying dearly for it:

- Some apps seem convenient, but make you believe that you don't have certain skills. Or they ensure that these skills will not improve by practicing.
- Your email address, your cell phone number and the disclosure of your interests and habits are valuable assets that these companies can use in the future to personally offer you their own goods and services or even share your data with other companies.
- Also be aware that every "given" app on your your smartphone further promotes a technology that interferes with the natural electromagnetic frequencies that have been with us since time immemorial and that we desperately need [1], [2]. A technology that destroys our nature, our health, and our privacy, exploits people who have to extract the raw materials needed for smartphones from the earth, and a technology which now makes it unbearable for many electro sensitive people to be in public. Renate Haidlauf's recently published book (in German) on this topic is a very informative gift tip. More about the book in my interview [3] with the author.

Which gifts are really valuable? Aren't they the ones that enable someone else to find out and satisfy their true needs themselves? For me, "clarity & truth" have been the most important gifts given to me over the past year by the people/researchers/institutions and media who have researched comprehensive and diverse information and provided it for further discussion and evaluation. These have enabled me to see through the fog of the common narrative of politicians and mainstream media, generated by obfuscation, omission of facts and censorship of other opinions. Using common sense and my professional therapeutic background knowledge, I was then able to filter out the closest to the truth version of what was happening on the outside.

I have forwarded this possibly for some life-saving essence to you personally or in my monthly blogs. For their valuable work, I am very grateful to, among others, Doctors for Education ([www.aerzte-fuer-aufklaerung.de](http://www.aerzte-fuer-aufklaerung.de)), Doctors and Scientists for Health, Freedom and Democracy ([www.mwghd.org](http://www.mwghd.org)), the internationally active institution World Council for Health ([www.worldcouncilforhealth.org](http://www.worldcouncilforhealth.org)), the media transition tv (<https://transition-tv.ch/>), Auf1 ([www.auf1.tv](http://www.auf1.tv)) and rubikon news (<https://www.rubikon.news/>). Each of these institutions finances its work through donations. You can find the accounts on the respective websites.

In your private environment, too, the people who don't constantly tell you what you want to hear and don't withhold important things are heaven-sent. Good friends hold a mirror in front of your eyes when necessary and are able to tell you even unpleasant truths. Because they pay attention lovingly, respectfully and considerately to the "packaging" and the right time and do not leave you alone with what has been said afterwards. Show them your appreciation, because they are the ones who help you improving in your personal development. If you are the one who has given clarity/truth to others in the way just described and someone turns away afterwards and possibly even breaks off contact with you, don't take it personally. Possibly this person is simply (still) too immature or too cowardly to confront truth and (still) vibrates on another level.

Only those who have can give. Some people always think first of the partner, the children, the parents and and and...and neglect to give themselves a gift. Give themselves the time they dedicate only to themselves. Time for leisure, time for hobbies and time for taking care of their own health. Replenish your own resources regularly and treat yourself to something nice once in a while. It is anything but selfish to fulfill a material wish for yourself.

Realize that you are valuable to your loved ones simply because you exist only once in this world. Do not measure your own "value" according to what you accomplish in order to have material things and to be able to give to others. Material things are transient. What always remains is the memory of what you are: a unique soul, a gift from God.

**I wish you a harmonious Christmas season, rich in clarity, truth and "personal" gifts.**

[1] <https://erkenne-was-du-bist.de/luft-wasser-raum-die-existenzielle-bedeutung-der-elektromagnetischen-stimme-der-natur>

[2] <https://5d-movement.com/userblog/ein-weckruf/>

[3] [https://www.dropbox.com/s/ly71547c7d85i54/Die\\_unerlaubte\\_Krankheit.pdf?dl=0](https://www.dropbox.com/s/ly71547c7d85i54/Die_unerlaubte_Krankheit.pdf?dl=0)

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