

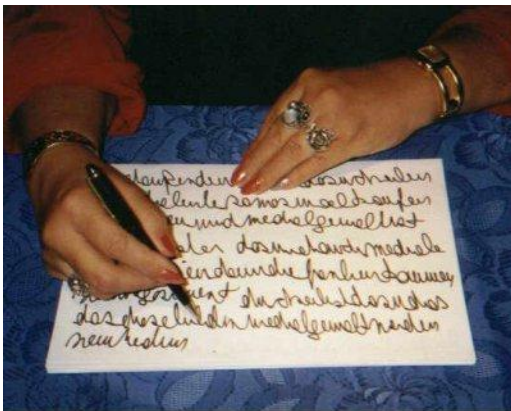
# International Metaphysical Academy

Medium Manuela – North American Division

## Secrets from the Universe

### Spiritual Newsletter

April 2010, Volume 1, Issue 1



The medial writing from the Beyond

### This Issue's Highlights:

*Message from Manuela....Page 2*

*Messages from Theobald....*

*Pages 4,5,8,14,15,18*

*Protecting Yourself from*

*Negative Energies....Page 6*

*Indigo/Crystal Update....Page 10*

*Our Heroes....Page 12*

*Physical and Spiritual Energy....Page 16*

*What is the International*

*Metaphysical Academy?....Page 17*

*Subscription Information....Page 18*

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## 2010: The Year of Energy



When I was in Austria visiting the International Metaphysical Academy this past August, I was fortunate enough to have a wonderful, personal session with the Medium Manuela. In it, our spirit teacher Theobald (Th.) referred to this year, 2010, as the "Year of Energy". He told me this specifically because I asked when might be a good time to have a baby. He said this was the year to do it.

Energy has been a theme in his letters ever since. You'll see in this issue that we've included his message from Christmas as well as a piece on current world affairs. There is also an excellent letter on Energetic Protection that everyone should read and be aware of. The negative, as Th. says, never sleeps and this year they will be awake with new vigor. Better for all of us to be aware and to be vigilant.

Having said that, though, this is also the year for wonderful new beginnings and with this increased energy from the Beyond, there are endless energetic possibilities for creativity in our lives.

So, this is your chance - in case you were waiting for something magical to happen so you'd have an excuse. It's the **Year of Energy** – go for it!

We hope you enjoy this first issue and we value your feedback. Let us know what you think!

- Rev. Jamee Smith, B.Msc, CMI, Editor  
[jamee@metaphysicalacademy.com](mailto:jamee@metaphysicalacademy.com)



**International Metaphysical Academy  
Medium Manuela –  
North American Division**

Join the 2010-2011 Academy!

**Study:**

- Contact to the Beyond
- Spiritual Knowledge and Realizations as our Foundation for the Future
- Secrets of Life and the Universe
- Consciousness Expansion and its Application in Everyday Life
- The Purpose of Faith
- Basic Knowledge about Death and the Transition Process
- The 8 Levels of Consciousness
- The Connection between Karma, Fate, Accidents and Free Will
- Spirit and Soul Difference
- Spirit Possessions and Spirit Releasement Practices
- God the Almighty
- Enlightenment and Soul Advancement

**2010-2011 Schedule:**

Bi-monthly Saturday meetings in  
Victoria BC:

October, December 2010

February, April, June and August 2011

10:00 a.m. to 5:00 p.m.

\$1800.00 per person

\$1500.00 early bird rate

(until September 1, 2010)

For more information visit:

<http://www.metaphysicalacademy.com/node/13>



## A Message from Medium Manuela



Welcome to my spiritual friends from Canada and the USA!

Now the end of times has arrived.

According to the Beyond, the Earth will exist for another 500 years.

During this time there are people who are appointed (by God) to lead those humans whose higher spiritual consciousness is not yet further developed.

Those people are the Mediums. They are all over the world, however, there are few that match my quality.

Today, mankind is steering towards the abyss and more and more spiritual guidance (from the Beyond) is being transmitted.

The Universe, God, has given all of us opportunities to still fulfill and recognize our task (and true purpose of our existence) here on Earth.

Recognition means knowing that we are not born to shovel and hoard material goods and then go into our grave while our task is incomplete and our purpose unfulfilled. Man needs to further and advance him or herself by reaching spiritual knowledge and insight.

For example, it is my task to make myself available as a human to be a medium so that the Beyond can transmit messages through me to you.

Continued on the next page



### Asking Theobald Questions

It is important to pose questions directly to Theobald in the Beyond. Dr. Anneli Driessen or another qualified translator will translate the question(s) into German. Answers are transmitted by Theobald through the Medium Manuela and returned to the questioner in English.

#### Questions are treated confidentially.

Prepare a very brief summary of your situation. Think your questions through prior to asking. Be clear about what you really want to know. The more precise your questions, the more exact the answers. Keep them simple and to the point. Only questions about the person asking will be answered. Retain your questions and answers for future reference.

Ask any question relating to your personal/professional life or of general interest. If the question interferes with your learning process, we will not receive an answer (i.e.; when you will die). Theobald is not a fortuneteller and is not for Spiritual entertainment. This is a Spiritual Contact of the highest quality.

The medium and translator must be compensated for their time. No realistic price can be attached to the enormous value of this information therefore Theobald has set the current fees: One to fifteen questions: \$250 CAD/US. Payment is required prior. Answers are given during a scheduled telephone meeting with the translator.

For more information email:

[anneli@metaphysicalacademy.com](mailto:anneli@metaphysicalacademy.com)

### A Message from Medium Manuela, Cont.



I take my task very seriously because this is my (primary) life's task.

The contact to the Beyond was not initiated by myself. The Beyond contacted me already in early childhood and told me through various spirits that I would have a most important assignment.

Since then I have been receiving message after message from the Beyond pointing to the end of times. That time is now picking up pace and mankind is called upon to acquire this most important knowledge so their souls can move forward.

The physical body has a limited lifespan; the soul and spirit live forever. And only those with divine realization will be able to pursue this tender, sensitive and ethereal path uninterruptedly.

It is possible to gain this recognition and metaphysical, spiritual knowledge already on earth by recognizing life's true purpose and making a decision to take this spiritual path.

The Beyond has already provided this information for over 30 years. This information is now being released to give the humans of this end of time the (necessary) knowledge to reach a higher consciousness more rapidly.

This knowledge is available through our Academy, which, in addition, gives the individual strength and assistance in everyday life.

I wish from all my heart that you will again gain your own knowledge and insights and that you will find your true (spiritual) purpose in your life.

Medium Manuela

Translated by Anneli Driessen PhD, PhD, MCC October 19, 2009



### Something to Celebrate!

Jameshia Dorsey: Graduating High School on June 15, 2010, Cabrillo High School, Long Beach, California.

Anysa Flores: Graduating High School on June 15, 2010, Cabrillo High School, Long Beach, California.

Happy Mother's Day to all our beloved mothers. We are grateful for all you do!!

Happy Father's Day to all our fathers who have given us so much!

Do you have a recent accomplishment, birth, graduation, marriage or other milestone event to announce?

Would you like to honor the life of a friend or family member who has crossed over to the Beyond?

Email us by June 1, 2010 so we can include your special announcement as our gift to you in our July 2010 issue: [jamee@metaphysicalacademy.com](mailto:jamee@metaphysicalacademy.com)

## Theobald's Christmas Message 05.12.2009

Time is approaching more quickly now where the spiritual turn (to the Positive) in the World will have reached 50 percent.

*This is going to occur in 2012.*

*Higher consciousness will set in (worldwide) and set in motion the change from the Negative to the Positive. Just as God has (agonized over and) struggled for the grace of the human Souls, he will have reached, at that time, the 50 percent of Souls that are stable and rock-solid.*

*Even though there had been a higher percentage of positive victory reached for God previously, the stability was not yet possible due to the many tests of mankind. God wants each single percent of a Soul's commitment completely (without compromise). Without the necessary passed tests the (precise) percentage of stability is not possible.*

*When this 50 percent of stability has been reached, the Negative has no more chance to get those Souls back. And this will finally be the case in 2012 which is, in part, also the reason the Mayan Calendar ends there.*

*However, until then I need to tell you that there is still much to fend off.*

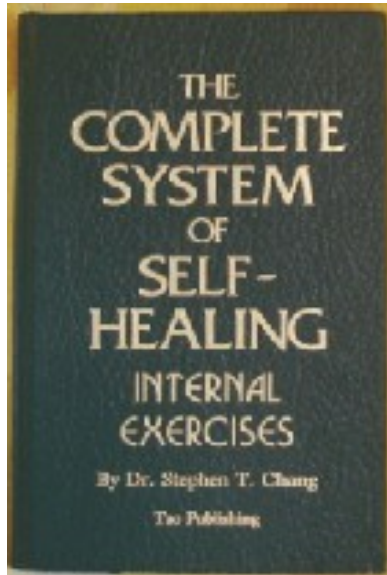
*Be strong! The Negative is now on its way, intensified. I can tell you it will come through energy this time. Thoughts are energy and through thoughts energy is tapped each time. During the coming year you all will need much strength and energy to keep your thinking positive and to (successfully) fend off those thoughts that are transmitted to you by the Negative.*

*Negative influences will be extraordinary. Therefore be on guard and do everything you know for your energy.*

*That's why there are people among you now that have been sent to you to help you to make it through this time with (spiritual) aids: aids that help you to remove spiritual implants, de-ode (and detach) negative energy with Illusa oil, or utilizing the energy pictures that have been channeled to you through inspiration by the White Brotherhood, for example.*

*I am there for you as well. I give you the strength for everything.*

Translated by Anneli Driessen PhD, PhD, MCC, December 10, 2009



### Book Recommendation

*The Complete System of Self Healing*  
By Dr. Stephen T. Chang

“Taoist philosophy maintains that our relationship to the life-force has everything to do with our health and well-being. This book presents non-strenuous internal exercises designed to energize the entire body, balance the energy level, promote effective functioning of the internal organs and dissolve stress and tension. These exercises have been performed for several thousand years in China for the healing of specific organs and glands as well as relieving common health complaints.” – Red Wing Books



## Letter from Theobald Concerning World Affairs 27.12.2009

### *World Affairs as of the Beginning of the Year 2010*

*The global economy is crashing down relentlessly. This entire system consists of lies and deceit, manipulation and control over the Earth.*

*America and Europe are influencing the economy.*

*(However) while financially the times will get more and more difficult, spiritually they elevate to the positive.*

*Times are too fast now and therefore they expedite the unstoppable collapse.*

*In 2012 the World has reached its turning point and place.*

*Therefore, it is important that all humans stick together (as one community) and let go of egotism. Personal supplies and acquisitions should no longer be seen as personal property alone but as property owned by everyone.*

*As long as anyone feels he or she owns anything alone they have no (spiritual) recognition and insight.*

*Solidarity (and true team spirit) means interconnectedness and cooperation and not focus on personal purchases and possessions that are needless and dispensable.*

*By 2012 there will be a massive collision of powers that never existed before in history.*

*Therefore it is important to protect yourself with all available aids and means until that time.*

*The most important thing and the most important realization now is to live within gratitude so that you can enter into a vibration that allows your energy body to ascend through which you become a co-creator of the New World.*

Translated by Anneli Driessen PhD, PhD, MCC January 8, 2010



### Protect Against Energy Attacks By Dr. Anneli Driessen

1. Use the God Light Technique or similar protection techniques twice daily.
2. Maintain balance in all areas of life and a positive attitude.
3. Get professional help, if needed, to effectively release any negative thinking habits, emotional blocks, spiritual implants and/or spirit possessions.
4. Abstain from or minimize the use of drugs and alcohol.
5. Use the God Light Technique or similar protective techniques, particularly when exposed to negative environments, situations or people.
6. Use the God Light Technique before and after surgery and during hospitalization.
7. Help deceased ones during funerals or accident sites.
8. Pray, think and send positive thoughts and wishes and ask for spiritual guidance and help.
9. Have Faith in God's Divine Plan and Order.
10. Commit to live in accordance with God's Laws of Nature and all universal laws.



### Protecting Yourself from Negative Energies

By Dr. Anneli Driessen, PhD, PhD, MCC, Msc.D

Founder and President of the International Metaphysical Academy – Medium Manuela – North American Division



Thousands of innocent and unaware people worldwide are reporting being the targets of unexplainable dark forces and negative energy. To date, few therapists, coaches and psychiatrists are aware or know how to help the victims. Traditional medicine often contributes to the problem, adding to the distress and confusion.

#### The following are symptoms most common in spiritual attacks:

1. Sudden fatigue, depletion of energy for no apparent reason
2. Ongoing and repetitious streaks of bad luck, which don't end
3. Several deaths in the same family during a brief period of time
4. Increasing discord in primary relationship, family or workplace
5. Unexplainable noises or sounds in one's home that don't stop
6. The experience of people turning negative in your presence
7. Depression, negative thinking
8. Being surrounded by sudden coldness, even in a warm room
9. Giving continually and but getting nothing positive in return
10. Unexplainable aches and pains in different parts of your body

The conviction that spirits influence or possess people is based on the assumption that life continues after death. So-called Earthbound Spirits are simply those who did not make the natural transition to higher planes of existence and may need our help to get there. We can deny these disincarnates access to us by keeping our own energy fields/auras vibrating at a rapid, higher frequency.

Fortunately there is a lot we can do to prevent spirits from entering our energy field. The key is to keep our aura "strong" by using the *God Light Technique*. Ideally, we should use it routinely twice a day, before we get out of bed in the morning and before we go to bed at night. The more we use it, the more resilience we will have and the stronger our aura. It takes only a few seconds and can be done anywhere.

Continued on the next page



### How to protect your Home from Spirits and Negativity By Dr. Anneli Driessen

1. Do **not invite spirits into your home!** Arranging for séances, using the Ouija Board or doing automatic writing can easily create potential disasters that may definitely outweigh any possible benefits.
2. **Avoid** using drugs or drinking alcohol in your home excessively.
3. Surround your home **daily** with White God Light . Imagine each room filled with this light. It takes less than a minute.
4. **Firmly** tell spirits to leave.
5. **Ask mentally for protection** from higher light beings such as Jesus, Spirit Guides, Your Guardian Angel, or God directly.
6. Be strict about your own **“Emotional Hygiene”!** Keep your home happy and filled with love and contentment. Negative spirits feed on the energy from fights negative thinking, negative people or any other discord.

### Energetic Attacks, Cont.



#### The God Light Technique

*Use your creativity. Imagine opening the crown of your head allowing bright light from high up to flow through you, filling you from your head through each part of your body. Once you are filled with light it will then form a strong radiant wall of white God Light surrounding and protecting you from negativity or harm.*

Once you are familiar with this simple but powerful technique, you can use it with just a thought and you will be protected. Be assertive. You have control. Everyone has the power to do this.

The vibrations of our energy field vary constantly. They reflect our general state of being – physical, mental, emotional, and spiritual. Being upset, depressed or fearful are poisons that slow down our aura. If we are confronted with a negative situation or person: **Immediately, in our mind, we can surround ourselves with God Light.**

#### Negative Energy Created by Ourselves

It is imperative to keep our environment and ourselves positive. We can create negative energy through our own thinking, indoctrinations or emotional blocks. Not only can one become ill, but one can also hinder or delay the Soul’s development. Keeping our lives balanced is vital.

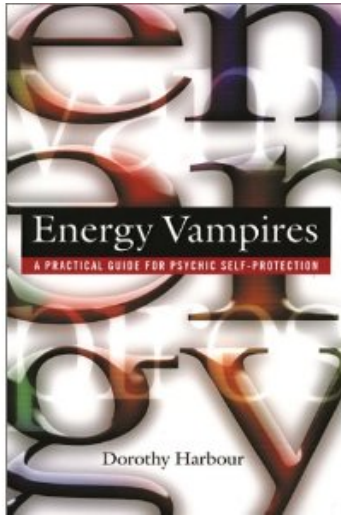
An excellent way to protect is to minimize the impact of negativity through inside or outside influences by avoiding recreational drugs and alcohol. Even getting “stoned” once can result in a possession and spiritual implants for a lifetime!

Prayers or positive loving thoughts are **very** helpful. They call upon powerful sources of the highest light beings and the part of us that is from our Creator’s energy.

The Lord’s Prayer is a potent means of protection as is the 23rd Psalm. Both raise the aura’s vibrations and attract help. Say any prayer or affirmation you prefer. It appears that it is not necessary, when dealing with spirit possession, to use a cross, holy water or religious relics but these items may be used for our own affirmation or emphasis. We need to **persuade** spirits and **firmly tell** them to leave.

If we feel that we are dealing with a dangerous demonic entity we can seek the help of a credentialed and competent hypno-therapist or spiritual therapist, with skills in Spirit Releasement Therapy.

Having spirits in our home is *not* a catastrophe but they can be irritating. Spirits are a “natural” occurrence. We **can** deal with them and solve the problem on our own.



### For Further Reading

*Energy Vampires:  
A Practical Guide for Psychic  
Self-Protection*  
By Dorothy Harbour

“How to protect yourself, your business, and the people you care about from those who prey on and consume the energy of others. Outlines the basic laws that govern the interchange of life energy. Reveals how to calculate your own energy balance and identify personal danger zones. Offers exercise programs to attain a balanced personal energy level and build an "energy immune system".

Numerous case studies--from "love vampire" to "aura protection against sexual harassment". Other helpful practices demonstrate how to cleanse our subconscious of "psycho-trash" and protect ourselves and family from energy vampires." - [Goodreads.com](http://www.goodreads.com)



## Letter from Theobald About Energy Attacks 08.12.2010

*Since the energies next year will become very poor I advised you already before to use spiritual practices as aids to make it through more easily.*

*The purpose of these spiritual aids is to clean, de-ode, recharge and protect you.*

*Those energy attacks consist of health depletion as well as assaults on humans so that the kindest person who would not hurt a fly turns into a fury. This way the negative forces are fueled with new energy while we are losing our own positive ones (energy).*

*You need to know that choleric individuals, fits of rage and anger outbursts lead to massive energy depletion and that is what the negative side is aiming for. With those (behaviors) all paths are opened to suck you like a lemon.*

*Energy depletion also occurs like this: One is happy and on a high and suddenly falls into a deep hole. One becomes skeptical and distrusting of all people and everything that is happening.*

*One can also suddenly physically collapse and not get back on one's feet. Demons can then attack and spiritual implants (can be) placed which have a horrific effect.*

*This information is intended to be a warning for you so you know how to protect yourselves. The last ones from Egypt have not arrived in vain now to assist you so you can fulfill your task.*

*This coming year, especially, the White Brotherhood will transmit to you the love and God's energy through the colors and stones of love.*

*Colors are the language of the Beyond and stones are the language of the Earth.*

*That's why you need to establish harmony between the Beyond and the Earth, which only will work through the inspiration of a Medium that transmits the colors (from the Beyond )in accord with the stones of your planet.*



### Energy Re-building Activities

What do you do to rebuild your energy when you're feeling low? Academy members say they do the following to keep their energy, and their spirits, high:

- Meditation
- Yoga
- Tai Chi
- Spending time in nature
- Playing music or an instrument
- Dancing
- Singing
- Swimming
- Cooking
- Time with friends
- Caring for animals
- Gardening
- Mini-break or short getaway
- Volunteer work
- Watching funny movies
- Spiritual study
- Spa day, massage or makeover
- Healthy/organic eating
- Reading Theobald's information
- Prayer
- Making Love

" In dealing with those who are undergoing great suffering, if you feel "burnout" setting in, if you feel demoralized and exhausted, it is best, for the sake of everyone, to withdraw and restore yourself. The point is to have a long-term perspective. "  
- Dalai Lama



The Aurora Borealis over Greenland. Photo: Johann A. Gomez

### What is Energy?

**Merriam Webster Dictionary** defines Energy as:

**1:** dynamic quality; **2:** the capacity of acting or being active; **3:** a usually positive spiritual force; **4:** vigorous exertion of *power, effort*; **5:** a fundamental entity of nature that is transferred between parts of a system in the production of physical change within the system and usually regarded as the capacity for doing work; **6:** usable power (as heat or electricity) *also* the resources for producing such power.

"We are the same as plants, as trees, as other people, as the rain that falls. We consist of that which is around us. We are the same as everything." -**Gautama Buddha**

"The energy of the mind is the essence of life." -**Aristotle**

"Bringing all your energies into harmony through the balancing of your energy centers can assist with the well being of your body. At the most basic level, this is the purpose of energy healing. . . to bring your energy centers into balance and prepare the soil (body) so that your Soul can heal and blossom. It is the health of Your Subtle Soul Energy that everything serves. This is the true purpose of the human experience!"

- **Charlsie Winston** from "Your Subtle Soul Energy"

"Matter is energy in tangible form. Any solid object that you see is made up of energy. The whole universe is nothing but energy."

- **Raja Subramaniyan**



### What are Indigos and Crystals?

The name "Indigo" is derived from observations of an indigo aura. Indigos are a next step in our evolution. They are a bridge to the next plane of human experience where spirituality is fundamental to human nature. The Indigos are aware that they are a particle of God, their Spirit-Self, which exists within all of us.

*"Indigo Children are born inside an indigo-yellowish colored aura. They are difficult to discipline and don't accept authority. It is impossible to fit these children into a normal track."*

**- Theobald**

*"Crystal Children take their life's task very seriously. They want to carry God's light into the world. Their (unique) talents are to disentangle stuck and bogged-down situations. "*

**- Theobald**

Crystals' special characteristics are their eyes which look directly into the soul. They can read thoughts. They have contact with nature-beings and the elements. Harmony is of utmost importance to them.

Indigos do not "turn into" or "evolve" into Crystals. They are separate types of highly enlightened souls that ultimately work toward the same purpose. Despite misconceptions, Indigo and Crystal Children have no unique cell structures. Their DNA is the same as that of all other humans.

## Indigo/Crystal Youth Update

By Rev. Jamee Smith, BMsc., CMI



David Tyler and Anyssa Flores

This year with the Indigos and Crystals in our pilot program after school at Cabrillo High School in Long Beach, California we have learned about the uniqueness of being Indigos and Crystals in a world that often does not understand. We have also explored what it means to be a part of the White Brotherhood of God's Light and how this membership brings further purpose to our lives.

In our most recent lesson, we learned about our Spirit Guides and did a closed-eye process to begin connecting and communicating with them. It was a lesson which prompted much discussion afterwards and via email. Ultimately some amazing individual breakthroughs were reached as the Indigos and Crystals made acquaintance with this very important figure in their lives.

Our time with two of our Indigos/Crystals has come to an end. High School graduation for seniors Jameshia Dorsey, 17, and Anyssa Flores, 17, will take place on June 15<sup>th</sup>. Jameshia and Anyssa have been two of our most enthusiastic Indigo/Crystal class attendees. They are always supportive, eager and they enjoy learning new things.

As Jameshia and Anyssa make this monumental transition into adulthood, they reflect back on their experience with the Indigo/Crystal group and what it has meant to them over the last two years:

Continued on the next page



The Beyond confirms that Pablo Picasso was an Indigo.

### Facts about Indigos and Crystals

#### Indigos:

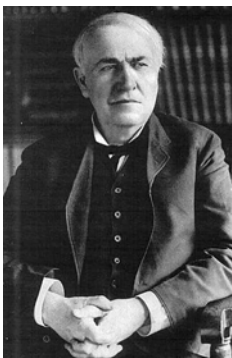
- Are highly intuitive and sensitive to their environment
- Have a high sense of self-worth
- Have difficulty with authority
- Don't like to be told what to do
- Are highly energetic

#### Crystals:

- Must have alone time (solitude) to recharge, preferably in nature
- Do not understand inhumanity, war, greed, etc.
- Feel overwhelmed by discord and negativity
- Withdraw when stressed
- Need little traditional parenting because they are gentle and wise

#### Well-known Indigos:

- Albert Einstein
- John F. Kennedy
- Demi Moore
- Frank Lloyd Wright
- Pablo Picasso
- Thomas Edison



### Indigo/Crystal Youth Cont.



**Jameshia Dorsey:** "After graduation I plan on going to college (Long Beach Community College) and then transfer to Cal Poly Pomona. The Indigo/Crystal classes to me are like a blessing. I've learned that there are many ways to keep positive and that we have a spirit guide that helps us along the way. Things that have changed in my life are patience and my outlook. I'm more patient with all of the people around

me that are not helpful or good. I don't blame them and I try really hard to accept their flaws and mine. My outlook is all about life and how I make my own decisions and that there's always a way I can be happy. Thank you, Jamee!"



**Anyssa Flores:** "After graduation I'm going to Los Angeles Harbor College. The Indigo/Crystal classes have helped me a lot. I feel more at peace. I feel more grounded, more secure. I could be a little more happy but that's just me! Thanks muchos, Jamee!!!!!"

We wish our graduating Indigos/Crystals all the best in the future and we look forward to welcoming them into our adult study group!



The future of our Indigo/Crystal Program is shifting as economic conditions in California have led to the layoff of our Indigo/Crystal and Southern California study group coordinator, Jan Johnson. Jan has helped tremendously in identifying and recruiting Indigos and Crystals in the Los Angeles area. We wish her well in her search for employment - and new Indigos and Crystals - in Waco, Texas.

As our Indigo/Crystal program is ever-evolving, we look forward to reaching new individuals all over North America.

Indigo/Crystal classes are slated to start in the next year in Seattle, WA and Victoria, BC led by Rev. Jamee Smith and Dr. Anneli Driessen.



**Volunteer Opportunities:  
Lend a Hand!**

Volunteer opportunities are available with the International Metaphysical Academy – Medium Manuela – North American Division!!!

**Office Assistance** – Individuals who have office experience and up-to-date computer skills (Victoria, BC)

**Marketing Assistance** – Individual to create, compile and organize electronic mailing lists (Victoria, BC)

**Website Management** – Individual experienced with the Dupral system (in British Columbia)

**German Translation** – Individuals who are fluent in German and English (in British Columbia or via Internet)

**Newsletter** – Individuals who enjoy writing or copy editing (in Seattle, WA or via Internet)

**Board Members** – Community professionals with solid business experience and a desire to make a difference in our organization (North America)

Get involved and reap the spiritual rewards!

Email:

[jamee@metaphysicalacademy.com](mailto:jamee@metaphysicalacademy.com)  
or [anneli@metaphysicalacademy.com](mailto:anneli@metaphysicalacademy.com)



**Our Heroes: Renee Chalmers**



One of our most dedicated volunteers for more than a decade, Renee Chalmers has helped the Academy grow from small study groups to an educational institution. Her behind-the-scenes assistance with everything from food and beverages at meetings to delivering items, coordinating décor for the BC Women’s show and the Academy opening and her hundreds of reminder phone calls has been invaluable.

Renee was born in Vancouver, BC and lived in Manitoba for a few years before returning to BC permanently. She has resided in Sidney, BC for 37 years. Before retirement she worked for 24 years as a pharmacy assistant in Sidney and Prince Rupert. Too impatient for formal education, Renee considers herself “self taught” with an education in valuable life skills.

“I was dying to get out into the working world,” she says. Her do-it-yourself attitude has led to a life of variety. Renee enjoys painting, boating, writing, photography and has a passion for gardening. She is also currently learning Spanish. She has traveled extensively to tropical places like the Caribbean and Mexico as well as European countries like the Netherlands, Belgium, France, Switzerland and Austria.

Renee is the mother of one son, three daughters, three grandsons, four granddaughters and one great granddaughter.

After so many years of dedicated volunteer service, we wanted to see what keeps this busy lady coming back to the Academy, and helping so much, year after year.

*1. How did you first hear about Theobald and his information?*

Getting my haircut at Annemarie’s. She challenges everyone with the question, “Do you believe in reincarnation?” I didn’t know but I was open-minded. She invited me to go to a public meeting with her and I met Anneli. I asked her to explain Karma to me. That was in 1999.

*2. What did you think of the information?*

I was pretty fascinated by it. I did not know that people on earth could be in touch with the Beyond. When Anneli handed us a reading list I read most of the books on the list and that filled in a lot of the information I was wondering about.

Continued on the next page



### Metaphysical Laughs

"Help from a Psychic"

*A woman visited a psychic of some local repute.*

*In a dark and gloomy room, gazing at the Tarot cards laid out before her, the Tarot reader delivered the bad news; "There is no easy way to say this so I'll just be blunt. Prepare yourself to be a widow. Your husband will die a violent and horrible death this year."*

*Visibly shaken, the woman stared at the psychic's lined face, then at the single flickering candle, then down at her hands. She took a few deep breaths to compose herself. She simply had to know. She met the Tarot reader's gaze, steadied her voice, and asked:*

*"Will I get away with it?"*



### Our Heroes: Renee Chalmers, Cont.



3. *How long have you been involved with the Academy?* Since 1999. I started with public meetings and then the study groups began.

4. *How has it changed your life?* Hugely. It's helped me to throw off some things like judgment, learning to let go of fear of death and things like forgiveness.

5. *What does it mean to have this in your life?* It means that I'm very calm and content now. I never feel alone. I'm not afraid of pain and don't suffer much. The Beyond is helping me and giving me a lovely life.

6. *How do you feel about volunteering?* I'm very much a behind the scenes kind of person. Just tell me what to do and if nobody pays attention to me I'm happy to just go do those things. I'm used to getting things ready. I don't need a list or instructions. If I see a job, I'll do it. The first Christmas party we had I spent the evening doing the dishes. I was perfectly happy to be there helping.

7. *What kind of help do you receive from the Beyond with your Academy work?* I've had lots of help from my spirit guide!

8. *Why do you keep coming back to the Academy?* The information keeps me coming back. I've hardly ever missed a meeting or study group. When I do I get the handouts and study them. I used to go to church and I loved the bible stories but I didn't like it because they used to tell me I'm a sinner. Theobald never says that! I'm also attached to the good, like-minded people. We learn from each other.

9. *What do you tell your friends about Theobald?* I've got lots of friends who are only mildly curious. Sometimes I tell close friends things and I see that it brings them comfort. I believe that the Theobald information isn't judgmental in contrast to church which is very judgmental. When Manuela visited Victoria for the International Congress in 2001, we sat across the table from each other and looked and looked, studying each other for a few moments and I felt something. I told her she could call me Renate. As we looked at each other I felt a closeness to her on a deeper, more significant level. It was very moving.

10. *Any additional thoughts?* I have a hard time explaining it but I get a lot out of the Academy. The new format is very agreeable and I've been enjoying my volunteer work with it.



### Next Issue's Theme – July 2010:

“Life After Death”

Contribute to this  
thought-provoking issue!

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Articles  
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Deadline for submissions is June 1,  
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\*Submissions are chosen by editorial staff based on  
relevance of the subject matter to the current issue's  
theme.



### Theobald: Questions, Answers and Thoughts on Energy

#### Theobald: 03.1999

A: People say: “Money is Energy”. But what can I do with that?  
How can I get to more money?

T: *One must let the energy flow, the money as well and not hold  
on to it.*

A: As you said before, mentally opening all doors and windows?

T: *Yes.*

A: Can we let energy flow through our intention alone?

T: *Yes, it only is intention.*

#### Theobald: 01.08.2008 - Thoughts

Those who think about their thoughts will discover that thoughts  
are the most powerful ability of man.

Through this power of thinking anyone can build up so much  
energy that things will be created which are bordering on  
miracles for the non-thinker.

#### Theobald: 09.04.2006

The overall task of the human, which is above the task of  
(human) life, is to keep together (and contain) God's energies.  
This means: Since each human is energy and a piece of God, it is  
therefore energy work to bring God, the Beyond and the contact  
close to them and to guide them to their roots, so they recognize  
that they cannot take any goods or possessions with them.  
There, where they will go, is everything.

Translated by Dr. Anneli Driessen PhD, PhD, MCC



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## Letter from Theobald About Energy 07.02.2008

The energy man has in order to be able to live inside the coarse-material (body) as well as inside the spiritual body is composed of both Magma and Plasma.

This means: God consists of those two substances. He obtains energy from Magma/Plasma and man, who lives from both as well, draws his energy from both God's substances as well as from the material substance on the Earth.

During nights the tank from the spiritual world is available; during days the tank from the material world.

Those who further refuel through material substances at night do not reload energy, but use it up through the digestion of food.

During the day man eats and gains from that energy, which is completed during the night through the refueling of spiritual energy. Would man be fed through physical energy alone he would turn into a zombie.

Inside the body the energies are subdivided. There is energy for stress, joy, sadness, zest for life - all kinds of activities.

They are distributed through man's biorhythm; (however) each day is not the same. (Approximately) 30% of the month has high-revving energies and 70% has declining ones.

Man has to track down, during his own personal development and learning process, where his or her energy blocks are. The flow of energy only operates according to the principle of exchange. What one takes away one needs to replace.

The largest part of human energy is needed for the exchange with other humans. Therefore, one cannot rule out that we will also meet individuals which we give energy to, individuals who don't make an exchange and don't want to make one, but only consume.

Therefore, set boundaries. Most people spend a lot of energy to fall into a hole and to climb out of it again. Sometimes they spend years in such a hole, climb out and fall back into it right away. This all depletes man of a lot of energy. That's why one should manage one's energy more consciously.

Translated by Anneli Driessen, PhD, February 26, 2008



## Universal Energy

*In yoga, there is an understanding:*

*“Pranayama is derived from two Sanskrit words - *prana* (life) and *ayama* (control). *Pranayama* is therefore life control and not "breath control." The broadest meaning of the word *prana* is force of energy. In this sense, the universe is filled with *prana*; all creation is a manifestation of force, a play of force. Everything that was, is, or shall be, is nothing but the different modes of expression of the universal force. The universal *prana* is thus the Para-Prakiti (pure Nature), immanent energy or force which is derived from the infinite Spirit, and which permeates and sustains the universe.”*

**Paramahansa Yogananda**  
(1893 - 1952)



## Access Spiritual Energy Through Physical Energy

By Rev. Jamee Smith, BMsc, CMI



I recently read a debate on a social networking site through a yoga page I subscribe to. The controversy was whether yoga was a physical or spiritual practice. There was much heated discourse, especially from individuals with deeply held religious beliefs. They preferred to keep their yoga and their religion as separate as possible.

I thought this odd. One of the first times I ever did Ashtanga yoga I felt what I describe as a sense of “oneness” with a higher power. It came, I theorize, from challenging my body’s muscular boundaries, focusing its energy and quieting my mind by making it think about holding a pose instead of any of the million other things it likes to obsess over. In that quiet “busyness” I felt a peaceful centeredness. It was only a brief moment but it has stayed with me. That interconnectedness of the physical and the spiritual became the core of my yoga practice.

So what’s the harm in combining these two things? Is religion, which, in theory, should be based on a spiritual belief system, so weak that a measly human exercise can shake its foundations and send its members running off to worship some Yoga guru? There are some well-respected yogis to be sure but I, for one, won’t be sitting at any of their feet. I humbly sit only at God’s feet. Yoga is a time, a few moments in the day, when I get to do that in *my* way – with peace, love and centeredness.

Why can’t the generation of physical energy contribute to the generation of spiritual energy? Muslim whirling dervishes spin themselves into a dizzying spiritual ecstasy in order to reach higher levels of awareness and bring themselves closer to the divine. Why can’t a physical practice that creates heat in the body also create heat in the soul?

Some days, I’m a ball of fire. Others, I’m as drained as a dead battery. But every day I want to tap into the energy of the divine. I do that in many ways – talking with my Spirit Guide, being in nature, listening to music. But the most profound way I reach out to God is through my yoga practice. Even when I’m spent, there’s still a yoga pose I can do to balance and re-energize, to connect me with God’s white light and bring me back to the incredible energetic roots of the Universe.



### What We Teach

*"The future is the science about the Universe. God's teachings are not religious. They are meant to be used for the future of man. This future is spiritual and its leadership comes from God and his helpers. In today's times it has become necessary to lead the people of tomorrow through correct teachings into the Spiritual World so that eternal life will be open to all."*

**- Theobald**

Academy Lesson topics include: Spirit Phenomena, Mediums, God and Life in the Universe, Man as Body/Soul/Spirit entity, Instrumental Trans-Communication, New Aspects of Medicine, Health, Consciousness, Spiritual Leadership, General Global Concerns (World Peace, Environment, etc.), Near-Death Experiences, the Dying process, Karma and Reincarnation.

We share and compare spiritual information from well-known, credible scholars, philosophers and scientists. We also reference spiritual information from the Beyond provided by the entity "Theobald", a Universal God Teacher, channeled through his exclusive medium Manuela.

Our International Metaphysical Academy provides a safe, supportive educational environment without dogma, doctrine or rituals. Study texts include everything from ancient scriptures, current publications and scientific reports to medially transmitted information.



The International Metaphysical Academy North American Division, Victoria B.C., Canada

### About the International Metaphysical Academy

The Metaphysical Academy supports anyone who is genuinely searching for truth. It is committed to ethical principles and based on the belief in one God, one overall spiritual power or intelligence.

We are a fast-growing, non-denominational Metaphysical Academy offering cutting-edge metaphysical education and universal knowledge world-wide.

We offer mentoring, counseling and coaching services, customized workshops, keynotes and private study opportunities. We also provide education for parents and teachers of specially gifted children, such as Indigos and Crystals. We also work with Indigo and Crystal youth themselves.

The International Metaphysical Academy originated in 1995 in Victoria, BC, and is the North American Division of the "Internationale Metaphysische Akademie – Medium Manuela", headquartered in Laxenburg, Austria.

Our goals are to support, educate and facilitate the personal and spiritual advancement of all individuals who sincerely seek knowledge, inner contentment and meaning. We encourage individual thinking and accountability and we assist people in applying the acquired knowledge to real life issues. One of our goals is to strengthen one's ability to discern between spiritual hype and valuable information. Our work is not based on fortune-telling, sensationalism or currently popular spirit entertainment. It is grounded in universal knowledge with hands-on application to everyday challenges.

We hold public lectures, seminars, individual spiritual coaching and a practical step-by-step Metaphysical Academy program which gives insight into much-needed knowledge of the understanding of life, our role on this planet and in the Universe.



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## Why Pay for Spiritual Information?

### Theobald – Letter from 17.09.1989

*It is time to explain why I am there and why I have this privilege; in addition, how and where mediums are selected and what a medium is for.*

*All through the history of mankind there have been mediums and contact Spirits in the Beyond. In this century especially it is important and necessary that the truth be revealed. Whether or not the medium is indeed a highly qualified transmitter, finally depends on the life of the medium as well. Therefore, the final decision (about the qualification of each medium) will be made by the Beyond during his or her lifetime.*

*A medium may not be burdened with unnecessary worries and may only have suitable partners who will fully accept this activity. The medium must be in a position to help others while being free of worries and distress. This also includes financial matters, which are important on this Earth. Therefore, I also finally want to explain in this letter something about the financial discussions. Why should one not ask for money? Money is part of this life like everything else. In former years one would barter; today it is simply money. Money is only dirty when it is used for wheeling and dealing, showing off, arrogance and for unnecessary luxury.*

*Therefore a medium is permitted to take money by being reimbursed for her actual time, so that she or he can maintain a life standard, and thus can help even more people. No mortal can (in reality) pay for the messages. It is equally true that no mortal can be helped when the medium suffers in poverty. Mediums, who don't charge even though they worry about their livelihood, make the same mistake as those who want too much. It is not a privilege to play being the benefactor; one must do it also without words.*

*The medium must be in a position to decide for him or herself when to make a contact. It usually also senses it through a signal from us. It is not good to pressure a medium, since it is possible that then the contact is insufficient and only a few messages will come through. It is important that there is a good atmosphere. With negative vibrations the medium will only with be able to keep up the contact with great difficulty. It will lose its own energies involuntarily and will then need to draw energies from its environment. The loss of energy can be so severe that it can lead to a collapse of the psyche.*

Translated and by Anneli Driessen, July 16, 2004