

A HEALTHY LIFE IS A BETTER LIFE

The New Way for Bright Youngsters / Bertram Eljon Holubek, Koeln / V.4E / www.beljon.de

Nervous? Under Pressure? Sickly? Young guys often want to live better lives, but that ain't so easy. This leaflet explains how to acquire true divine wisdom for everyday life; to win a longer and better life, according to the best teachings of the Universal Truth Religion (UTR) and to Nordic traditions.

1. Get up early. Occasionally go out into fresh air during the day. This brings luck.

Sometimes it's just not possible to sit quietly, since you don't feel well or lose concentration. If you take the time in the mornings to walk or jog or ride a bicycle, then you fuel up yourself with oxygen. We already read in the Edda: »*While sitting on banks, nobody so far did do deeds of valour.*« People who are too lazy, sleep too much or too hot or at the wrong time, get more into problems instead of winning the luck of the day. In cars, air-conditioned rooms or on travels, there is a deficit of energy.

2. Always eat and dress healthily. Then you will grow up to be good, fit, pretty & big.

The Celtic ate eggs but not chicken. As an *ovo-lacto-pescetarian* you are living healthily. Preferable to warm dishes are fresh ones like apples, carrots, red vegetables, salads, onions. Raw nutrition may have richer ingredients but is harder to digest. Fats and meats burden the immune system. Nuts and smoked fish provide better fats. Warnings before eggs and salt lack a good cause. Sweetened milk well provides energy, dextrose is best here. Healthy udders tolerate a higher blood pressure. In the evenings, fasting sets free helpful hormones. Comfortable shoes and cotton clothing make you glad.

3. Better quit smoking and boozing. Also medical drugs may have bad effects.

In some Germanic regions the import of wine was forbidden, for health reasons. It is bad how much Christianity praises wine. Adolescents should better not consume any alcohol. Drugs can make you weak, intoxication often changes your reality to the worse. You should not get accustomed to coffee or tea. Medical drugs may help or do damage. The placebo-effect shows the power that will and imagination have over reality. The Congeras manipulate tests. It is typical that evil pesters you here or there, to never let you get fully well. Instead of fighting diseases, firstly strengthen your health.

4. Culture instead of consumption helps to keep to resolves and strengthens you.

It is much easier for those who don't watch TV a lot and avoid malware or ads to live healthy lives. Any young human should learn how to play a musical instrument, and acquire knowledges. A calm life close to nature but not too isolated helps against bad ideas. Good objectives help to win energy.

5. You always need some sports and stamina training. But you should not overdo it.

Only with physical exercises nearly on a daily basis you can become a new human. Stamina sports builds up your fitness and releases tension. Fresh air does good, but too much heat and fair weather harm the Nordic human. You should not overdo competitive sports. Hits on the head lead to secret brain damage. Exotic and esoteric martial arts may bring you bad luck. If women are included at sports events, the danger diminishes that accidents may happen or that anger may arise.

6. Preferable to a lot of heating is when you warm up yourself, actively or passively.

Sticky room air and polluting smoke lead to bad health effects. The Germanic kept fit with bathing in open water. Fresh cold water provides more lifeforce. With a pullover more, with warm-water bottles and warm-up exercises, it's also well possible to endure the cold winter temperatures.

7. Pets don't belong into your house. Even cuddly animals make you loose energy.

Holding pets causes lots of unnoticed problems, like sickening germs, allergens, excrements in the house, and even disturbances of the family life. Even by way of cuddling toys you may lose energy.

8. As a quality white human, better separate from intruders and less good darklings.

The Nordic traditions always included a tradition of cool segregation, regarding less good migrants and intruders. This also affects such reds who try to push aside the blond and genetically good guys. Only noble Europids should reproduce! Lower races shall die out in peace. Darklings may do lowly

labours, but they bring up bad luck, and burden God with work, thus hindering evolution. Darklings and the dark-skinned get weakened and strengthened via cosmic links to planets of doom. A policy of resettlement shall lead unwanted migrants back to their countries of origin. Oldsters and gravely ill people should not burden much the healthy ones, but receive the chance to choose euthanasia.

9. Get active so that the people of your framework may get economically well off.

Excavations show that some Germanic holds always lived in peace, until the Romans came. A social and caring economy, within your specific framework, helps against poverty and malnutrition, crimes and greed. On the other hand; egoism, cleverness and eagerness often bring able people to the top.

10. Avoid the stupidities of the adults and turn away from their domineering ways.

Beware of the aged who try to teach you useless things or who exploit you! It is important that kids get independent early in their lives, understanding miracles and getting over older structures. Avoid outdated cultures or ideologies where puny, narrow-headed, dark people dominate! It is typical for oldsters that they wrestle with ideological issues that youngsters may swiftly discard as irrelevant.

11. Don't allow yourself to be pushed aside into a fairy-tale or phony youth-culture.

Kids often grow up today in a world of silly fairy tales. For teenagers there exist many bizarre sub-cultures. Behind this stuff are often cynical professionals who firstly want to make money. Fantasies helped when the truth wasn't yet known. Better learn nowadays things that help you with your life!

12. Maybe stay single, or wait for the partner of your life and learn how to love him.

It was common at the noble European courts that knights courted ladies for years. This helps God to finetune partners to each others. Less good humans may not procreate children, and many problems arise if they try. Many should remain single. Masturbation can help with sex, but you lose energy and link strangers. Wishes and imagination alter reality. Hallucinations make you lose energy. It can be dangerous to surrender to delusions, pressure or false feelings of wellness, especially for women.

13. Value natural beauty. Don't try to appear as more than you are or can be.

Beauty is often a sign that humans are of fine quality and healthy. The high brow and the bright hair may show natural nobility. But the elderly should see it in the mirror when their high times are over.

14. Don't let them make you stupid or bad. Discontinue traditions of demonization.

Often people become demonized, like Jews, Nazis etc. But many religions teach with full right that devils carry evil into this world and into many human heads. By way of sly tricks and mad cruelty, grey Congeras try to transform this Earth into a hell. You have to become a strong new human to understand evil. And then often a tough inner battle starts. Don't let them make you evil! If you get into psycho-real disturbances or too much troubles, then water on your head and new activities help.

15. God's secrets and the fascinating new science are not meant for all.

Miracles do exist, miracle-workers already well proved this. Even your looks can alter the nature of things! But that is too new for most oldsters. Only the new true Saviour can understand and explain this. Only selected noble humans receive access to this new wisdom, by way of superior evolution.

16. Nordic humans should redefine Germanic traditions.

Most notably the objective is to learn from the errors of the Nazi era and also to get over Darwinian nonsense. With Odin's runes a culture of sake shall enlighten our future: Towards Eden and Asgard!

17. Take action to erect a new, holy Nordic-Deutsches Reich for the sake of creation!

Mean traps often prevent the success of superior humans. The Kaiser and his Goddess shall see to it that in all the world nobles will rule who are really able, honest and good at heart. Asgard, the flying city of the Aesir, shall in some decades foster noble courage and honesty, instead of the commercial spirit. New humans value simple work too. Many evolved aliens (angels) watch us and send us help!

18. The Lady World meditation helps to keep to good ideas and to endure life well.

Our beautiful rare Earth may well be imagined as a good Lady World. We all must keep her intact, so that we may prosper. We may imagine the real good Earth Goddess who, as the white Congera of Eden, grants wisdom and eternal life. Already our belief into a better future helps it to come sooner!