

Condensed from a post on facebook in April 2020 by Adriana Koulias on Corona Virus

Viruses exist best in darkness. In our bodies where it is warm and dark and where there are "living cells" they find a suitable vehicle. Rudolf Steiner explained the reason for this, viruses belong to a long and distant past, they are not related to the sun, but rather to the moon and have connection to darkness. Hence they do not survive long out of the body and in sunlight which degrades them. They exist in cold damp places and surfaces where there is no sun and lie in wait for a host to come along and to bring them to life by coming into contact with cells.

"...viruses lack the hallmarks of other living things. They don't carry out metabolic processes, such as making the energy molecule of life, ATP, and don't have cells and the cellular machinery needed to make proteins by themselves. The only life process a virus undergoes independently is reproduction to make copies of itself, which can only happen after they have invaded the cells of another organism. Outside of their host some viruses can still survive, depending on environmental conditions, but their life span is considerably shorter. This complete reliability on a host for all their vital processes has led some scientists to deem viruses as non-living" New Scientist. <https://www.newscientist.com/question/are-viruses-alive/#ixzz61JxTei5D>

Important point: In the past when human beings connected their thoughts to nature they could still connect to the spirit because they were able to experience nature in the realm of light and sound. RS tells us that in those times "...it was not necessary to judge morally that which appeared in a stone, a plant, or an animal, either as colours in the sphere of light, or as sound in the world of tones; it was not necessary to judge these things morally, because he still possessed an echo, weak though it was, of the reality of concepts and ideas".

However he goes on to say that electricity drove out this echo. Since the time that scientists began thinking that all of nature including the human being is fundamentally a conglomeration of electrified atoms it has created a reality because it is through the electrification of atoms that we have transformed them into carriers of evil. Hence the Carbon Atom is given by science the number 666, because science tells us in the atom there are 6 Protons, 6 Neutrons & 6Electrons.

RS goes on to say: "Human thought has spun itself altogether into electricity, and this occurred not so very long ago. Today we speak of the atoms as if they were small suns, centres around which electricity accumulates; we speak of electrons. Thus we suspect electricity everywhere, when we penetrate into the world's mechanism. This is where our civilisation so closely connects itself with a definite manner of thinking. If people would not travel on electric tramcars they would NOT think that the atoms are full of electricity".

"If we now observe the connections that existed before the present age of electricity, we may say that they allowed the natural scientist of that time to imagine, at least abstractly, the spiritual in Nature. Although a tiny part of scholastic realism remained, electricity then began to affect man's nerves, expelling from them everything that tended towards the spiritual". Scientists have created a self-fulfilling prophecy by connecting the fundamental building blocks of life with electricity, and by doing so they have raised EVIL to the rank of the ruling world-divinity. But they do NOT ascribe MORALITY to these forces because they don't see them...however, spiritual science does

RS "Modern physicists have conjured and juggled about with electricity in a strange way, without the least suspicion. They imagine the atom as something electric, and through the general state of consciousness of the present time, they forget that whenever they think of an atom as an electric entity, they must ascribe a moral impulse to this atom, indeed, to every atom. At the same time, they must raise it to the rank of a moral entity. But I am not speaking correctly, for in reality, when we transform anatomy into an electron, we do NOT transform it into a moral, but into an IMMORAL entity! Electricity contains, to be sure, moral impulses, impulses of Nature, but these impulses are IMMORAL; they are instincts of EVIL which must be overcome by the higher world".

In other words, we have transformed our own atoms into Evil entities, just by thinking of them in a way that connects them with electricity. We have electrified our atoms and we have therefore created the number of the Beast: 666 = the number of the Carbon Atom. The Apocalypticist saw this very clearly. Those who have the number of the beast in our times are all human being with electrified atoms! Particularly now that electro-magnetism is all pervading & about to be moreso.

So let us look at the relationship with Covid 19. What is electricity? It is, according to RS, Fallen Light. What is magnetism? It is Fallen Sound or Chemical Ether. We said that while human beings were connected to light & sound they still felt an echo of spirit. That is because light and sound are manifestations on earth of the higher ethers which are connected to the spiritual world, to the Astral world, and lower Devachan. Electricity and Magnetism are a manifestation on earth of the lower ethers and they are connected to the 'Anti Astral World and the Anti Devachan', the realm of Lucifer and Ahriman.

What does this have to do with the Virus? There is much speculation about 5G and its effect on the human body and its connection to the immune system's ability to fight Covid 19. 5G means simply more potent electro-magnetic radiation. Let us see how it has a relationship. According to RS Electricity has a connection to the Old Moon phase of Earth Evolution while Magnetism is connected to the Old Sun phase. In other words, what is trapped in the earth in the lower ethers are the dregs of the past phases of earth evolution. They are, one might say, forces that do NOT belong on Earth.

According to RS Viruses and Bacilli too, have a connection to Old Moon phase of earth evolution and that is why scientists still don't understand them and don't really categorise them as living things that can replicate. RS tells us: "On Old Moon breathing did not exist as it does now in human beings and animals. A quite different process took the place of the breathing process on the Old Moon. We can form a picture of the earlier process when we look at something remaining over from this time: the varying warmth of animals which develop the same temperature as their surroundings.

On Old Moon there was warmth or fire breathing. The inhaling and exhaling of fire or warmth corresponded at that time to the present day inhaling and exhaling of the AIR. In the middle of the Lemurian Age the breathing process began to take on the form it has today. The spiritual process of the embedding of the Monad in the lower man finds its material reflection in breathing. Breathing signifies the inhaling of the Monad. In Hatha Yoga therefore the pupil goes through a breathing process. He regulates rhythmically what man has today as a natural process in order to bring breathing under his control" RS

Can we see a connection with Covid 19, and so many viruses that cause upper respiratory tract infections? Some in recovery have reported a terrible pain in the chest, a burning sensation. RS tells us "What today is usually NOT understood is that in the air there is something spiritual. When there was still a consciousness of this, spirit was called: AIR, WIND = Pneuma. Pneuma means a current of air and also the soul-spiritual. This terminology stems from times in which one still had a consciousness of the true connections. Let us now take the fact on the predecessor of our own Earth, (the Old Moon), certain beings had evolved beyond the stage of the human evolution of that time. These were the Luciferic beings. When one considers these beings, one must say: They did NOT live in an environment such as the Earth today. They could not breathe air, thus they could NOT take in the spirit, for the taking in of spirit corresponds to the breathing of air. They were obliged to carry out in the warmth-principle, what today takes place in the air.

We differentiate on the Earth Seven conditions of the physical. 1st Life-ether, 2nd Chemical-ether, 3rd Light-ether, 4th Warmth-ether, 5th Air, 6th Water, 7th Solid. Thus Luciferic Beings had to carry out in warmth what man today carries out in Air. Now you can understand that owing to this, these Beings who gave man his separate consciousness, his independence, are in a certain sense connected with fire.

"For this reason, when they make their appearance, it is connected with a certain craving for everything that manifests in man as heat, as fire. The craving attaches itself to man's individual warmth. So the donors of KNOWLEDGE and FREEDOM are bound up with something which seeks to incarnate in the element of warmth in man in a similar way to how this happened on the Old Moon. This is the connection between knowledge, and birth and death, illness and so on, in the world. With knowledge, birth death and illness came into the world. This was the price man paid for knowledge. We see therefore, also the connection between certain heat phenomena and illness, namely fever. This is the origin of fever. Traditions of this lingered on into the 19th Century" RS

So we see the connection of this virus with the Fallen Chemical/Sound and Light ethers, that is, the left over remnants of Old Moon. But why do these things attack human beings so readily if we are now earth beings and not moon beings? How is it that they find in human beings 'receptors'

or something that can wake them to 'life' again? Since 1840 human beings have been transforming their atoms - they have been electrifying them through the way they THINK.

We ARE what we THINK! These atoms which are the foundation of all cellular structures have been transformed by our thinking into electro-magnetic forces that no longer have a kinship to the higher ethers and through them to the spirit but are more and more connected to the lower ethers and the Luciferic and Ahrimanic powers. This kinship is what creates the right conditions for these viruses - Luciferic and Ahrimanic, to come to life in us. They find in us the conditions that are related to Old Moon evolution, and Old Sun evolution.

The Evil we have created in us by distancing ourselves from the spirit and connecting ourselves with the lower beings that have a regressive link to Old Moon and Old Sun is what, in a sense, will help us to create the "Consciousness Soul". We cannot shy away from it, but we must start to work NOW in spiritualising our Atoms, this has a definite connection to Consciousness. Survivors of Covid 19 tell us that it was unlike any other illness. We have to take a particular position in relationship to Light and to Nature! This allows us to understand what we must do to prevent and to fight this disease.

We must CHANGE THE WAY WE THINK, and in doing so we will change the way we BREATHE. (Note Covid 19 is related to pneumonia). We must begin to learn how to BREATHE IN LIGHT and how to TAKE IN SOUND, RHYTHMICALLY. We must change our relationship to LIGHT & SOUND.

"You must be clear that the presence of parasites shows that there are deeper causes at work in the patient that account for the accumulation of bacteria and that permit them to remain there. Bacilli are never really the CAUSE of the illness; they only indicate that the patient has the causes of the illness within him. Bacteriological research is important on this account, but only as a foundation for research. The actual organic causes lie in the human being himself. These organic causes with the human being are opposed by what streams toward the earth from the extra-terrestrial cosmos, surrounding the earth but NOT totally absorbed by it. It is a surplus, an "excess-sun", and "excess-light", and so on. Thus where the earth not only sprouts but begins to shine, where it contains more light than is necessary for sprouting, we find what acts most favourably in this direction." RS

What is this excess Light? This excess Sun? We learn to find it through Pneumatosophy, that is, taking in the light of the spirit, consciously. (Adriana has spoken of this in her books for over 10 years). SIMPLE EXERCISES that can have immediate effects...but must be practiced rhythmically, NOW.

1. Try to breathe in air in a controlled and rhythmical way that is warmed through and through with sun light.
 2. Take notice of this light and how it creates colours all over the world.
 3. Close your eyes and take note of the impression this light and colour makes in your souls. Note the after images and complementary colours - these are the product of excess light and excess sun in our souls. What is this excess light and sun? The light and sound of the spirit and they enter you and make an impression. The after images and complementary colours are a sign that the spirit of the sun or light and the spirit of sound have entered into you, because all sound on earth, when it enters the human soul, becomes colour.
- Light and Sound are physical vehicles for Light-ether and Chemical-ether and these manifest in your soul as Light and Colour. Notice that you experience these after images and complements in the middle region of your inner space.

Use this knowledge of the middle region and open your eyes. Begin to practise outwardly noticing that all things in the world have a relationship to these after images and the complementary colours by starting with a SEED. Place it on a piece of white paper and stare at it with open gaze, observe that by gazing into the middle, the aura of the seed becomes visible eventually. You can differentiate this light from its imprint in your souls by this means:

The seed's light will be in constant movement around the seed, the impression is seen when your eyes move to the blank part of the paper as an after image. This aura has kinship to the after image as you can see. One is the present living image; the other is the MEMORY of the living

image - that is why it is called the After Image. They are of the same quality. This is the spirit of the seed.

Understand that in such an observation you are breathing in the light of the seed hence you also see its imprint when you gaze away from it to the white paper. Doing this consciously means you are THINKING DIFFERENTLY; you are using your WILL to think consciously - observing the moment before ordinary thinking occurs, which is based on memory.

This thinking unites you with the spirit of the seed that will one day create the plant. It unites you with the spiritual potential. This spiritual potential lives in all things and it is the antidote to the evil light of electricity. It lives in other human beings as well. In order to see its spiritual potential you have to LOVE it. This is the power of the Christ in you. That is why this kind of thinking is called, Thinking with the Heart. That is also how memory or wisdom is transformed by Christ, to Love.

These exercises are so very important, right NOW. One might see here, a connection with staying indoors and not going out in the sun. Not taking in the light. Not coming together where the spiritual potential of the other can be acknowledged.

We can see the connection with 5G and the electrification of the human atom creating a perfect condition for these viruses. We see how a change of thinking, allows light to enter into the soul, consciously as a vanguard against this virus and as a counteraction. May such work, offered in love and with the deepest respect, in hopes that such a work can help us through the current crisis which is only a beginning. We need to form communities that are based on pneumatosophy, the consciousness of the spiritual potential of the other and the consciousness of the spirit in Nature. We can overcome it in the right way which leads to a new consciousness of the Mystery of Golgotha.

Quotes: https://wn.rsarchive.org/Lectures/GA177/English/RSP1993/19171014p01.html;mark=350,28,35#WN_mark

https://wn.rsarchive.org/Lectures/GA313/English/MP1991/19210413a01.html;mark399,51,58#WN_mark

(Ed. Noted from Buteyko/Steiner breathing exercises, mouth and excessive breathing shortens life. Earth's symbol is a square. Lower man has 4 bodies (physical, etheric, astral, ego), 4 DNA, 4 basic proteins, and so on... so breathing in for a count of 2 and out for a count of 2 = 4, gives 18 breaths per minute x 4 = 72 = basic heart beat rate...connection.

With regard to sound - music, relates not just to sound. It is comprised of
MELODY - related to thinking - about/connected to Truth/Betrayal/Harm;
HARMONY - related to feeling - about/connected to Malice/evil/spite;
RHYTHM - related to Will - about/related to Criticism (Murder=malice with intent)...
TAKING IN SOUND/MUSIC, rhythmically, is more important than getting the correct chord on a ukulele !!
4th component is Lyrics. (healing aspects).

4 Elements of singing - pitch, duration, timbre (tone), volume.

The 7 tones of music are related to the 7 planets, 7 colours, 7 weekdays, 7 grains, 7 metals etc. All art aspires to the condition of music. Music occupies more of the brain than language does. The world may come to an end, but love and music will endure.

On the lighter side "Yes, as a matter of fact, I do have an awesome Retirement Plan.... I plan to do my exercises and I plan to play my ukulele!")