



MARTINUS
INSTITUT

THE MARTINUS INSTITUTE

Christmas letter 2018

Merry Christmas!

In this Christmas letter, we would like to tell you what has been going on in 2018 with Martinus' cause, both at the Martinus Institute and at the course centre in Klint. Thanks to generous gifts and legacies, we have been able to carry out a comprehensive renovation of the roof and masonry of the Martinus Institute. The windows were all given a coat of paint, both inside and outside. The attic windows were given new zinc cladding as the old cladding had started to corrode. In addition, Martinus' childhood home, Moskildvad, in North Jutland was given a new thatched roof. At the course centre in Klint we are looking into the possibility of improving the facilities for course participants.





In April, we announced in *Kosmos* that 500,000 DKK had been set aside for new, creative initiatives for the dissemination of Martinus' spiritual science. There have been many good suggestions that the Idea Group is going through.

On May 5th the Martinus Institute gave a reception in connection with the release of a new book in Danish and Swedish. It was Martinus' lecture series about the eternal world picture that had been transferred from audio format to text and has now been published as *The Grand Course*. The book has been warmly received. If you are interested in the book, you can as usual view or purchase it at the Martinus Institute, at the Martinus Centre, Klint or in our webshop.

Vegetarianism and veganism are gaining ground even in Denmark, which has otherwise had a strong tradition of "cultivating" animal products. At the course centre in Klint there was in September a three-day conference on food for health in theory and practice, with food preparation in the centre's kitchen. There was also a conference on plant-based diet and health at the Martinus Institute. We were also represented with a lecture on the ideal food at San Francisco's vegetarian festival (see later in this letter).

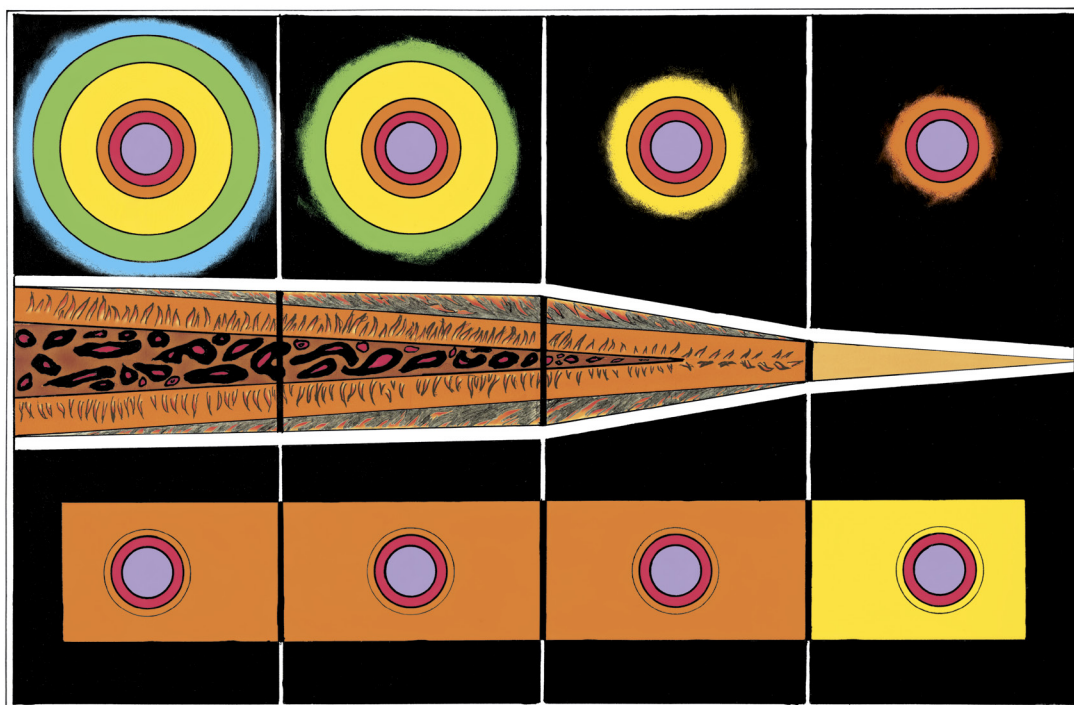
Martinus has thoroughly explained in, among others books, *The Ideal Food* and *The Eternal World Picture* why it is best for human beings to eat plant-based



Moskildvad

diets rather than animal products. In *The Eternal World Picture*, book 5, he explains this in Symbol No. 68 on “Stomach Acid, Cooking and Diet.”

“[...] We will gradually arrive at a state in which many people will start to think about purer food. Vegetarianism is growing, and many people are beginning to see that it is healthier. It is also unpleasant to kill the animals; it is better to live from plant food. Many people become vegetarians for the sake of their own health, but at some point all people will have arrived at a stage where they will not eat meat because they will no longer be able to kill the animals. When it comes to the point where one knows that it is not vital for life to eat meat, that there is enough food besides meat, and that one cannot bear to kill animals, one will become a vegetarian. [...]”



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Reg. 68

Stomach Acid, Cooking and Diet

An update on the teaching at the Martinus Centre, Klint and at the Martinus Institute

In relation to the teaching and dissemination of Martinus’ analyses, our volunteer staff in the Teaching Group are working intensively to develop new forms of dissemination, while at the same time offering the usual variety of lectures, seminars, study groups and courses.

At the Martinus Institute we have had many good lectures, and the course centre at Klint has held courses continuously throughout the year, in addition to the great summer season, which only got better and better due to this year’s

fantastic summer weather. We can look back on a very inspiring summer season with weekly themes such as “Art and science” and “What is a human being?”.

A news item this year is that the teachers have started Martinus Centre Klint Podcast, which you can find at: www.mcklint.dk/podcast/. Here you can listen to podcasts (so far only in Danish) about the history of the Martinus Centre, Klint, about the experiences of participants in the summer courses, reports on what it's like to be a volunteer at the Centre, as well as an account of Martinus' analysis of mental short-circuits. Several episodes of this new podcast from Klint will follow shortly, while our previous podcast episodes in English in the Martinus Cosmology Podcast and in the Swedish-Danish Kosmologipodden continue as before.

In the spring and the autumn we arranged two conferences on “Creativity, Art and Innovation” as well as “Plant-based Diet and Health”. In addition, there was as always a wide range of lectures, seminars and courses at the Martinus Institute and the Martinus Centre, Klint, which offered both introductions for beginners and more in-depth courses for those who are already well into the work (e.g. weekly courses in *Livets Bog*, volume 5, with in-depth studies in the main subject “The highest fire – the transformation of our sexual poles”).

The conversations on a theme at Café Klint are, as before, very popular and well-attended, and as a result, similar café conversations have now also been introduced at the Martinus Institute.

Something new for the coming year is that we are developing new forms of online education, also known as e-learning. This means that participants who take part in a course of meetings over several years at the Martinus Centre, Klint, where they immerse themselves in Martinus' work, will also have access to a learning platform with internet-based material in the form of, among other things, videos, study questions and podcasts. The course participants can thus keep in touch and immerse themselves in the work themselves between the meetings. In order to strengthen international dissemination, an entirely internet-based introductory course is also planned in English, where participants from all over the world can participate. More information about this in future newsletters and on the Martinus Institute's website.

A lecture tour to California

In September the Martinus Institute was represented at two conferences in the United States: the Science and Non-Duality Conference (SAND) 2018 in San José, October 26th, and The World Veg Festival 2018 in San Francisco the following day. Valve Zuercher-Valdespino was the initiator of the invitations. She is half Estonian and half Swiss, but spent her childhood and youth in Sweden, where she became interested in Martinus. She now lives in San Francisco. Our co-worker, Mary McGovern, met her during a lecture tour in Florida in 2016.

The theme of the SAND conference was “The Mystery of Being Human”, and one of the main themes was “sex and gender”. Mary therefore chose to lecture on *The Ongoing Evolution of Human Sexuality* – also because her translation of *Livets Bog* (*The Book of Life*), Volume 5, was published the week before the conference.

There were approximately 70-80 participants at the lecture, and some had to stand because every seat was taken. There were more than 1400 participants at the whole conference, but there were many parallel lectures that people had to choose between. Mary's lecture was well received. There was also the opportunity to go more deeply into Martinus' worldview during lengthier conversations with the participants over meals and in the breaks.

The World Veg Festival in San Francisco the following day was a festive event with doctors, researchers, dietitians, animal rights' activists, vegetarian cooks and authors of vegetarian cookbooks. Their conclusion is that the evidence shows that we should eat a whole-grain vegan diet to optimise our health and cure a number of diseases. Mary gave a lecture about the ideal food to about 80 people. Here too some of the audience had to stand. There were three parallel activities throughout the day: a lecture in the large auditorium, which could accommodate several hundreds, a lecture in a smaller auditorium and a cooking demonstration in the third. The 30 copies of *The Ideal Food* that the Institute had sent over were eagerly snapped up. The participants were of many nationalities and of diverse ethnic backgrounds – a total of over 3,300 people.



Mary also gave a presentation of Martinus' worldview to a group of five women (two from Estonia, one from Sweden, one from Holland and one from the United States) at Valve's home.

It is difficult to assess the impact of such events. Time will tell. At least some small seeds have been sown in a large country.

A new reality for the *Kosmos* magazine

Since Martinus started the magazine *Kosmos* in 1933, it has undergone many transformations in both content and format, and now we are looking forward to yet another transformation. In the past, *Kosmos* was the only means of communication and over the years it has played an invaluable role in the dissemination of Martinus Cosmology.

Today's reality is very different. With the Internet, communication now extends over a variety of platforms, and the magazine *Kosmos*, as we have known it, has lost its former importance as a main source of information and news. Now this new reality requires a new approach to the work with *Kosmos* so that it continues to have an important role to play.

The new Danish and Swedish editions of *Kosmos*

We are pleased to be able to present the new Danish and Swedish editions of the magazine *Kosmos* from the turn of the year. They will consist of several elements:

- *Kosmos* as a printed magazine in large format, published 4 times a year.
- *Kosmos* website with ongoing updates of news, articles etc.
- *Kosmos* e-newsletter.
- *Kosmos* on social media for interaction.
- *Kosmos* YouTube and podcast channels that support the articles.

What does it mean to you as a subscriber?

- You will receive 4 *Kosmos* magazines a year by mail instead of 10.
- You will be able to access the digital version of *Kosmos*, which can be read online on a PC, smartphone etc.
- You will be able to access the new *Kosmos* website with current updates, articles, interviews, films and podcasts.
- The price is unchanged at 420 DKK per year (4 issues)

What should you do to receive the new *Kosmos*?

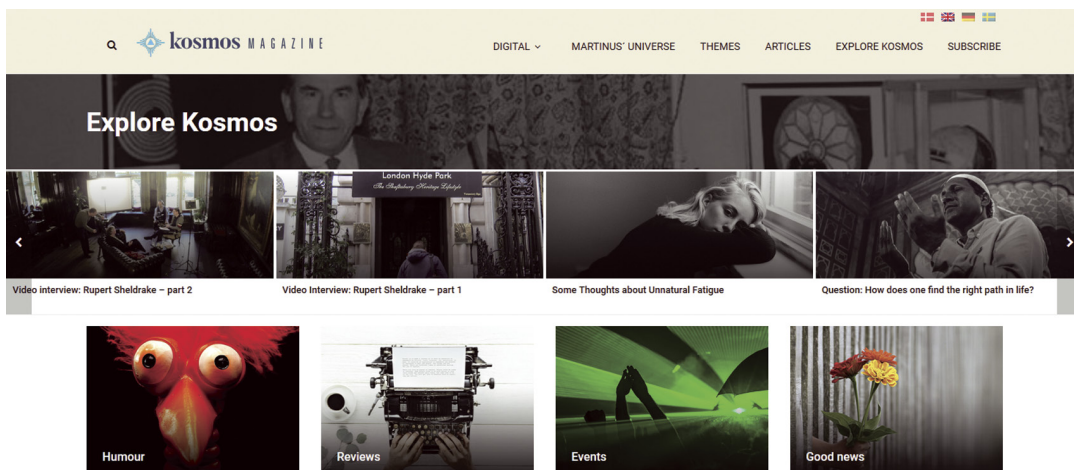
If you currently have a subscription to *Kosmos*, you don't need to do anything. The subscription system will take care of everything.

How to subscribe

The price is 420 DKK per year for 4 issues.

Smartphone: Scan the code and click on the link that appears





Computer: Visit www.kosmosmagazine.net/subscribe/

Personal service: Telephone: +45 3838 0100, Mon-Thurs. 9.00-12.00

E-mail: info@kosmosmagazine.net

We hope you all enjoy the new Danish and Swedish editions of *Kosmos*.

The English and German editions of Kosmos – new, free digital editions

The English and German editions of *Kosmos* will continue to be published four times a year but as free, digital magazines supported by a homepage: www.kosmosmagazine.net/. They will no longer be produced as paper editions. You can subscribe via the homepage.

The Spanish and Esperanto editions of Kosmos

The Spanish and Esperanto editions of *Kosmos* will continue as before as free digital magazines twice per year.

We conclude this letter with an excerpt from the Christmas greeting that Martinus wrote in the December 1948 issue of *Kosmos*.

“The Christmas Gospel is nothing other than a message, a fairy tale from real life about God’s radiant spirit, for all those who are walking in the darkness. It is the great light that shone over the world’s first epochs of creation, and later down through all ages. It lit up the creation of Egypt’s pyramids, it shone already in long-lost and forgotten times over India’s temples and pagodas, and it overshadowed the terrains of China. It sparkled with an all-embracing brilliance from the mountains of Judea, and today its heavenly light concentrates in the midst of the Western countries’ dark night of fate. In truth, its light is like ‘the lightning that emanated from the East and that shines into the West’. The Spirit of God still moves over the waters. It smiles at us in the midwinter of our Nordic domains in the concept of ‘Christmas atmosphere’, and it expresses itself as warm, cordial handshakes accompanied by the wish for a ‘Merry Christmas and a Happy New Year’, as loving greetings, letters and gifts to relatives and friends, to the poor and distressed, to the homeless and lonely. It has made it a tradition

that in the happy time of Christmas no one should go cold and hungry, no one should be homeless or abandoned. This loving Christmas atmosphere, or the warming light of this atmosphere, is the first faint glimmerings of the dawning of a new world epoch. It is the lasting 'Peace on Earth' of the Christmas gospel and the resulting goodwill toward human beings that is beginning to dawn."

With this greeting, we would like to thank all forces for good who work for Martinus' cause, our common cause.

The council of the Martinus Institute wishes everyone a very merry Christmas and a happy new year.

Willy Kuijper Trine Möller Jacob Kølle Christensen Mary McGovern
Pernilla Rosell Steuer Lennart Pasborg Jens Christian Hermansen

Thank you all for your support to the Martinus Institute

We want to take this opportunity of thanking the many people who support the Institute, either by doing voluntary work or by making a donation. This support means that we are better able to fund our activities at the Martinus Institute and at the Martinus Centre. No matter what amount you give it is important for our work. Thank you very much!

Gifts and legacies from interested parties still represent a significant part of our income and, like the voluntary work, are a prerequisite for the Martinus Institute and the Martinus Centre being able to continue operating at a high level of activity and to continue developing.

If you would like to support us you can pay the amount into the Fonden Martinus Åndsvidenskabelige Institute (which means The Foundation Martinus Institute of Spiritual Science) as follows:

Denmark: bank account 3565-0016913170

Sweden: plusgirokonto 7 40 39-9

Norway: bank account 7877.08.14714

International: IBAN: DK07 3000 0016 9131 70

BIC / SWIFT: DABADKKK

Tax deduction for gifts

The Foundation Martinus Institute of Spiritual Science has been approved pursuant to §8A of The Danish Tax Assessment Act. This means that, if you reside in Denmark, you can get a tax deduction for monetary gifts. There is, however, a maximum amount for the gift deduction of 15,900 DKK per year (2018) and 16,300 DKK per year (2019).

Husbands and wives can each have their own deductions. In order to obtain deductions, you must provide your name and cpr number (Danish personal identification number).

We report monetary gifts to the Danish tax authorities, and the deduction will automatically appear in the section in your tax return called "Gifts to associations etc."

Translated by Andrew Brown