



To the escort:

In all the times of darkness it was always about suppressing  
and dominating people and living the ego.  
The turn of the times has come and the turning point, from the ego related ME to YOU,  
to the other and his needs, has come.  
May the "Guidance for the change of consciousness" penetrate  
into every corner of the earth and herald the light age.  
We will not be well, until we are all well.

First Know Academy

Main part: Manual - Change of consciousness  
"From me to you"



Examples: Imagine what happens...

... if you think about it as described, "What good can I do for my wife/girlfriend today to make her even better?

... when you think about it as described, "What can I do today for my husband/friend to make him feel even better?

... when you think about it as described, "What good can I do for my child today to make him or her even better?

...if you think about it as described, "What good can I do today as a child for my brother or sister so that he or she can get even better?

... if you think about it as described, "What good can I do for my parents today as a child so that they can be even better of?

... if you think about it as described, "What can I as a religious leader do for another religion to get it doing even better?

... when you think about it as described, "What good can I as head of a state do for one of the neighboring countries to make it better for them?

... when you think about it as described, "What good can I as a millionaire or billionaire do for people who have no money to make them better?

... when you think about it as described, "What can I do good today for mother Earth so that she can get better again?

... if you think about it as described, "What good can I do today for an animal so that it can be even better?

... if you think about it as described, "What good can I do for a tree today to make him feel even better?

... if you think about it as described, "What good can I do today for the air so that it becomes cleaner again?

... if you think about it as described, "What can I do for the water to make it drinkable again?

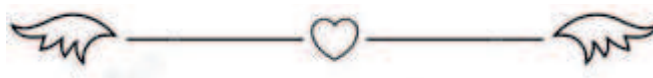
... when you thank all those, who have already done good to you.

These examples are representative of countless other joyful possibilities.

If you like, send YOUR very personal suggestions and experiences about happenings that have taken place: [firstknowacademy@eclipso.at](mailto:firstknowacademy@eclipso.at)

Distribute the instructions to all you know and  
let us be united in our hearts.

Events to be expected:  
Your environment will also start to think on you...  
and do good to you...



**The First Know Academy collects for the realization of its goals supporting member contributions, supporting - donations, donations in kind of real estate, properties**

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of community building and living. Family home- settlement.

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translators in various languages, creators of association websites, film/video  
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AND

helping people spread our information worldwide through social media such as  
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