

## Latest Corona-research Cognitions of the Plejaren And about the Benefit of Sport

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**Ptaah** Then we can move on to other matters now, which you are then to make public. That which I have to explain regarding our latest corona research cognitions will, however, only be a part of the whole, but I will mention more details about that later, because now I want to first outline the following important points, which correspond to our latest research cognitions, which are to be heeded:

1. Once acutely infected with the coronavirus, the infected ones can carry the pathogen in them as a long-term infection for many months or even years, namely also even if no new infection occurs. Along with this, if an infection and then a recovery occurred, a purely swinging-wave-based impulse-infection continues to exist. Due to this impulse-infection, which remains after recovery – the earthly scientists, virologists, immunologists and physicians and so forth have neither cognitions nor a clue regarding its existence – a reappearance of the rampantly spreading corona disease can occur from time to time, just as other ailments and diseases can be triggered by it, which, as corona virus complications, are able to bring about health problems for the rest of one's life.
2. A corona infection is absolutely not harmless and is not a type of flu illness; for example, a corona infection is often wrongly diagnosed as summer flu.
3. During infection and the subsequent recovery, the rampantly spreading corona disease produces antibodies which are useless as a certain protection against a new infection, because already after a short time these antibodies dissolve again; consequently, protective antibodies are no longer available against a new corona infection.
4. Risk factors such as pre-existing illness, being overweight, smoking, alcohol abuse, excessive sport, exhaustion, psychical illness and a weakened immune system are just as significant risks in the case of a corona infection as are prescription drug abuse, recreational drugs and physical inactivity and so forth.
5. Both mild and severe cases of the rampantly spreading corona disease mean for every patient that in the future, even after recovery, he/she will be more or less a carrier of imperceptible mild to severe organic damage, because the virus puts a strain on the entire organism and therefore does not only affect the lungs, which suffer pathological changes of the tissue.  
But it is not only about lung damage – which can largely heal again, which in any case is not to be trivialised – but also about a larger number of incidents of damage which affect all or one of the other organs and cause – or can cause – afflictions and disease in them. Especially in the lungs, which scar over, there are late complications which can cause lasting or permanent consequential complications. However, the corona virus also damages the heart muscle and, to a very great extent, impairs the intestines, which are the main factor in the immune system and are therefore of particular importance with regard to the state of one's health. However, the kidneys and vascular membranes are also damaged; heart attacks, pulmonary embolisms as well as leg vein thromboses and strokes, psychoses and encephalitis are called forth by a coronavirus infection. In addition, the nervous system is also damaged, along with various other things, as well as all organs in any form.
6. Once infected by the corona virus, various organs in the body are attacked and 'marked' by viral infections which can barely or not at all be detected, which lead to subsequent different diseases and can also attack and perforate the lungs, whereby the damage to the lungs can become spongy as well as weaker or stronger, depending on the case, and the lungs can be disfigured.
7. It is very important to note that, if an infectious disease test is carried out, it will give a positive result in a person infected by the corona virus, but the rampantly spreading corona disease cannot be detected as such. This is because, as I already said in my first explanation, an impulse-swinging wave of the coronavirus puts a strain on the organism, while this impulse-swinging wave infection is not recognised as a real infection by virological and medical professionals, because they have no knowledge or idea with regard to this coronavirus impulse swinging wave. Due to the lack of knowledge in this regard, the positive test is considered false and a test error and the test person is considered healthy and not infected (as can be the case with

other infections as well), although he/she is effectively infected by the corona virus and carries the virus, that is to say, its impulse swinging wave and is therefore infected, as I already explained in point 1.

8. As already explained, a corona virus infection that is not noticeable or is barely noticeable, or a corona virus infection that is severe and overcome, even after recovery generally brings about imperceptible organic complications in **all** human beings, which however only become active in the course of further life and until the end of it – or they can become active sooner or later, depending on the circumstances.
9. The rampantly spreading corona disease, if a recognised or unrecognised infection has developed, can last for months, namely depending on the moment of mutation and intensity as well as regarding the immune status of the infected person and so forth. A corona infection can even cause lifelong afflictions and suffering that can last for a long time and possibly for life, for example, as breathing difficulties, lack of oxygen or dangerous shortness of breath, which can occur already with little exertion, for example, while walking, working, swimming, or during gymnastics and exercise and so forth.

**Particularly engaging in sport activities** must also be mentioned once, if we are now already talking about health complaints, because I have to explain the following on this occasion: contrary to the confused terrestrial human claims and representations of so-called sports fanatics, sports teachers, health apostles, physicians and other 'experts', who portray sport as healthy and strengthening the body, sports activities involve organic health risks, namely also brain damage and damage of the consciousness, as well as accident risks, which provoke physical damage or even death. In this respect, football is in the first place, but also handball, jogging, volleyball and basketball, inline skating, skiing competitions, cycling competitions, snowboarding, tobogganing, abnormal hiking, ice skating as well as ice hockey, speed skating, gymnastics of all kinds and all endurance sports in general. Sports of all kinds, as they are practiced in pathological delusion due to fitness-imagination are, in any physical-organic regard, in many respects, absolutely harmful to health, because usually too much of the so-called 'good' is done.

Sport is effectively only healthy, keeps one physically and consciously fit and leads to a satisfying physically mobile and active state of consciousness, as well as to a life largely free of ailments into old age, if a normal and not excessive mobility of the whole body, its inner organs and the inevitable conscious activity of the brain and consciousness is practised.

Endurance sports, professional sports, hobby sports and prestige sports of all kinds are absolutely harmful to health in many forms, namely up to the point of consciousness impairing fanaticism, the delusion of having to win, the winner-prize-delusion and the delusion of being a hero.

Sports-obsessed ones are those who are pathologically ill in their consciousness and who, in their sports delusion – whether privately or professionally – have to prove themselves anew every day, for which they put forward many ridiculous arguments in order to advocate their regular, health-damaging sports activities as being a health necessity. But this is exactly the other side of that which is good and health-promoting, because the opposite is the case, which, however, is publicly concealed and indeed also by the media, which only disseminate success stories about professional and private sportsmen and women, but keep silent about how many of them, after intensive physical activity, suffered serious and most serious accidents and permanent damage to their health or died suddenly as a result of their sporting activities.

Sport to the extent of being professional or pathological, fanatical and delusional makes the human being neither happy nor healthy. Of course, along with the unhealthy professional sport – such as the fact that these so-called 'athletes' are horrendously paid for by their simple-minded fans, as well as for the private, fanatical, delusional and otherwise pathological athletes whose sports delusion is actually a serious danger to their personal well-being and thus more harmful than useful for their health – there is also the healthy and equalised practice of sport, which has nothing to do with an exaggeration in any form.

10. Overcome coronavirus diseases, which have taken an imperceptible course – this possibility actually exists – or have taken a severe course, can, after 6 or more months or after years, still cause lung disease, and other diseases that are predetermined by the rampantly spreading disease and become life-threatening.
11. **It is important to know:** recovering from the rampantly spreading corona disease is doubtful because a recovery does not necessarily mean effective healing, rather only that, as the term 'recovery' indicates, a recuperation has come about, which is a phase of illness in which the symptoms already subside right up to a complete 'healing'. Therefore a recovery means a recuperation, or convalescence and therewith that a process of recovery or healing is taking place, thus therewith a remission, that is to say, a temporary reduction of the symptoms of the disease, although the disease however, still remains detectable.

The recuperation, that is to say, convalescence or restitution, is also one of the last stages of a recovery process in which the state of health is restored after the illness has been overcome. Only the state of 'restitutio ad integrum' corresponds to the complete restoration of full health, that is to say, the state of health condition that existed before the illness. In this respect, this state is never again possible in the case of an infection by the corona virus, because this virus settles in all organs of the human body in an impulse-swinging-wave-based form and is only destroyed by the death of the organs and the entire body.

Therefore, according to our latest cognitions, after a corona virus infection there can no longer be a state of complete recovery, that is to say, a state of complete physical, consciousness-based and social well-being.

Those, Eduard, are the explanations that I still have to make for the time being, which I will follow with something in our further conversation.

*Translation by Vibka Wallder; corrections by Vivienne Legg and Christian Frehner.*