

Summary points of the book “Adventures in the Land of Astra”:

1. The fear of being different and the need to belong. Stifling creativity. The meaning of Alienation. Importance of engaging our parents and friends in the things we learn here to create greater awareness. (Ch. 1)
2. Resorting to violence must never be a first resort to solving misunderstandings, but can sometimes be a last solution: a) we need to think outside the box, in other words to leave the small differences that set us up against others and see instead what we have in common. As we go from smaller to bigger and bigger ideas, we reach in the end the most common thing, that “the other”, like us is human. And this leads us to b) Before acting one way or the other, we must put ourselves in their place, asking ourselves ‘what is it like being you?’. Also c) To think properly we must look at ourselves and realize that we have thoughts, feelings and instincts, and that we should never act on instincts alone because then we are not better than animals, and even thoughts and feelings alone give wrong decisions, so we should always try to include both. Finally d) Even those, thoughts and feelings, in us have positive and negative sides, and we should consider both if we wish one day to become great leaders; Positive thoughts are creative while negative thoughts are also very important because they limit those creations to what can be achieved. In the story, Helio named like our program Heliopolis, is a ray of sunshine and hope that we have to cherish and spread to save our planet. Disputation, who is equally needed, is representative of the opposite criticizing faculty. (Ch. 2)
3. Free thoughts, without reference to the book: Some great teachers in the past, especially spiritual teachers, have said that by human beings evolving, they help all of organic life to also evolve; I wonder how? Don’t forget also that while you’re young and before you get caught up in the many traps that grown ups get caught in, you are still relatively pure and have a greater creativity. Ask yourself how you can keep it. (Ch. 2)
4. Automation and the problems and opportunities associated with less human need for menial and other work: the 2 day working week. The problem of human instincts and violence with too much time and energy. How to organize creative free time instead of leaving oneself to destructive free time? How to channel this creative energy to create a beautiful world for everyone. (Ch. 3)
5. Sustainable production is the only way to save the planet from running out of its natural resources; everyone knows that, so why don’t they act on it? Consumption based economy. Distribution of wealth over the globe. The money based system. (Ch. 3)
6. Learning with pleasure means we are not all the same and we should not be afraid to choose the subjects that are more in line with our nature and aptitudes and for which we feel some passion. We mustn’t feel pressured to be the same as the more popular kids or up to some image we have adopted, because this is the way to creating inferiority complexes. (Ch. 4)
7. Poverty and war. Radicalism and mass madness. The UN peacekeeping force and the idea of a global disarmament initiative. The importance of forming one’s own opinion on

subjects of importance by referring to variety of credible sources to avoid misinformed decisions that could lead to radicalism, mass madness and war. (Ch. 4)

8. Keeping healthy in relation to the psyche. Most sicknesses are psychosomatic in their origin, and that is where we should seek the cure. We will discuss the psyche itself in a later gathering, for now our concern about health has to do with our negative emotions. The problem with negative emotions is that they make us lose a lot of fine energies, and as we get older it becomes more and more difficult to replenish those energies, and when we are all out of energies is the end of our life. The Faith that is “able to move mountains”, is the faith that is able to make us change our stubborn point of view to be more open and objective. The importance of becoming aware of our negative emotions; and this is the road to self awareness. The negative aspects of the medical/pharmaceutical trade, only half curing and creating dependency. All for money. (Ch. 5)
9. The importance of the psychosomatic nutrients: food, air and positive impressions/emotions. (Ch. 5)
10. Bad choice of crop planting to suit businesses. Globally in the wake of colonization a neo colonization making whole countries dependent on exporting something like bananas or tea and not able to sustain its own people with local agriculture. Rich land or energy source owners creating total dependency this way. The environmental disaster which we hear so much about nowadays and which some irresponsible leaders turn their backs to in order to stand behind big businesses. The question is this: with the great advance of technology which can increase quantity and quality of food with more nutrients, can we feed the whole planet? And another question: Can we have longer healthier lives by restructuring our concept of agriculture? Sadly the answer to both questions is yes. So why don't we do it? (Ch. 6)
11. Wars: Imaginary fears create real dangers. East West fears between Europe and Russia have for centuries been the cause of unnecessary wars and later the armaments race, when realistically Russia with its huge country/continent never showed any desire to invade the west. Another reason for war is poverty. And a third is megalomania, to wish to expand your territory into a great empire, by forcefully invading and subjecting neighboring countries. Let's try to understand how this starts on an individual level, then easily escalates if it finds place in souls of some followers. (Ch. 6)
12. Technology and automation resulting in unemployment and poverty due to the system of Capitalism and not due to the scarcity of goods. Blue collar alienation. Trend following vs originality and beauty in fashion. (Ch. 7)
13. The money system and the mad culture of more. “People accept the authority of money”. Video: 1% of the world owns 99% of its resources. Inflation. Addiction to the money making madness. (Ch. 8)
14. Monopoly manipulated pricing as opposed to cost-based pricing. Activism struggles against this monstrosity. The madness of more. Ideas based on the “Republic” of Plato. (Ch. 8)
15. The system's brakes against goodness and charity. The original and essential problem: unfair distribution of resources. Reversing that all efforts and inventions would be for the

good of all. Inventors don't hoard, it's their employers that hoard. They'll fight to bankrupt or even kill you to keep their advantage intact. In an ideal world the choice of resource spending is always towards global wellbeing. Patents do just that but there are arguments for and against them: The vaccine for polio was not patented, it was developed with public funds and the scientist who discovered it didn't want to patent. See video. (Ch. 8)

16. The refugee problem – you're not welcome. On the other hand the host is justified to some extent due to scarcity of goods and also human beings can get agitated when another culture is forced upon them; people worry about their community's culture changing. Let us discuss this difficult problem: compassion to people who lost their homes, and the difficulties we have in receiving them. The only radical solution is an inclusive World order. (Ch. 9)
17. Capitalism a system that creates competition for survival. Capitalism – exploitation – revolution. The banking system as the father of slavery to the system: once you borrow you're caught in, and if the economy collapses you're doomed. (Ch. 9)
18. The principles of Diplomacy – building bridges not walls. (Ch. 10)
19. The United Nations. (Ch. 10)
20. The future alternatives for mankind is our choice: To rise in glory or to fall in an atomic or other cataclysmic end. We are its young makers.