

The Free Spirit - Not a Religion

# Sophia-TV Asia

Satelite ASIASAT 5 - Position 100.5°EAST +/- 0,1° E/W and N/S  
Transp. C11H - C band - Downlink central frequency 4040Ghz +/-300 GHz  
Horizontal Symbol Rate: 29720 +/- 70ppm, 8PSK, Fec 5/6



**Monday 18.03.2019**

Sunday 17.03.2019

Istanbul	Mumbai	Dhaka	Jakarta	Shanghai	Tokyo	Sydney
Ankara	(+30min)	Rangoon	Bangkok	Singapore	Seoul	
Moskow	Karāchi	(+30min)		Manila		
Teheran				Taipei		
(+90min)				Beijing		

Mon 01:00	Mon 03:00	Mon 04:00	Mon 05:00	Mon 06:00	Mon 07:00	Mon 08:00	<b>Thoughts for the Day - Week 15 - Monday</b>
Mon 01:15	Mon 03:15	Mon 04:15	Mon 05:15	Mon 06:15	Mon 07:15	Mon 08:15	<b>Free Spirit 07 - It's Easier Living with God - Part 3</b>
Mon 01:38	Mon 03:38	Mon 04:38	Mon 05:38	Mon 06:38	Mon 07:38	Mon 08:38	<b>Helping Animals - Saving Lives (14) Dormice</b>
Mon 01:53	Mon 03:53	Mon 04:53	Mon 05:53	Mon 06:53	Mon 07:53	Mon 08:53	<b>Classic Soul 36a</b>
Mon 02:04	Mon 04:04	Mon 05:04	Mon 06:04	Mon 07:04	Mon 08:04	Mon 09:04	<b>The Call of the Christ of God through Sophia. By Gabriele, the Prophetess and Emissary of God</b>
Mon 02:16	Mon 04:16	Mon 05:16	Mon 06:16	Mon 07:16	Mon 08:16	Mon 09:16	<b>Meditation - Drops of Life</b>
Mon 02:48	Mon 04:48	Mon 05:48	Mon 06:48	Mon 07:48	Mon 08:48	Mon 09:48	<b>Vegan Live Connected</b>
Mon 03:00	Mon 05:00	Mon 06:00	Mon 07:00	Mon 08:00	Mon 09:00	Mon 10:00	<b>Fresh and Fit Into the Day: Loosening Exercises - Part 05</b>
Mon 03:15	Mon 05:15	Mon 06:15	Mon 07:15	Mon 08:15	Mon 09:15	Mon 10:15	<b>Original Christian Meditation I (8): The Divine Powers of Light in Me Transform Everything</b>
Mon 04:02	Mon 06:02	Mon 07:02	Mon 08:02	Mon 09:02	Mon 10:02	Mon 11:02	<b>Classic Soul 39d</b>
Mon 04:12	Mon 06:12	Mon 07:12	Mon 08:12	Mon 09:12	Mon 10:12	Mon 11:12	<b>Documentary: More than Friends: A Life Among the Foxes - Chinese</b>
Mon 04:30	Mon 06:30	Mon 07:30	Mon 08:30	Mon 09:30	Mon 10:30	Mon 11:30	<b>The Infinite and You - The Law of Correspondence - part 2</b>
Mon 05:19	Mon 07:19	Mon 08:19	Mon 09:19	Mon 10:19	Mon 11:19	Mon 12:19	<b>Highlight hours with Gabriele: Love is the Fount of Health</b>
Mon 05:54	Mon 07:54	Mon 08:54	Mon 09:54	Mon 10:54	Mon 11:54	Mon 12:54	<b>Heinrich Benjes tells a Story: The Miller</b>
Mon 06:08	Mon 08:08	Mon 09:08	Mon 10:08	Mon 11:08	Mon 12:08	Mon 13:08	<b>The Call of the Chrit of God. Given by Gabriele, the Prophetess and Emissary of God</b>
Mon 06:25	Mon 08:25	Mon 09:25	Mon 10:25	Mon 11:25	Mon 12:25	Mon 13:25	<b>Classic Soul 39e</b>
Mon 06:40	Mon 08:40	Mon 09:40	Mon 10:40	Mon 11:40	Mon 12:40	Mon 13:40	<b>The Vegan Vegetarian Folk's Kitchen: Swiss Chard Rolls</b>
Mon 06:52	Mon 08:52	Mon 09:52	Mon 10:52	Mon 11:52	Mon 12:52	Mon 13:52	<b>The Vegan Vegetarian Folk's Kitchen: Cooking and heavy metals</b>
Mon 07:10	Mon 09:10	Mon 10:10	Mon 11:10	Mon 12:10	Mon 13:10	Mon 14:10	<b>Science Panel - Climate Killer CO2</b>
Mon 07:43	Mon 09:43	Mon 10:43	Mon 11:43	Mon 12:43	Mon 13:43	Mon 14:43	<b>A Delicate Balance</b>
Mon 09:14	Mon 11:14	Mon 12:14	Mon 13:14	Mon 14:14	Mon 15:14	Mon 16:14	<b>Plants And Botanical Medicine</b>
Mon 10:03	Mon 12:03	Mon 13:03	Mon 14:03	Mon 15:03	Mon 16:03	Mon 17:03	<b>Meditation - Everything Is In Bloom</b>

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Sunday 17.03.2019

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Ankara	(+30min)	Rangoon	Bangkok	Singapore	Seoul	
Moskow	Karāchi	(+30min)		Manila		
Teheran				Taipei		
(+90min)				Beijing		

Mon 10:30	Mon 12:30	Mon 13:30	Mon 14:30	Mon 15:30	Mon 16:30	Mon 17:30	
Mon 11:09	Mon 13:09	Mon 14:09	Mon 15:09	Mon 16:09	Mon 17:09	Mon 18:09	<b>The Great Cosmic Teachings of Jesus of Nazareth (12)</b>
Mon 11:43	Mon 13:43	Mon 14:43	Mon 15:43	Mon 16:43	Mon 17:43	Mon 18:43	<b>Meditation - The Second and Third Commandments</b>
Mon 12:15	Mon 14:15	Mon 15:15	Mon 16:15	Mon 17:15	Mon 18:15	Mon 19:15	<b>Underway with Peter Berthold: Children experience plants</b>
Mon 12:26	Mon 14:26	Mon 15:26	Mon 16:26	Mon 17:26	Mon 18:26	Mon 19:26	<b>A Prayer For Matters Close to Our Heart. By Gabriele, the Prophtetess and Emissary of God</b>
Mon 12:48	Mon 14:48	Mon 15:48	Mon 16:48	Mon 17:48	Mon 18:48	Mon 19:48	<b>Classic Soul 40d</b>
Mon 13:00	Mon 15:00	Mon 16:00	Mon 17:00	Mon 18:00	Mon 19:00	Mon 20:00	<b>The Vegan Vegetarian Folk's Kitchen: Breaded Veggies with Frankfurt Green Sauce</b>
Mon 13:14	Mon 15:14	Mon 16:14	Mon 17:14	Mon 18:14	Mon 19:14	Mon 20:14	<b>The Vegan Vegetarian Folk's Kitchen: Polenta Bean Dish with Sage</b>
Mon 13:48	Mon 15:48	Mon 16:48	Mon 17:48	Mon 18:48	Mon 19:48	Mon 20:48	<b>Science Panel - Dying Species - What Can We Do?</b>
Mon 14:41	Mon 16:41	Mon 17:41	Mon 18:41	Mon 19:41	Mon 20:41	Mon 21:41	<b>Documentaries - Meat File</b>
Mon 14:54	Mon 16:54	Mon 17:54	Mon 18:54	Mon 19:54	Mon 20:54	Mon 21:54	<b>Helping Animals - Saving Lives (01)</b>
Mon 15:33	Mon 17:33	Mon 18:33	Mon 19:33	Mon 20:33	Mon 21:33	Mon 22:33	<b>Prophetic Voice for the Animals</b>
Mon 16:08	Mon 18:08	Mon 19:08	Mon 20:08	Mon 21:08	Mon 22:08	Mon 23:08	<b>Are You Who You Think You Are - Part 1</b>
Mon 16:30	Mon 18:30	Mon 19:30	Mon 20:30	Mon 21:30	Mon 22:30	Mon 23:30	<b>Meditation - Abide in You - Use the Day</b>
Mon 17:04	Mon 19:04	Mon 20:04	Mon 21:04	Mon 22:04	Mon 23:04	Tue 00:04	<b>Meditation - Evening Meditation: The Cradle of Our Sleep</b>
Mon 17:49	Mon 19:49	Mon 20:49	Mon 21:49	Mon 22:49	Mon 23:49	Tue 00:49	<b>Find the Primordial Light in You - Develop the Divine Order - 1</b>
Mon 18:01	Mon 20:01	Mon 21:01	Mon 22:01	Mon 23:01	Tue 00:01	Tue 01:01	<b>Helping Animals - Saving Lives (07) Martens</b>
Mon 18:22	Mon 20:22	Mon 21:22	Mon 22:22	Mon 23:22	Tue 00:22	Tue 01:22	<b>Classics for the Soul - Adagio from the Violin Concerto No. 1 by Joseph Haydn, Flower Duet from the opera "Lakmé" by Léo Delibes, Barcarole from "Tales of Hoffman" by Jacques Offenbach (May 2015)</b>
Mon 19:00	Mon 21:00	Mon 22:00	Mon 23:00	Tue 00:00	Tue 01:00	Tue 02:00	<b>The Quiet Chamber: Inner Prayer (3)</b>
Mon 19:56	Mon 21:56	Mon 22:56	Mon 23:56	Tue 00:56	Tue 01:56	Tue 02:56	<b>School of Life for the Mastery of Life (22)</b>
Mon 20:52	Mon 22:52	Mon 23:52	Tue 00:52	Tue 01:52	Tue 02:52	Tue 03:52	<b>Meditation - The Pearls in Us</b>
							<b>Underway with Heinrich Benjes: Playful Discovery of Woods an Meadows</b>

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Moskow	Karāchi	(+30min)		Manila		
Teheran				Taipei		
(+90min)				Beijing		

Mon 21:23	Mon 23:23	Tue 00:23	Tue 01:23	Tue 02:23	Tue 03:23	Tue 04:23	<b>The Appearance in the Messianic, Sophianic Age</b>
Mon 21:46	Mon 23:46	Tue 00:46	Tue 01:46	Tue 02:46	Tue 03:46	Tue 04:46	<b>Classics for the Soul - Nocturne from "Midsummer Night's Dream" by F. Medelssohn, Scherzo from Symphony No. 1 by C. Saint-Saëns (Jun. 2016)</b>
Mon 22:03	Tue 00:03	Tue 01:03	Tue 02:03	Tue 03:03	Tue 04:03	Tue 05:03	<b>The Vegan Vegetarian Folk's Kitchen: Fried Potatoes with Mushrooms</b>
Mon 22:14	Tue 00:14	Tue 01:14	Tue 02:14	Tue 03:14	Tue 04:14	Tue 05:14	<b>The Vegan Vegetarian Folk's Kitchen: Rice with Wok Veggies</b>
Mon 22:30	Tue 00:30	Tue 01:30	Tue 02:30	Tue 03:30	Tue 04:30	Tue 05:30	<b>Science Panel - Man, the Cancer of the Earth</b>
Mon 23:05	Tue 01:05	Tue 02:05	Tue 03:05	Tue 04:05	Tue 05:05	Tue 06:05	<b>Focal Point Earth: Rain Forest - What has humankind made of it?</b>
Mon 23:57	Tue 01:57	Tue 02:57	Tue 03:57	Tue 04:57	Tue 05:57	Tue 06:57	<b>Palm Room Lecture: Our Life on Rewind - We Don't Live Just Once</b>
Tue 00:48	Tue 02:48	Tue 03:48	Tue 04:48	Tue 05:48	Tue 06:48	Tue 07:48	<b>Classics for the Soul - Adagio and Allegro from the Concerto for Cello and Orchestra No. 2 in D major by Josef Haydn (Sep. 2014)</b>

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**Tuesday 19.03.2019**

Monday 18.03.2019

Istanbul	Mumbai	Dhaka	Jakarta	Shanghai	Tokyo	Sydney
Ankara	(+30min)	Rangoon	Bangkok	Singapore	Seoul	
Moskow	Karāchi	(+30min)		Manila		
Teheran				Taipei		
(+90min)				Beijing		

Time	Time	Time	Time	Time	Time	Time	Program
Tue 01:00	Tue 03:00	Tue 04:00	Tue 05:00	Tue 06:00	Tue 07:00	Tue 08:00	<b>Thoughts for the Day - Week 15 - Tuesday</b>
Tue 01:17	Tue 03:17	Tue 04:17	Tue 05:17	Tue 06:17	Tue 07:17	Tue 08:17	<b>The Microcosm in the Macrocosm: The Word of the Stars to the Person</b>
Tue 02:28	Tue 04:28	Tue 05:28	Tue 06:28	Tue 07:28	Tue 08:28	Tue 09:28	<b>Classics for the Soul - Concerto for Flute, Bassoon and Orchestra in G minor RV 106 by Antonio Vivaldi (Sep.2014)</b>
Tue 02:37	Tue 04:37	Tue 05:37	Tue 06:37	Tue 07:37	Tue 08:37	Tue 09:37	<b>The Call of Gabriele, the Prophetess and Emissary of God in the Messianic, Sophianic Age of the Lily, of the Love for God and Neighbor</b>
Tue 03:00	Tue 05:00	Tue 06:00	Tue 07:00	Tue 08:00	Tue 09:00	Tue 10:00	<b>Fresh and Fit Into the Day: Loosening Exercises - Part 06</b>
Tue 03:17	Tue 05:17	Tue 06:17	Tue 07:17	Tue 08:17	Tue 09:17	Tue 10:17	<b>Original Christian Meditation I (8): The Divine Powers of Light in Me Transform Everything</b>
Tue 04:03	Tue 06:03	Tue 07:03	Tue 08:03	Tue 09:03	Tue 10:03	Tue 11:03	<b>Classics for the Soul - Adagio and Allegro from the Concerto for Cello and Orchestra No. 2 in D major by Josef Haydn (Sep. 2014)</b>
Tue 04:15	Tue 06:15	Tue 07:15	Tue 08:15	Tue 09:15	Tue 10:15	Tue 11:15	<b>Morning Meditation: The Light of the Young Day</b>
Tue 04:30	Tue 06:30	Tue 07:30	Tue 08:30	Tue 09:30	Tue 10:30	Tue 11:30	<b>Free Spirit 07 - It's Easier Living with God - Part 3</b>
Tue 04:53	Tue 06:53	Tue 07:53	Tue 08:53	Tue 09:53	Tue 10:53	Tue 11:53	<b>Helping Animals - Saving Lives (14) Dormice</b>
Tue 05:08	Tue 07:08	Tue 08:08	Tue 09:08	Tue 10:08	Tue 11:08	Tue 12:08	<b>The Vegan Vegetarian Folk's Kitchen: Crepes</b>
Tue 05:22	Tue 07:22	Tue 08:22	Tue 09:22	Tue 10:22	Tue 11:22	Tue 12:22	<b>The Vegan Vegetarian Folk's Kitchen: Asparagus Tartar</b>
Tue 05:33	Tue 07:33	Tue 08:33	Tue 09:33	Tue 10:33	Tue 11:33	Tue 12:33	<b>Science Panel - The Brain - Does Man Have Free Will?</b>
Tue 06:04	Tue 08:04	Tue 09:04	Tue 10:04	Tue 11:04	Tue 12:04	Tue 13:04	<b>Classic Soul 36a</b>
Tue 06:15	Tue 08:15	Tue 09:15	Tue 10:15	Tue 11:15	Tue 12:15	Tue 13:15	<b>My Life That I Chose Myself</b>
Tue 07:27	Tue 09:27	Tue 10:27	Tue 11:27	Tue 12:27	Tue 13:27	Tue 14:27	<b>The Call of the Christ of God through Sophia. By Gabriele, the Prophetess and Emissary of God</b>
Tue 07:39	Tue 09:39	Tue 10:39	Tue 11:39	Tue 12:39	Tue 13:39	Tue 14:39	<b>Meditation - Drops of Life</b>
Tue 08:11	Tue 10:11	Tue 11:11	Tue 12:11	Tue 13:11	Tue 14:11	Tue 15:11	<b>The Falsified Bible (1)</b>
Tue 08:36	Tue 10:36	Tue 11:36	Tue 12:36	Tue 13:36	Tue 14:36	Tue 15:36	<b>The Falsified Bible (2)</b>



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**Tuesday 19.03.2019**

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Istanbul	Mumbai	Dhaka	Jakarta	Shanghai	Tokyo	Sydney
Ankara	(+30min)	Rangoon	Bangkok	Singapore	Seoul	
Moskow	Karāchi	(+30min)		Manila		
Teheran				Taipei		
(+90min)				Beijing		

Tue 09:00	Tue 11:00	Tue 12:00	Tue 13:00	Tue 14:00	Tue 15:00	Tue 16:00	<b>The Falsified Bible (3)</b>
Tue 09:34	Tue 11:34	Tue 12:34	Tue 13:34	Tue 14:34	Tue 15:34	Tue 16:34	<b>Underway with Heinrich Benjes: Big and Little Inhabitants of the Woods</b>
Tue 10:05	Tue 12:05	Tue 13:05	Tue 14:05	Tue 15:05	Tue 16:05	Tue 17:05	<b>Did Mankind make Animals Afraid and Aggressive?</b>
Tue 10:19	Tue 12:19	Tue 13:19	Tue 14:19	Tue 15:19	Tue 16:19	Tue 17:19	<b>Classic Soul 39e</b>
Tue 10:29	Tue 12:29	Tue 13:29	Tue 14:29	Tue 15:29	Tue 16:29	Tue 17:29	<b>The Inner Path to the Cosmic Consciousness. Level of Order. Part 15</b>
Tue 11:02	Tue 13:02	Tue 14:02	Tue 15:02	Tue 16:02	Tue 17:02	Tue 18:02	<b>Meditation - Moments with the Animals</b>
Tue 11:19	Tue 13:19	Tue 14:19	Tue 15:19	Tue 16:19	Tue 17:19	Tue 18:19	<b>Helping Animals - Saving Lives (03) Feeding Birds - Not Only in Winter</b>
Tue 11:41	Tue 13:41	Tue 14:41	Tue 15:41	Tue 16:41	Tue 17:41	Tue 18:41	<b>The Call: The Sluices are Opened</b>
Tue 12:01	Tue 14:01	Tue 15:01	Tue 16:01	Tue 17:01	Tue 18:01	Tue 19:01	<b>Classic Soul 39b</b>
Tue 12:14	Tue 14:14	Tue 15:14	Tue 16:14	Tue 17:14	Tue 18:14	Tue 19:14	<b>The Vegan Vegetarian Folk's Kitchen: Dandelion Rice with Shiitake Cream Sauce, Raspberry Coconut Drink</b>
Tue 12:25	Tue 14:25	Tue 15:25	Tue 16:25	Tue 17:25	Tue 18:25	Tue 19:25	<b>The Vegan Vegetarian Folk's Kitchen: Hearty Bean Pear Stew</b>
Tue 12:43	Tue 14:43	Tue 15:43	Tue 16:43	Tue 17:43	Tue 18:43	Tue 19:43	<b>Science Panel: Who Controls Our Genes?</b>
Tue 13:13	Tue 15:13	Tue 16:13	Tue 17:13	Tue 18:13	Tue 19:13	Tue 20:13	<b>Eating Healthy by Changing Our Food - Documentary by Mike Anderson</b>
Tue 14:50	Tue 16:50	Tue 17:50	Tue 18:50	Tue 19:50	Tue 20:50	Tue 21:50	<b>Childrens Story: Little Helene and Her Journey Trough the Cosmsos (3)</b>
Tue 15:20	Tue 17:20	Tue 18:20	Tue 19:20	Tue 20:20	Tue 21:20	Tue 22:20	<b>Liobani for Children: I Tell a Story - Part 8 God's Love for All Things</b>
Tue 15:37	Tue 17:37	Tue 18:37	Tue 19:37	Tue 20:37	Tue 21:37	Tue 22:37	<b>Heinrich Benjes tells a Story: The Little Wren</b>
Tue 15:45	Tue 17:45	Tue 18:45	Tue 19:45	Tue 20:45	Tue 21:45	Tue 22:45	<b>Liobani for Children: I Advise - Part 5 Where Does the Soul Come From? What Does It Look Like? Where Does It Go?</b>
Tue 16:00	Tue 18:00	Tue 19:00	Tue 20:00	Tue 21:00	Tue 22:00	Tue 23:00	<b>Life's Compass 04: The Parable of the Samaritan</b>
Tue 16:29	Tue 18:29	Tue 19:29	Tue 20:29	Tue 21:29	Tue 22:29	Tue 23:29	<b>Meditation - Evening Meditation: The Night and Sleep in God's Hands</b>
Tue 16:49	Tue 18:49	Tue 19:49	Tue 20:49	Tue 21:49	Tue 22:49	Tue 23:49	<b>Find the Primordial Light in You - Develop the Divine Order - 2</b>
Tue 17:20	Tue 19:20	Tue 20:20	Tue 21:20	Tue 22:20	Tue 23:20	Wed 00:20	<b>Helping Animals - Saving Lives (12) Infirmary</b>

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Teheran				Taipei		
(+90min)				Beijing		

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Tue 17:34	Tue 19:34	Tue 20:34	Tue 21:34	Tue 22:34	Tue 23:34	Wed 00:34	<b>Find the Primordial Light in You - Develop the Divine Order - 4</b>
Tue 17:59	Tue 19:59	Tue 20:59	Tue 21:59	Tue 22:59	Tue 23:59	Wed 00:59	<b>Health Panel 01 - What All Is in Fish? What All Is in Fish? Facts on the environmental pollution of fish</b>
Tue 18:32	Tue 20:32	Tue 21:32	Tue 22:32	Tue 23:32	Wed 00:32	Wed 01:32	<b>A Gift for Self-Help – Spoken by Gabriele</b>
Tue 18:59	Tue 20:59	Tue 21:59	Tue 22:59	Tue 23:59	Wed 00:59	Wed 01:59	<b>This is My Word. A and Ω. Chapters 75: The Last Possover Supper</b>
Tue 19:32	Tue 21:32	Tue 22:32	Tue 23:32	Wed 00:32	Wed 01:32	Wed 02:32	<b>A Picture Meditation to the Lord's Prayer</b>
Tue 20:09	Tue 22:09	Tue 23:09	Wed 00:09	Wed 01:09	Wed 02:09	Wed 03:09	<b>Underway with Heinrich Benjes: Stories from the World of Plants</b>
Tue 20:40	Tue 22:40	Tue 23:40	Wed 00:40	Wed 01:40	Wed 02:40	Wed 03:40	<b>Life Knows No Standstill</b>
Tue 20:59	Tue 22:59	Tue 23:59	Wed 00:59	Wed 01:59	Wed 02:59	Wed 03:59	<b>Classics for the Soul - Nocturne from "Midsummer Night's Dream" by F. Medelssohn, Scherzo from Symphony No. 1 by C. Saint-Saëns (Jun. 2016)</b>
Tue 21:13	Tue 23:13	Wed 00:13	Wed 01:13	Wed 02:13	Wed 03:13	Wed 04:13	<b>The Vegan Vegetarian Folk's Kitchen: Fried Vegetables</b>
Tue 21:25	Tue 23:25	Wed 00:25	Wed 01:25	Wed 02:25	Wed 03:25	Wed 04:25	<b>The Vegan Vegetarian Folk's Kitchen: Zucchini Spaghetti</b>
Tue 21:42	Tue 23:42	Wed 00:42	Wed 01:42	Wed 02:42	Wed 03:42	Wed 04:42	<b>Science Panel - An Expanded Worldview - Subtle Matter as Reality</b>
Tue 22:14	Wed 00:14	Wed 01:14	Wed 02:14	Wed 03:14	Wed 04:14	Wed 05:14	<b>Making the Connection</b>
Tue 22:52	Wed 00:52	Wed 01:52	Wed 02:52	Wed 03:52	Wed 04:52	Wed 05:52	<b>The Suffering of Animals Is the Grave of Mankind</b>
Tue 23:46	Wed 01:46	Wed 02:46	Wed 03:46	Wed 04:46	Wed 05:46	Wed 06:46	<b>Helping Animals - Saving Lives (11) Silia - A Fawn Gains Trust</b>
Tue 23:55	Wed 01:55	Wed 02:55	Wed 03:55	Wed 04:55	Wed 05:55	Wed 06:55	<b>A Close Look - How Will We Feed the World of Tomorrow?</b>
Wed 00:46	Wed 02:46	Wed 03:46	Wed 04:46	Wed 05:46	Wed 06:46	Wed 07:46	<b>Classics for the Soul - G.F. Handel, from "Water Music" Suites 1-3 (Apr. 2015)</b>

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Wednesday 20.03.2019

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Istanbul	Mumbai	Dhaka	Jakarta	Shanghai	Tokyo	Sydney
Ankara	(+30min)	Rangoon	Bangkok	Singapore	Seoul	
Moskow	Karāchi	(+30min)		Manila		
Teheran				Taipei		
(+90min)				Beijing		

Wed 01:00	Wed 03:00	Wed 04:00	Wed 05:00	Wed 06:00	Wed 07:00	Wed 08:00	<b>Thoughts for the Day - Week 10 - Wednesday</b>
Wed 01:17	Wed 03:17	Wed 04:17	Wed 05:17	Wed 06:17	Wed 07:17	Wed 08:17	<b>School of Life for the Mastery of Life (22)</b>
Wed 02:10	Wed 04:10	Wed 05:10	Wed 06:10	Wed 07:10	Wed 08:10	Wed 09:10	<b>Meditation - The Pearls in Us</b>
Wed 03:00	Wed 05:00	Wed 06:00	Wed 07:00	Wed 08:00	Wed 09:00	Wed 10:00	<b>Fresh and Fit Into the Day: Loosening Exercises - Part 07</b>
Wed 03:16	Wed 05:16	Wed 06:16	Wed 07:16	Wed 08:16	Wed 09:16	Wed 10:16	<b>Original Christian Meditation I (8): The Divine Powers of Light in Me Transform Everything</b>
Wed 04:00	Wed 06:00	Wed 07:00	Wed 08:00	Wed 09:00	Wed 10:00	Wed 11:00	<b>Meditation - Everything Is In Bloom</b>
Wed 04:30	Wed 06:30	Wed 07:30	Wed 08:30	Wed 09:30	Wed 10:30	Wed 11:30	<b>The Microcosm in the Macrocosm: The Word of the Stars to the Person</b>
Wed 05:41	Wed 07:41	Wed 08:41	Wed 09:41	Wed 10:41	Wed 11:41	Wed 12:41	<b>The Vegan Vegetarian Folk's Kitchen: Zucchini Towers with Couscous</b>
Wed 05:52	Wed 07:52	Wed 08:52	Wed 09:52	Wed 10:52	Wed 11:52	Wed 12:52	<b>The Vegan Vegetarian Folk's Kitchen: Carrot Soup with Curry and Ginger, Fried Bananas</b>
Wed 06:05	Wed 08:05	Wed 09:05	Wed 10:05	Wed 11:05	Wed 12:05	Wed 13:05	<b>Science Panel - Storms - Harbingers of a Stormy Time</b>
Wed 06:38	Wed 08:38	Wed 09:38	Wed 10:38	Wed 11:38	Wed 12:38	Wed 13:38	<b>Classic Soul 40c</b>
Wed 06:47	Wed 08:47	Wed 09:47	Wed 10:47	Wed 11:47	Wed 12:47	Wed 13:47	<b>The Call of Gabriele, the Prophetess and Emissary of God in the Messianic, Sophianic Age of the Lily, of the Love for God and Neighbor</b>
Wed 07:10	Wed 09:10	Wed 10:10	Wed 11:10	Wed 12:10	Wed 13:10	Wed 14:10	<b>Helping Animals - Saving Lives (06) Fox Offsprings</b>
Wed 07:34	Wed 09:34	Wed 10:34	Wed 11:34	Wed 12:34	Wed 13:34	Wed 14:34	<b>Reincarnation - Life's Gift of Grace (3)</b>
Wed 08:40	Wed 10:40	Wed 11:40	Wed 12:40	Wed 13:40	Wed 14:40	Wed 15:40	<b>Meditation - Prayer: Where Do We Pray? What Do We pray? How Do We pray?</b>
Wed 09:17	Wed 11:17	Wed 12:17	Wed 13:17	Wed 14:17	Wed 15:17	Wed 16:17	<b>The Wealth of the Church Is Blood Money</b>
Wed 10:30	Wed 12:30	Wed 13:30	Wed 14:30	Wed 15:30	Wed 16:30	Wed 17:30	<b>The Infinite and You - The Law of Correspondence - part 2</b>
Wed 11:19	Wed 13:19	Wed 14:19	Wed 15:19	Wed 16:19	Wed 17:19	Wed 18:19	<b>Highlight hours with Gabriele: Love is the Fount of Health</b>
Wed 11:54	Wed 13:54	Wed 14:54	Wed 15:54	Wed 16:54	Wed 17:54	Wed 18:54	<b>Heinrich Benjes tells a Story: The Miller</b>
Wed 12:08	Wed 14:08	Wed 15:08	Wed 16:08	Wed 17:08	Wed 18:08	Wed 19:08	<b>The Call of the Chrit of God. Given by Gabriele, the Prophetess and Emissary of God</b>
Wed 12:25	Wed 14:25	Wed 15:25	Wed 16:25	Wed 17:25	Wed 18:25	Wed 19:25	<b>Classic Soul 39e</b>
Wed 12:40	Wed 14:40	Wed 15:40	Wed 16:40	Wed 17:40	Wed 18:40	Wed 19:40	<b>The Vegan Vegetarian Folk's Kitchen: Swiss Chard Rolls</b>



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**Wednesday 20.03.2019**

Tuesday 19.03.2019

Istanbul	Mumbai	Dhaka	Jakarta	Shanghai	Tokyo	Sydney
Ankara	(+30min)	Rangoon	Bangkok	Singapore	Seoul	
Moskow	Karāchi	(+30min)		Manila		
Teheran				Taipei		
(+90min)				Beijing		

Time	Istanbul	Mumbai	Dhaka	Jakarta	Shanghai	Tokyo	Sydney	Program
Wed 12:52	Wed 14:52	Wed 15:52	Wed 16:52	Wed 17:52	Wed 18:52	Wed 19:52		<b>The Vegan Vegetarian Folk's Kitchen: Cooking and heavy metals</b>
Wed 13:10	Wed 15:10	Wed 16:10	Wed 17:10	Wed 18:10	Wed 19:10	Wed 20:10		<b>Science Panel - Climate Killer CO2</b>
Wed 13:43	Wed 15:43	Wed 16:43	Wed 17:43	Wed 18:43	Wed 19:43	Wed 20:43		<b>A Delicate Balance</b>
Wed 15:14	Wed 17:14	Wed 18:14	Wed 19:14	Wed 20:14	Wed 21:14	Wed 22:14		<b>Plants And Botanical Medicine</b>
Wed 16:03	Wed 18:03	Wed 19:03	Wed 20:03	Wed 21:03	Wed 22:03	Wed 23:03		<b>Meditation - Everything Is In Bloom</b>
Wed 16:30	Wed 18:30	Wed 19:30	Wed 20:30	Wed 21:30	Wed 22:30	Wed 23:30		<b>Meditation - Evening Meditation: Breathe More Deeply - Become More Calm</b>
Wed 16:53	Wed 18:53	Wed 19:53	Wed 20:53	Wed 21:53	Wed 22:53	Wed 23:53		<b>Find the Primordial Light in You (3)</b>
Wed 17:24	Wed 19:24	Wed 20:24	Wed 21:24	Wed 22:24	Wed 23:24	Thu 00:24		<b>Helping Animals - Saving Lives (13) Wild Animals in Winter</b>
Wed 17:58	Wed 19:58	Wed 20:58	Wed 21:58	Wed 22:58	Wed 23:58	Thu 00:58		<b>The Quiet Chamber: Inner Prayer (4)</b>
Wed 18:21	Wed 20:21	Wed 21:21	Wed 22:21	Wed 23:21	Thu 00:21	Thu 01:21		<b>Classic Soul 39c</b>
Wed 18:37	Wed 20:37	Wed 21:37	Wed 22:37	Wed 23:37	Thu 00:37	Thu 01:37		<b>Helping Animals - Saving Lives (17) The Raben Rana</b>
Wed 19:00	Wed 21:00	Wed 22:00	Wed 23:00	Thu 00:00	Thu 01:00	Thu 02:00		<b>The Great Cosmic Teachings of Jesus of Nazareth (12)</b>
Wed 19:39	Wed 21:39	Wed 22:39	Wed 23:39	Thu 00:39	Thu 01:39	Thu 02:39		<b>Meditation - The Second and Third Commandments</b>
Wed 20:13	Wed 22:13	Wed 23:13	Thu 00:13	Thu 01:13	Thu 02:13	Thu 03:13		<b>Underway with Peter Berthold: Children experience plants</b>
Wed 20:45	Wed 22:45	Wed 23:45	Thu 00:45	Thu 01:45	Thu 02:45	Thu 03:45		<b>A Prayer For Matters Close to Our Heart. By Gabriele, the Prophtetess and Emissary of God</b>
Wed 20:56	Wed 22:56	Wed 23:56	Thu 00:56	Thu 01:56	Thu 02:56	Thu 03:56		<b>Classic Soul 40d</b>
Wed 21:18	Wed 23:18	Thu 00:18	Thu 01:18	Thu 02:18	Thu 03:18	Thu 04:18		<b>The Vegan Vegetarian Folk's Kitchen: Breaded Veggies with Frankfurt Green Sauce</b>
Wed 21:30	Wed 23:30	Thu 00:30	Thu 01:30	Thu 02:30	Thu 03:30	Thu 04:30		<b>The Vegan Vegetarian Folk's Kitchen: Polenta Bean Dish with Sage</b>
Wed 21:44	Wed 23:44	Thu 00:44	Thu 01:44	Thu 02:44	Thu 03:44	Thu 04:44		<b>Science Panel - Dying Species - What Can We Do?</b>
Wed 22:18	Thu 00:18	Thu 01:18	Thu 02:18	Thu 03:18	Thu 04:18	Thu 05:18		<b>Documentaries - Meat File</b>
Wed 23:11	Thu 01:11	Thu 02:11	Thu 03:11	Thu 04:11	Thu 05:11	Thu 06:11		<b>Helping Animals - Saving Lives (01)</b>
Wed 23:25	Thu 01:25	Thu 02:25	Thu 03:25	Thu 04:25	Thu 05:25	Thu 06:25		<b>Prophetic Voice for the Animals</b>
Thu 00:03	Thu 02:03	Thu 03:03	Thu 04:03	Thu 05:03	Thu 06:03	Thu 07:03		<b>Are You Who You Think You Are - Part 1</b>



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**Wednesday 20.03.2019**

Tuesday 19.03.2019

Istanbul	Mumbai	Dhaka	Jakarta	Shanghai	Tokyo	Sydney
Ankara	(+30min)	Rangoon	Bangkok	Singapore	Seoul	
Moskow	Karāchi	(+30min)		Manila		
Teheran				Taipei		
(+90min)				Beijing		

Thu 00:38 Thu 02:38 Thu 03:38 Thu 04:38 Thu 05:38 Thu 06:38 Thu 07:38 **Meditation - Abide in You - Use the Day**

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# Sophia-TV Asia

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**Thursday 21.03.2019**

Wednesday 20.03.2019

Istanbul	Mumbai	Dhaka	Jakarta	Shanghai	Tokyo	Sydney
Ankara	(+30min)	Rangoon	Bangkok	Singapore	Seoul	
Moskow	Karāchi	(+30min)		Manila		
Teheran				Taipei		
(+90min)				Beijing		

Thu 01:00	Thu 03:00	Thu 04:00	Thu 05:00	Thu 06:00	Thu 07:00	Thu 08:00	<b>Thoughts for the Day - Week 10 - Thursday</b>
Thu 01:17	Thu 03:17	Thu 04:17	Thu 05:17	Thu 06:17	Thu 07:17	Thu 08:17	<b>The Infinite and You - The Law of Correspondence - part 2</b>
Thu 02:06	Thu 04:06	Thu 05:06	Thu 06:06	Thu 07:06	Thu 08:06	Thu 09:06	<b>Highlight hours with Gabriele: Love is the Fount of Health</b>
Thu 02:42	Thu 04:42	Thu 05:42	Thu 06:42	Thu 07:42	Thu 08:42	Thu 09:42	<b>The Call of the Chrit of God. Given by Gabriele, the Prophetess and Emissary of God</b>
Thu 03:00	Thu 05:00	Thu 06:00	Thu 07:00	Thu 08:00	Thu 09:00	Thu 10:00	<b>Fresh and Fit Into the Day: Loosening Exercises - Part 05</b>
Thu 03:15	Thu 05:15	Thu 06:15	Thu 07:15	Thu 08:15	Thu 09:15	Thu 10:15	<b>Original Christian Meditation I (8): The Divine Powers of Light in Me Transform Everything</b>
Thu 04:02	Thu 06:02	Thu 07:02	Thu 08:02	Thu 09:02	Thu 10:02	Thu 11:02	<b>Documentary: More than Friends: A Life Among the Foxes</b>
Thu 04:20	Thu 06:20	Thu 07:20	Thu 08:20	Thu 09:20	Thu 10:20	Thu 11:20	<b>Classic Soul 39d</b>
Thu 04:30	Thu 06:30	Thu 07:30	Thu 08:30	Thu 09:30	Thu 10:30	Thu 11:30	<b>School of Life for the Mastery of Life (22)</b>
Thu 05:26	Thu 07:26	Thu 08:26	Thu 09:26	Thu 10:26	Thu 11:26	Thu 12:26	<b>Meditation - The Pearls in Us</b>
Thu 06:22	Thu 08:22	Thu 09:22	Thu 10:22	Thu 11:22	Thu 12:22	Thu 13:22	<b>Underway with Heinrich Benjes: Playful Discovery of Woods an Meadows</b>
Thu 06:53	Thu 08:53	Thu 09:53	Thu 10:53	Thu 11:53	Thu 12:53	Thu 13:53	<b>The Appearance in the Messianic, Sophianic Age</b>
Thu 07:16	Thu 09:16	Thu 10:16	Thu 11:16	Thu 12:16	Thu 13:16	Thu 14:16	<b>Classics for the Soul - Nocturne from "Midsummer Night's Dream" by F. Medelssohn, Scherzo from Symphony No. 1 by C. Saint-Saëns (Jun. 2016)</b>
Thu 07:33	Thu 09:33	Thu 10:33	Thu 11:33	Thu 12:33	Thu 13:33	Thu 14:33	<b>The Vegan Vegetarian Folk's Kitchen: Fried Potatoes with Mushrooms</b>
Thu 07:44	Thu 09:44	Thu 10:44	Thu 11:44	Thu 12:44	Thu 13:44	Thu 14:44	<b>The Vegan Vegetarian Folk's Kitchen: Rice with Wok Veggies</b>
Thu 08:00	Thu 10:00	Thu 11:00	Thu 12:00	Thu 13:00	Thu 14:00	Thu 15:00	<b>Science Panel - Man, the Cancer of the Earth</b>
Thu 08:35	Thu 10:35	Thu 11:35	Thu 12:35	Thu 13:35	Thu 14:35	Thu 15:35	<b>Focal Point Earth: Rain Forest - What has humankind made of it?</b>
Thu 09:27	Thu 11:27	Thu 12:27	Thu 13:27	Thu 14:27	Thu 15:27	Thu 16:27	<b>Palm Room Lecture: Our Life on Rewind - We Don't Live Just Once</b>
Thu 10:18	Thu 12:18	Thu 13:18	Thu 14:18	Thu 15:18	Thu 16:18	Thu 17:18	<b>Classics for the Soul - Adagio and Allegro from the Concerto for Cello and Orchestra No. 2 in D major by Josef Haydn (Sep. 2014)</b>
Thu 10:30	Thu 12:30	Thu 13:30	Thu 14:30	Thu 15:30	Thu 16:30	Thu 17:30	<b>Free Spirit 07 - It's Easier Living with God - Part 3</b>
Thu 10:53	Thu 12:53	Thu 13:53	Thu 14:53	Thu 15:53	Thu 16:53	Thu 17:53	<b>Helping Animals - Saving Lives (14) Dormice</b>

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**Thursday 21.03.2019**

Wednesday 20.03.2019

Istanbul	Mumbai	Dhaka	Jakarta	Shanghai	Tokyo	Sydney
Ankara	(+30min)	Rangoon	Bangkok	Singapore	Seoul	
Moskow	Karāchi	(+30min)		Manila		
Teheran				Taipei		
(+90min)				Beijing		

Thu 11:08	Thu 13:08	Thu 14:08	Thu 15:08	Thu 16:08	Thu 17:08	Thu 18:08	
							<b>The Vegan Vegetarian Folk's Kitchen: Crepes</b>
Thu 11:22	Thu 13:22	Thu 14:22	Thu 15:22	Thu 16:22	Thu 17:22	Thu 18:22	<b>The Vegan Vegetarian Folk's Kitchen: Asparagus Tartar</b>
Thu 11:33	Thu 13:33	Thu 14:33	Thu 15:33	Thu 16:33	Thu 17:33	Thu 18:33	<b>Science Panel - The Brain - Does Man Have Free Will?</b>
Thu 12:04	Thu 14:04	Thu 15:04	Thu 16:04	Thu 17:04	Thu 18:04	Thu 19:04	<b>Classic Soul 36a</b>
Thu 12:15	Thu 14:15	Thu 15:15	Thu 16:15	Thu 17:15	Thu 18:15	Thu 19:15	<b>My Life That I Chose Myself</b>
Thu 13:27	Thu 15:27	Thu 16:27	Thu 17:27	Thu 18:27	Thu 19:27	Thu 20:27	<b>The Call of the Christ of God through Sophia. By Gabriele, the Prophetess and Emissary of God</b>
Thu 13:39	Thu 15:39	Thu 16:39	Thu 17:39	Thu 18:39	Thu 19:39	Thu 20:39	<b>Meditation - Drops of Life</b>
Thu 14:11	Thu 16:11	Thu 17:11	Thu 18:11	Thu 19:11	Thu 20:11	Thu 21:11	<b>The Falsified Bible (1)</b>
Thu 14:36	Thu 16:36	Thu 17:36	Thu 18:36	Thu 19:36	Thu 20:36	Thu 21:36	<b>The Falsified Bible (2)</b>
Thu 15:00	Thu 17:00	Thu 18:00	Thu 19:00	Thu 20:00	Thu 21:00	Thu 22:00	<b>The Falsified Bible (3)</b>
Thu 15:34	Thu 17:34	Thu 18:34	Thu 19:34	Thu 20:34	Thu 21:34	Thu 22:34	<b>Underway with Heinrich Benjes: Big and Little Inhabitants of the Woods</b>
Thu 16:05	Thu 18:05	Thu 19:05	Thu 20:05	Thu 21:05	Thu 22:05	Thu 23:05	<b>Did Mankind make Animals Afraid and Aggressive?</b>
Thu 16:19	Thu 18:19	Thu 19:19	Thu 20:19	Thu 21:19	Thu 22:19	Thu 23:19	<b>Classic Soul 39e</b>
Thu 16:29	Thu 18:29	Thu 19:29	Thu 20:29	Thu 21:29	Thu 22:29	Thu 23:29	<b>Meditation - Evening Meditation: The Cradle of Our Sleep</b>
Thu 17:03	Thu 19:03	Thu 20:03	Thu 21:03	Thu 22:03	Thu 23:03	Fri 00:03	<b>Find the Primordial Light in You - Develop the Divine Order - 1</b>
Thu 17:49	Thu 19:49	Thu 20:49	Thu 21:49	Thu 22:49	Thu 23:49	Fri 00:49	<b>Helping Animals - Saving Lives (07) Martens</b>
Thu 18:00	Thu 20:00	Thu 21:00	Thu 22:00	Thu 23:00	Fri 00:00	Fri 01:00	<b>Classics for the Soul - Adagio from the Violin Concerto No. 1 by Joseph Haydn, Flower Duet from the opera "Lakmé" by Léo Delibes, Barcarole from "Tales of Hoffman" by Jacques Offenbach (May 2015)</b>
Thu 18:22	Thu 20:22	Thu 21:22	Thu 22:22	Thu 23:22	Fri 00:22	Fri 01:22	<b>The Quiet Chamber: Inner Prayer (3)</b>
Thu 18:59	Thu 20:59	Thu 21:59	Thu 22:59	Thu 23:59	Fri 00:59	Fri 01:59	<b>The Inner Path to the Cosmic Consciousness. Level of Order. Part 15</b>
Thu 19:32	Thu 21:32	Thu 22:32	Thu 23:32	Fri 00:32	Fri 01:32	Fri 02:32	<b>Meditation - Moments with the Animals</b>

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Thursday 21.03.2019

Wednesday 20.03.2019

Istanbul	Mumbai	Dhaka	Jakarta	Shanghai	Tokyo	Sydney
Ankara	(+30min)	Rangoon	Bangkok	Singapore	Seoul	
Moskow	Karāchi	(+30min)		Manila		
Teheran				Taipei		
(+90min)				Beijing		

Thu 19:49	Thu 21:49	Thu 22:49	Thu 23:49	Fri 00:49	Fri 01:49	Fri 02:49	<b>Helping Animals - Saving Lives (03) Feeding Birds - Not Only in Winter</b>
Thu 20:11	Thu 22:11	Thu 23:11	Fri 00:11	Fri 01:11	Fri 02:11	Fri 03:11	<b>The Call: The Sluices are Opened</b>
Thu 20:31	Thu 22:31	Thu 23:31	Fri 00:31	Fri 01:31	Fri 02:31	Fri 03:31	<b>Classic Soul 39b</b>
Thu 20:44	Thu 22:44	Thu 23:44	Fri 00:44	Fri 01:44	Fri 02:44	Fri 03:44	<b>The Vegan Vegetarian Folk's Kitchen: Dandelion Rice with Shiitake Cream Sauce, Raspberry Coconut Drink</b>
Thu 20:55	Thu 22:55	Thu 23:55	Fri 00:55	Fri 01:55	Fri 02:55	Fri 03:55	<b>The Vegan Vegetarian Folk's Kitchen: Hearty Bean Pear Stew</b>
Thu 21:13	Thu 23:13	Fri 00:13	Fri 01:13	Fri 02:13	Fri 03:13	Fri 04:13	<b>Science Panel: Who Controls Our Genes?</b>
Thu 21:43	Thu 23:43	Fri 00:43	Fri 01:43	Fri 02:43	Fri 03:43	Fri 04:43	<b>Eating Healthy by Changing Our Food - Documentary by Mike Anderson</b>
Thu 23:20	Fri 01:20	Fri 02:20	Fri 03:20	Fri 04:20	Fri 05:20	Fri 06:20	<b>Reincarnation - Life's Gift of Grace (1)</b>
Fri 00:14	Fri 02:14	Fri 03:14	Fri 04:14	Fri 05:14	Fri 06:14	Fri 07:14	<b>Classics for the Soul - Andantino grazioso and Rondo Allegro from the Cello Concerto No. 9 by Luigi Boccherini, Nightingale Serenade by Enrico Toselli (May 2015)</b>
Fri 00:30	Fri 02:30	Fri 03:30	Fri 04:30	Fri 05:30	Fri 06:30	Fri 07:30	<b>Life's Compass 04: The Parable of the Samaritan</b>



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**Friday 22.03.2019**

Thursday 21.03.2019

Istanbul	Mumbai	Dhaka	Jakarta	Shanghai	Tokyo	Sydney
Ankara	(+30min)	Rangoon	Bangkok	Singapore	Seoul	
Moskow	Karāchi	(+30min)		Manila		
Teheran				Taipei		
(+90min)				Beijing		

Fri 01:00	Fri 03:00	Fri 04:00	Fri 05:00	Fri 06:00	Fri 07:00	Fri 08:00	<b>Thoughts for the Day - Week 10 - Friday</b>
Fri 01:18	Fri 03:18	Fri 04:18	Fri 05:18	Fri 06:18	Fri 07:18	Fri 08:18	<b>The Great Cosmic Teachings of Jesus of Nazareth (12)</b>
Fri 01:55	Fri 03:55	Fri 04:55	Fri 05:55	Fri 06:55	Fri 07:55	Fri 08:55	<b>Meditation - The Second and Third Commandments</b>
Fri 02:29	Fri 04:29	Fri 05:29	Fri 06:29	Fri 07:29	Fri 08:29	Fri 09:29	<b>Underway with Peter Berthold: Children experience plants</b>
Fri 03:00	Fri 05:00	Fri 06:00	Fri 07:00	Fri 08:00	Fri 09:00	Fri 10:00	<b>Fresh and Fit Into the Day: Loosening Exercises - Part 06</b>
Fri 03:17	Fri 05:17	Fri 06:17	Fri 07:17	Fri 08:17	Fri 09:17	Fri 10:17	<b>Original Christian Meditation I (8): The Divine Powers of Light in Me Transform Everything</b>
Fri 04:03	Fri 06:03	Fri 07:03	Fri 08:03	Fri 09:03	Fri 10:03	Fri 11:03	<b>Classics for the Soul - Adagio and Allegro from the Concerto for Cello and Orchestra No. 2 in D major by Josef Haydn (Sep. 2014)</b>
Fri 04:15	Fri 06:15	Fri 07:15	Fri 08:15	Fri 09:15	Fri 10:15	Fri 11:15	<b>Morning Meditation: The Light of the Young Day</b>
Fri 04:30	Fri 06:30	Fri 07:30	Fri 08:30	Fri 09:30	Fri 10:30	Fri 11:30	<b>This is My Word. A and Ω. Chapters 75: The Last Possover Supper</b>
Fri 05:02	Fri 07:02	Fri 08:02	Fri 09:02	Fri 10:02	Fri 11:02	Fri 12:02	<b>A Picture Meditation to the Lord's Prayer</b>
Fri 05:40	Fri 07:40	Fri 08:40	Fri 09:40	Fri 10:40	Fri 11:40	Fri 12:40	<b>Underway with Heinrich Benjes: Stories from the World of Plants</b>
Fri 06:10	Fri 08:10	Fri 09:10	Fri 10:10	Fri 11:10	Fri 12:10	Fri 13:10	<b>Life Knows No Standstill</b>
Fri 06:29	Fri 08:29	Fri 09:29	Fri 10:29	Fri 11:29	Fri 12:29	Fri 13:29	<b>Classics for the Soul - Nocturne from "Midsummer Night's Dream" by F. Medelssohn, Scherzo from Symphony No. 1 by C. Saint-Saëns (Jun. 2016)</b>
Fri 06:44	Fri 08:44	Fri 09:44	Fri 10:44	Fri 11:44	Fri 12:44	Fri 13:44	<b>The Vegan Vegetarian Folk's Kitchen: Fried Vegetables</b>
Fri 06:55	Fri 08:55	Fri 09:55	Fri 10:55	Fri 11:55	Fri 12:55	Fri 13:55	<b>The Vegan Vegetarian Folk's Kitchen: Zucchini Spaghetti</b>
Fri 07:12	Fri 09:12	Fri 10:12	Fri 11:12	Fri 12:12	Fri 13:12	Fri 14:12	<b>Science Panel - An Expanded Worldview - Subtle Matter as Reality</b>
Fri 07:45	Fri 09:45	Fri 10:45	Fri 11:45	Fri 12:45	Fri 13:45	Fri 14:45	<b>Making the Connection</b>
Fri 08:23	Fri 10:23	Fri 11:23	Fri 12:23	Fri 13:23	Fri 14:23	Fri 15:23	<b>The Suffering of Animals Is the Grave of Mankind</b>
Fri 09:16	Fri 11:16	Fri 12:16	Fri 13:16	Fri 14:16	Fri 15:16	Fri 16:16	<b>Helping Animals - Saving Lives (11) Silia - A Fawn Gains Trust</b>
Fri 09:25	Fri 11:25	Fri 12:25	Fri 13:25	Fri 14:25	Fri 15:25	Fri 16:25	<b>A Close Look - How Will We Feed the World of Tomorrow?</b>
Fri 10:16	Fri 12:16	Fri 13:16	Fri 14:16	Fri 15:16	Fri 16:16	Fri 17:16	<b>Classics for the Soul - G.F. Handel, from "Water Music" Suites 1-3 (Apr. 2015)</b>

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Friday 22.03.2019

Thursday 21.03.2019

Istanbul Ankara Moskow Teheran (+90min)	Mumbai (+30min) Karāchi	Dhaka Rangoon (+30min)	Jakarta Bangkok	Shangai Singapore Manila Taipei Beijing	Tokyo Seoul	Sydney	
Fri 10:30	Fri 12:30	Fri 13:30	Fri 14:30	Fri 15:30	Fri 16:30	Fri 17:30	<b>The Microcosm in the Macrocosm: The Word of the Stars to the Person</b>
Fri 11:38	Fri 13:38	Fri 14:38	Fri 15:38	Fri 16:38	Fri 17:38	Fri 18:38	<b>The Free Communities Under the Sign of the Lilly: What is in Our Feelings, Sensations, Thoughts and Words? (In Chinese)</b>
Fri 11:52	Fri 13:52	Fri 14:52	Fri 15:52	Fri 16:52	Fri 17:52	Fri 18:52	<b>Classics for the Soul - Klassik Seele 29c_08</b>
Fri 12:00	Fri 14:00	Fri 15:00	Fri 16:00	Fri 17:00	Fri 18:00	Fri 19:00	<b>The Inner Path to the Cosmic Consciousness. Level of Order. Part 1</b>
Fri 12:39	Fri 14:39	Fri 15:39	Fri 16:39	Fri 17:39	Fri 18:39	Fri 19:39	<b>Classic Soul 38c</b>
Fri 12:55	Fri 14:55	Fri 15:55	Fri 16:55	Fri 17:55	Fri 18:55	Fri 19:55	<b>Meditation - Deep Breathing</b>
Fri 13:34	Fri 15:34	Fri 16:34	Fri 17:34	Fri 18:34	Fri 19:34	Fri 20:34	<b>Classic Soul 40c</b>
Fri 13:43	Fri 15:43	Fri 16:43	Fri 17:43	Fri 18:43	Fri 19:43	Fri 20:43	<b>The Call of Gabriele, the Prophetess and Emissary of God in the Messianic, Sophianic Age of the Lilly, of the Love for God and Neighbor</b>
Fri 14:06	Fri 16:06	Fri 17:06	Fri 18:06	Fri 19:06	Fri 20:06	Fri 21:06	<b>Helping Animals - Saving Lives (06) Fox Offsprings</b>
Fri 14:30	Fri 16:30	Fri 17:30	Fri 18:30	Fri 19:30	Fri 20:30	Fri 21:30	<b>Reincarnation - Life's Gift of Grace (3)</b>
Fri 15:36	Fri 17:36	Fri 18:36	Fri 19:36	Fri 20:36	Fri 21:36	Fri 22:36	<b>Meditation - Prayer: Where Do We Pray? What Do We pray? How Do We pray?</b>
Fri 16:13	Fri 18:13	Fri 19:13	Fri 20:13	Fri 21:13	Fri 22:13	Fri 23:13	<b>Classic Soul 39d</b>
Fri 16:30	Fri 18:30	Fri 19:30	Fri 20:30	Fri 21:30	Fri 22:30	Fri 23:30	<b>Meditation - Evening Meditation: The Night and Sleep in God's Hands</b>
Fri 16:49	Fri 18:49	Fri 19:49	Fri 20:49	Fri 21:49	Fri 22:49	Fri 23:49	<b>Find the Primordial Light in You - Develop the Divine Order - 2</b>
Fri 17:21	Fri 19:21	Fri 20:21	Fri 21:21	Fri 22:21	Fri 23:21	Sat 00:21	<b>Helping Animals - Saving Lives (12) Infirmary</b>
Fri 17:34	Fri 19:34	Fri 20:34	Fri 21:34	Fri 22:34	Fri 23:34	Sat 00:34	<b>Find the Primordial Light in You - Develop the Divine Order - 4</b>
Fri 18:00	Fri 20:00	Fri 21:00	Fri 22:00	Fri 23:00	Sat 00:00	Sat 01:00	<b>Health Panel 01 - What All Is in Fish? What All Is in Fish? Facts on the environmental pollution of fish</b>
Fri 18:33	Fri 20:33	Fri 21:33	Fri 22:33	Fri 23:33	Sat 00:33	Sat 01:33	<b>A Gift for Self-Help – Spoken by Gabriele</b>
Fri 19:00	Fri 21:00	Fri 22:00	Fri 23:00	Sat 00:00	Sat 01:00	Sat 02:00	<b>The Infinite and You - The Law of Correspondence - part 2</b>
Fri 19:49	Fri 21:49	Fri 22:49	Fri 23:49	Sat 00:49	Sat 01:49	Sat 02:49	<b>Highlight hours with Gabriele: Love is the Fount of Health</b>

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## Sophia-TV Asia

Satelite ASIASAT 5- Position 100.5°EAST +/- 0,1° E/W and N/S  
Transp. C11H- C band- Downlink central frequency 4040Ghz +/-300 GHz  
Horizontal Symbol Rate: 29720 +/- 70ppm, 8PSK, Fec 5/6



Friday 22.03.2019

Thursday 21.03.2019

Istanbul	Mumbai	Dhaka	Jakarta	Shanghai	Tokyo	Sydney
Ankara	(+30min)	Rangoon	Bangkok	Singapore	Seoul	
Moskow	Karāchi	(+30min)		Manila		
Teheran				Taipei		
(+90min)				Beijing		

Fri 20:24	Fri 22:24	Fri 23:24	Sat 00:24	Sat 01:24	Sat 02:24	Sat 03:24	<b>Heinrich Benjes tells a Story: The Miller</b>
Fri 20:38	Fri 22:38	Fri 23:38	Sat 00:38	Sat 01:38	Sat 02:38	Sat 03:38	<b>The Call of the Chrit of God. Given by Gabriele, the Prophetess and Emissary of God</b>
Fri 20:55	Fri 22:55	Fri 23:55	Sat 00:55	Sat 01:55	Sat 02:55	Sat 03:55	<b>Classic Soul 39e</b>
Fri 21:10	Fri 23:10	Sat 00:10	Sat 01:10	Sat 02:10	Sat 03:10	Sat 04:10	<b>The Vegan Vegetarian Folk's Kitchen: Swiss Chard Rolls</b>
Fri 21:22	Fri 23:22	Sat 00:22	Sat 01:22	Sat 02:22	Sat 03:22	Sat 04:22	<b>The Vegan Vegetarian Folk's Kitchen: Cooking and heavy metals</b>
Fri 21:40	Fri 23:40	Sat 00:40	Sat 01:40	Sat 02:40	Sat 03:40	Sat 04:40	<b>Science Panel - Climate Killer CO2</b>
Fri 22:13	Sat 00:13	Sat 01:13	Sat 02:13	Sat 03:13	Sat 04:13	Sat 05:13	<b>A Delicate Balance</b>
Fri 23:44	Sat 01:44	Sat 02:44	Sat 03:44	Sat 04:44	Sat 05:44	Sat 06:44	<b>Plants And Botanical Medicine</b>
Sat 00:33	Sat 02:33	Sat 03:33	Sat 04:33	Sat 05:33	Sat 06:33	Sat 07:33	<b>Meditation - Everything Is In Bloom</b>

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# Sophia-TV Asia

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 Transp. C11H - C band - Downlink central frequency 4040Ghz +/-300 GHz  
 Horizontal Symbol Rate: 29720 +/- 70ppm, 8PSK, Fec 5/6



**Saturday 23.03.2019**

Friday 22.03.2019

Istanbul	Mumbai	Dhaka	Jakarta	Shanghai	Tokyo	Sydney
Ankara	(+30min)	Rangoon	Bangkok	Singapore	Seoul	
Moskow	Karāchi	(+30min)		Manila		
Teheran				Taipei		
(+90min)				Beijing		

Sat 01:00	Sat 03:00	Sat 04:00	Sat 05:00	Sat 06:00	Sat 07:00	Sat 08:00	Thoughts for the Day - Week 10 - Saturday
Sat 01:17	Sat 03:17	Sat 04:17	Sat 05:17	Sat 06:17	Sat 07:17	Sat 08:17	This is My Word. A and Ω. Chapters 75: The Last Possover Supper
Sat 01:50	Sat 03:50	Sat 04:50	Sat 05:50	Sat 06:50	Sat 07:50	Sat 08:50	A Picture Meditation to the Lord's Prayer
Sat 02:27	Sat 04:27	Sat 05:27	Sat 06:27	Sat 07:27	Sat 08:27	Sat 09:27	Underway with Heinrich Benjes: Stories from the World of Plants
Sat 03:00	Sat 05:00	Sat 06:00	Sat 07:00	Sat 08:00	Sat 09:00	Sat 10:00	Fresh and Fit Into the Day: Loosening Exercises - Part 07
Sat 03:17	Sat 05:17	Sat 06:17	Sat 07:17	Sat 08:17	Sat 09:17	Sat 10:17	Original Christian Meditation I (8): The Divine Powers of Light in Me Transform Everything
Sat 04:01	Sat 06:01	Sat 07:01	Sat 08:01	Sat 09:01	Sat 10:01	Sat 11:01	The Free Communities Under the Sign of the Lilly: What is in Our Feelings, Sensations, Thoughts and Words? (In Japanese)
Sat 04:15	Sat 06:15	Sat 07:15	Sat 08:15	Sat 09:15	Sat 10:15	Sat 11:15	Classic Soul 38d
Sat 04:30	Sat 06:30	Sat 07:30	Sat 08:30	Sat 09:30	Sat 10:30	Sat 11:30	The Inner Path to the Cosmic Consciousness. Level of Order. Part 15
Sat 05:03	Sat 07:03	Sat 08:03	Sat 09:03	Sat 10:03	Sat 11:03	Sat 12:03	Meditation - Moments with the Animals
Sat 05:20	Sat 07:20	Sat 08:20	Sat 09:20	Sat 10:20	Sat 11:20	Sat 12:20	Helping Animals - Saving Lives (03) Feeding Birds - Not Only in Winter
Sat 05:42	Sat 07:42	Sat 08:42	Sat 09:42	Sat 10:42	Sat 11:42	Sat 12:42	The Call: The Sluices are Opened
Sat 06:02	Sat 08:02	Sat 09:02	Sat 10:02	Sat 11:02	Sat 12:02	Sat 13:02	Classic Soul 39b
Sat 06:15	Sat 08:15	Sat 09:15	Sat 10:15	Sat 11:15	Sat 12:15	Sat 13:15	The Vegan Vegetarian Folk's Kitchen: Dandelion Rice with Shiitake Cream Sauce, Raspberry Coconut Drink
Sat 06:26	Sat 08:26	Sat 09:26	Sat 10:26	Sat 11:26	Sat 12:26	Sat 13:26	The Vegan Vegetarian Folk's Kitchen: Hearty Bean Pear Stew
Sat 06:44	Sat 08:44	Sat 09:44	Sat 10:44	Sat 11:44	Sat 12:44	Sat 13:44	Science Panel: Who Controls Our Genes?
Sat 07:14	Sat 09:14	Sat 10:14	Sat 11:14	Sat 12:14	Sat 13:14	Sat 14:14	Eating Healthy by Changing Our Food - Documentary by Mike Anderson
Sat 08:51	Sat 10:51	Sat 11:51	Sat 12:51	Sat 13:51	Sat 14:51	Sat 15:51	Childrens Story: Little Helene and Her Journey Trough the Cosmsos (3)
Sat 09:21	Sat 11:21	Sat 12:21	Sat 13:21	Sat 14:21	Sat 15:21	Sat 16:21	Liobani for Children: I Tell a Story - Part 8 God's Love for All Things
Sat 09:38	Sat 11:38	Sat 12:38	Sat 13:38	Sat 14:38	Sat 15:38	Sat 16:38	Heinrich Benjes tells a Story: The Little Wren



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 Transp. C11H - C band - Downlink central frequency 4040Ghz +/-300 GHz  
 Horizontal Symbol Rate: 29720 +/- 70ppm, 8PSK, Fec 5/6



**Saturday 23.03.2019**

Friday 22.03.2019

Istanbul Ankara Moskow Teheran (+90min)	Mumbai (+30min) Karāchi	Dhaka Rangoon (+30min)	Jakarta Bangkok	Shangai Singapore Manila Taipei Beijing	Tokyo Seoul	Sydney	
Sat 09:46	Sat 11:46	Sat 12:46	Sat 13:46	Sat 14:46	Sat 15:46	Sat 16:46	<b>Liobani for Children: I Advise - Part 5 Where Does the Soul Come From? What Does It Look Like? Where Does It Go?</b>
Sat 10:01	Sat 12:01	Sat 13:01	Sat 14:01	Sat 15:01	Sat 16:01	Sat 17:01	<b>Life's Compass 04: The Parable of the Samaritan</b>
Sat 10:30	Sat 12:30	Sat 13:30	Sat 14:30	Sat 15:30	Sat 16:30	Sat 17:30	<b>School of Life for the Mastery of Life (22)</b>
Sat 11:27	Sat 13:27	Sat 14:27	Sat 15:27	Sat 16:27	Sat 17:27	Sat 18:27	<b>Meditation - The Pearls in Us</b>
Sat 12:23	Sat 14:23	Sat 15:23	Sat 16:23	Sat 17:23	Sat 18:23	Sat 19:23	<b>Underway with Heinrich Benjes: Playful Discovery of Woods an Meadows</b>
Sat 12:53	Sat 14:53	Sat 15:53	Sat 16:53	Sat 17:53	Sat 18:53	Sat 19:53	<b>The Appearance in the Messianic, Sophianic Age</b>
Sat 13:17	Sat 15:17	Sat 16:17	Sat 17:17	Sat 18:17	Sat 19:17	Sat 20:17	<b>Classics for the Soul - Nocturne from "Midsummer Night's Dream" by F. Medelssohn, Scherzo from Symphony No. 1 by C. Saint-Saëns (Jun. 2016)</b>
Sat 13:33	Sat 15:33	Sat 16:33	Sat 17:33	Sat 18:33	Sat 19:33	Sat 20:33	<b>The Vegan Vegetarian Folk's Kitchen: Fried Potatoes with Mushrooms</b>
Sat 13:45	Sat 15:45	Sat 16:45	Sat 17:45	Sat 18:45	Sat 19:45	Sat 20:45	<b>The Vegan Vegetarian Folk's Kitchen: Rice with Wok Veggies</b>
Sat 14:01	Sat 16:01	Sat 17:01	Sat 18:01	Sat 19:01	Sat 20:01	Sat 21:01	<b>Science Panel - Man, the Cancer of the Earth</b>
Sat 14:35	Sat 16:35	Sat 17:35	Sat 18:35	Sat 19:35	Sat 20:35	Sat 21:35	<b>Focal Point Earth: Rain Forest - What has humankind made of it?</b>
Sat 15:28	Sat 17:28	Sat 18:28	Sat 19:28	Sat 20:28	Sat 21:28	Sat 22:28	<b>Palm Room Lecture: Our Life on Rewind - We Don't Live Just Once</b>
Sat 16:19	Sat 18:19	Sat 19:19	Sat 20:19	Sat 21:19	Sat 22:19	Sat 23:19	<b>Classics for the Soul - Adagio and Allegro from the Concerto for Cello and Orchestra No. 2 in D major by Josef Haydn (Sep. 2014)</b>
Sat 16:30	Sat 18:30	Sat 19:30	Sat 20:30	Sat 21:30	Sat 22:30	Sat 23:30	<b>Meditation - Evening Meditation: Breathe More Deeply - Become More Calm</b>
Sat 16:53	Sat 18:53	Sat 19:53	Sat 20:53	Sat 21:53	Sat 22:53	Sat 23:53	<b>Find the Primordial Light in You (3)</b>
Sat 17:24	Sat 19:24	Sat 20:24	Sat 21:24	Sat 22:24	Sat 23:24	Sun 00:24	<b>Helping Animals - Saving Lives (13) Wild Animals in Winter</b>
Sat 17:59	Sat 19:59	Sat 20:59	Sat 21:59	Sat 22:59	Sat 23:59	Sun 00:59	<b>The Quiet Chamber: Inner Prayer (4)</b>
Sat 18:22	Sat 20:22	Sat 21:22	Sat 22:22	Sat 23:22	Sun 00:22	Sun 01:22	<b>Classic Soul 39c</b>
Sat 18:38	Sat 20:38	Sat 21:38	Sat 22:38	Sat 23:38	Sun 00:38	Sun 01:38	<b>Helping Animals - Saving Lives (17) The Raben Rana</b>
Sat 19:00	Sat 21:00	Sat 22:00	Sat 23:00	Sun 00:00	Sun 01:00	Sun 02:00	<b>Free Spirit 07 - It's Easier Living with God - Part 3</b>

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Horizontal Symbol Rate: 29720 +/- 70ppm, 8PSK, Fec 5/6



**Saturday 23.03.2019**

Friday 22.03.2019

Istanbul Ankara Moskow Teheran (+90min)	Mumbai (+30min) Karāchi	Dhaka Rangoon (+30min)	Jakarta Bangkok	Shangai Singapore Manila Taipei Beijing	Tokyo Seoul	Sydney	
Sat 19:23	Sat 21:23	Sat 22:23	Sat 23:23	Sun 00:23	Sun 01:23	Sun 02:23	<b>Helping Animals - Saving Lives (14) Dormice</b>
Sat 19:38	Sat 21:38	Sat 22:38	Sat 23:38	Sun 00:38	Sun 01:38	Sun 02:38	<b>The Vegan Vegetarian Folk's Kitchen: Crepes</b>
Sat 19:52	Sat 21:52	Sat 22:52	Sat 23:52	Sun 00:52	Sun 01:52	Sun 02:52	<b>The Vegan Vegetarian Folk's Kitchen: Asparagus Tartar</b>
Sat 20:04	Sat 22:04	Sat 23:04	Sun 00:04	Sun 01:04	Sun 02:04	Sun 03:04	<b>Science Panel - The Brain - Does Man Have Free Will?</b>
Sat 20:34	Sat 22:34	Sat 23:34	Sun 00:34	Sun 01:34	Sun 02:34	Sun 03:34	<b>Classic Soul 36a</b>
Sat 20:45	Sat 22:45	Sat 23:45	Sun 00:45	Sun 01:45	Sun 02:45	Sun 03:45	<b>My Life That I Chose Myself</b>
Sat 21:57	Sat 23:57	Sun 00:57	Sun 01:57	Sun 02:57	Sun 03:57	Sun 04:57	<b>The Call of the Christ of God through Sophia. By Gabriele, the Prophetess and Emissary of God</b>
Sat 22:09	Sun 00:09	Sun 01:09	Sun 02:09	Sun 03:09	Sun 04:09	Sun 05:09	<b>Meditation - Drops of Life</b>
Sat 22:42	Sun 00:42	Sun 01:42	Sun 02:42	Sun 03:42	Sun 04:42	Sun 05:42	<b>The Falsified Bible (1)</b>
Sat 23:07	Sun 01:07	Sun 02:07	Sun 03:07	Sun 04:07	Sun 05:07	Sun 06:07	<b>The Falsified Bible (2)</b>
Sat 23:31	Sun 01:31	Sun 02:31	Sun 03:31	Sun 04:31	Sun 05:31	Sun 06:31	<b>The Falsified Bible (3)</b>
Sun 00:05	Sun 02:05	Sun 03:05	Sun 04:05	Sun 05:05	Sun 06:05	Sun 07:05	<b>Underway with Heinrich Benjes: Big and Little Inhabitants of the Woods</b>
Sun 00:35	Sun 02:35	Sun 03:35	Sun 04:35	Sun 05:35	Sun 06:35	Sun 07:35	<b>Did Mankind make Animals Afraid and Aggressive?</b>

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 Transp. C11H - C band - Downlink central frequency 4040Ghz +/-300 GHz  
 Horizontal Symbol Rate: 29720 +/- 70ppm, 8PSK, Fec 5/6



**Sunday 24.03.2019**

Saturday 23.03.2019

Istanbul	Mumbai	Dhaka	Jakarta	Shanghai	Tokyo	Sydney
Ankara	(+30min)	Rangoon	Bangkok	Singapore	Seoul	
Moskow	Karāchi	(+30min)		Manila		
Teheran				Taipei		
(+90min)				Beijing		

Sun 01:00	Sun 03:00	Sun 04:00	Sun 05:00	Sun 06:00	Sun 07:00	Sun 08:00	Thoughts for the Day - Week 10 - Sunday
Sun 01:17	Sun 03:17	Sun 04:17	Sun 05:17	Sun 06:17	Sun 07:17	Sun 08:17	Meditation - Moments with the Animals
Sun 01:35	Sun 03:35	Sun 04:35	Sun 05:35	Sun 06:35	Sun 07:35	Sun 08:35	Helping Animals - Saving Lives (03) Feeding Birds - Not Only in Winter
Sun 01:57	Sun 03:57	Sun 04:57	Sun 05:57	Sun 06:57	Sun 07:57	Sun 08:57	The Call: The Sluices are Opened
Sun 02:18	Sun 04:18	Sun 05:18	Sun 06:18	Sun 07:18	Sun 08:18	Sun 09:18	Classic Soul 39b
Sun 02:31	Sun 04:31	Sun 05:31	Sun 06:31	Sun 07:31	Sun 08:31	Sun 09:31	Science Panel: Who Controls Our Genes?
Sun 03:00	Sun 05:00	Sun 06:00	Sun 07:00	Sun 08:00	Sun 09:00	Sun 10:00	Fresh and Fit Into the Day: Loosening Exercises - Part 05
Sun 03:15	Sun 05:15	Sun 06:15	Sun 07:15	Sun 08:15	Sun 09:15	Sun 10:15	Original Christian Meditation I (8): The Divine Powers of Light in Me Transform Everything
Sun 04:02	Sun 06:02	Sun 07:02	Sun 08:02	Sun 09:02	Sun 10:02	Sun 11:02	The Free Communities Under the Sign of the Lilly: What is in Our Feelings, Sensations, Thoughts and Words? (In Chinese)
Sun 04:17	Sun 06:17	Sun 07:17	Sun 08:17	Sun 09:17	Sun 10:17	Sun 11:17	Classics for the Soul - Nocturne from "Midsummer Night's Dream" by F. Medelssohn, Scherzo from Symphony No. 1 by C. Saint-Saëns (Jun. 2016)
Sun 04:30	Sun 06:30	Sun 07:30	Sun 08:30	Sun 09:30	Sun 10:30	Sun 11:30	The Inner Path to the Cosmic Consciousness. Level of Order. Part 1
Sun 05:09	Sun 07:09	Sun 08:09	Sun 09:09	Sun 10:09	Sun 11:09	Sun 12:09	Classic Soul 38c
Sun 05:25	Sun 07:25	Sun 08:25	Sun 09:25	Sun 10:25	Sun 11:25	Sun 12:25	Meditation - Deep Breathing
Sun 06:00	Sun 08:00	Sun 09:00	Sun 10:00	Sun 11:00	Sun 12:00	Sun 13:00	The Great Cosmic Teachings of Jesus of Nazareth (12)
Sun 06:39	Sun 08:39	Sun 09:39	Sun 10:39	Sun 11:39	Sun 12:39	Sun 13:39	Meditation - The Second and Third Commandments
Sun 07:13	Sun 09:13	Sun 10:13	Sun 11:13	Sun 12:13	Sun 13:13	Sun 14:13	Underway with Peter Berthold: Children experience plants
Sun 07:45	Sun 09:45	Sun 10:45	Sun 11:45	Sun 12:45	Sun 13:45	Sun 14:45	A Prayer For Matters Close to Our Heart. By Gabriele, the Prophtetess and Emissary of God
Sun 07:56	Sun 09:56	Sun 10:56	Sun 11:56	Sun 12:56	Sun 13:56	Sun 14:56	Classic Soul 40d
Sun 08:18	Sun 10:18	Sun 11:18	Sun 12:18	Sun 13:18	Sun 14:18	Sun 15:18	The Vegan Vegetarian Folk's Kitchen: Breaded Veggies with Frankfurt Green Sauce
Sun 08:30	Sun 10:30	Sun 11:30	Sun 12:30	Sun 13:30	Sun 14:30	Sun 15:30	The Vegan Vegetarian Folk's Kitchen: Polenta Bean Dish with Sage
Sun 08:44	Sun 10:44	Sun 11:44	Sun 12:44	Sun 13:44	Sun 14:44	Sun 15:44	Science Panel - Dying Species - What Can We Do?

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 Horizontal Symbol Rate: 29720 +/- 70ppm, 8PSK, Fec 5/6



**Sunday 24.03.2019**

Saturday 23.03.2019

Istanbul	Mumbai	Dhaka	Jakarta	Shanghai	Tokyo	Sydney
Ankara	(+30min)	Rangoon	Bangkok	Singapore	Seoul	
Moskow	Karāchi	(+30min)		Manila		
Teheran				Taipei		
(+90min)				Beijing		

Sun 09:18	Sun 11:18	Sun 12:18	Sun 13:18	Sun 14:18	Sun 15:18	Sun 16:18	Documentaries - Meat File
Sun 10:11	Sun 12:11	Sun 13:11	Sun 14:11	Sun 15:11	Sun 16:11	Sun 17:11	Helping Animals - Saving Lives (01)
Sun 10:24	Sun 12:24	Sun 13:24	Sun 14:24	Sun 15:24	Sun 16:24	Sun 17:24	Prophetic Voice for the Animals
Sun 11:03	Sun 13:03	Sun 14:03	Sun 15:03	Sun 16:03	Sun 17:03	Sun 18:03	Are You Who You Think You Are - Part 1
Sun 11:33	Sun 13:33	Sun 14:33	Sun 15:33	Sun 16:33	Sun 17:33	Sun 18:33	The Free Communities Under the Sign of the Lilly: What is in Our Feelings, Sensations, Thoughts and Words? (In Japanese)
Sun 11:47	Sun 13:47	Sun 14:47	Sun 15:47	Sun 16:47	Sun 17:47	Sun 18:47	Classics for the Soul - Nocturne from "Midsummer Night's Dream" by F. Medelssohn, Scherzo from Symphony No. 1 by C. Saint-Saëns (Jun. 2016)
Sun 12:00	Sun 14:00	Sun 15:00	Sun 16:00	Sun 17:00	Sun 18:00	Sun 19:00	The Inner Path to the Cosmic Consciousness. Level of Order. Part 1
Sun 12:39	Sun 14:39	Sun 15:39	Sun 16:39	Sun 17:39	Sun 18:39	Sun 19:39	Classic Soul 38c
Sun 12:55	Sun 14:55	Sun 15:55	Sun 16:55	Sun 17:55	Sun 18:55	Sun 19:55	Meditation - Deep Breathing
Sun 13:30	Sun 15:30	Sun 16:30	Sun 17:30	Sun 18:30	Sun 19:30	Sun 20:30	Science Panel - An Expanded Worldview - Subtle Matter as Reality
Sun 14:02	Sun 16:02	Sun 17:02	Sun 18:02	Sun 19:02	Sun 20:02	Sun 21:02	Making the Connection
Sun 14:40	Sun 16:40	Sun 17:40	Sun 18:40	Sun 19:40	Sun 20:40	Sun 21:40	The Suffering of Animals Is the Grave of Mankind
Sun 15:31	Sun 17:31	Sun 18:31	Sun 19:31	Sun 20:31	Sun 21:31	Sun 22:31	Helping Animals - Saving Lives (11) Silia - A Fawn Gains Trust
Sun 15:40	Sun 17:40	Sun 18:40	Sun 19:40	Sun 20:40	Sun 21:40	Sun 22:40	A Close Look - How Will We Feed the World of Tomorrow?
Sun 16:30	Sun 18:30	Sun 19:30	Sun 20:30	Sun 21:30	Sun 22:30	Sun 23:30	Meditation - Evening Meditation: The Cradle of Our Sleep
Sun 17:04	Sun 19:04	Sun 20:04	Sun 21:04	Sun 22:04	Sun 23:04	Mon 00:04	Find the Primordial Light in You - Develop the Divine Order - 1
Sun 17:49	Sun 19:49	Sun 20:49	Sun 21:49	Sun 22:49	Sun 23:49	Mon 00:49	Helping Animals - Saving Lives (07) Martens
Sun 18:01	Sun 20:01	Sun 21:01	Sun 22:01	Sun 23:01	Mon 00:01	Mon 01:01	Classics for the Soul - Adagio from the Violin Concerto No. 1 by Joseph Haydn, Flower Duet from the opera "Lakmé" by Léo Delibes, Barcarole from "Tales of Hoffman" by Jacques Offenbach (May 2015)
Sun 18:22	Sun 20:22	Sun 21:22	Sun 22:22	Sun 23:22	Mon 00:22	Mon 01:22	The Quiet Chamber: Inner Prayer (3)



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**Sunday 24.03.2019**

Saturday 23.03.2019

Istanbul	Mumbai	Dhaka	Jakarta	Shanghai	Tokyo	Sydney
Ankara	(+30min)	Rangoon	Bangkok	Singapore	Seoul	
Moskow	Karāchi	(+30min)		Manila		
Teheran				Taipei		
(+90min)				Beijing		

Sun 19:00	Sun 21:00	Sun 22:00	Sun 23:00	Mon 00:00	Mon 01:00	Mon 02:00	<b>The Microcosm in the Macrocosm: The Word of the Stars to the Person</b>
Sun 20:11	Sun 22:11	Sun 23:11	Mon 00:11	Mon 01:11	Mon 02:11	Mon 03:11	<b>The Vegan Vegetarian Folk's Kitchen: Zucchini Towers with Couscous</b>
Sun 20:22	Sun 22:22	Sun 23:22	Mon 00:22	Mon 01:22	Mon 02:22	Mon 03:22	<b>The Vegan Vegetarian Folk's Kitchen: Carrot Soup with Curry and Ginger, Fried Bananas</b>
Sun 20:35	Sun 22:35	Sun 23:35	Mon 00:35	Mon 01:35	Mon 02:35	Mon 03:35	<b>Science Panel - Storms - Harbingers of a Stormy Time</b>
Sun 21:08	Sun 23:08	Mon 00:08	Mon 01:08	Mon 02:08	Mon 03:08	Mon 04:08	<b>Classic Soul 40c</b>
Sun 21:17	Sun 23:17	Mon 00:17	Mon 01:17	Mon 02:17	Mon 03:17	Mon 04:17	<b>The Call of Gabriele, the Prophetess and Emissary of God in the Messianic, Sophianic Age of the Lily, of the Love for God and Neighbor</b>
Sun 21:40	Sun 23:40	Mon 00:40	Mon 01:40	Mon 02:40	Mon 03:40	Mon 04:40	<b>Helping Animals - Saving Lives (06) Fox Offsprings</b>
Sun 22:04	Mon 00:04	Mon 01:04	Mon 02:04	Mon 03:04	Mon 04:04	Mon 05:04	<b>Reincarnation - Life's Gift of Grace (3)</b>
Sun 23:10	Mon 01:10	Mon 02:10	Mon 03:10	Mon 04:10	Mon 05:10	Mon 06:10	<b>Meditation - Prayer: Where Do We Pray? What Do We pray? How Do We pray?</b>
Sun 23:47	Mon 01:47	Mon 02:47	Mon 03:47	Mon 04:47	Mon 05:47	Mon 06:47	<b>The Wealth of the Church Is Blood Money</b>