

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 25.03.2019

Sunday 24.03.2019

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	Thoughts for the Day - Week 15 - Monday
Mon 01:17	Mon 03:17	Mon 04:17	Mon 05:17	Mon 06:17	Mon 07:17	Mon 08:17	Free Spirit 08 - It's Easier Living with God - Part 4
Mon 01:46	Mon 03:46	Mon 04:46	Mon 05:46	Mon 06:46	Mon 07:46	Mon 08:46	Meditation - Prayer: Where Do We Pray? What Do We pray? How Do We pray?
Mon 02:27	Mon 04:27	Mon 05:27	Mon 06:27	Mon 07:27	Mon 08:27	Mon 09:27	Helping Animals - Saving Lives (11) Silia - A Fawn Gains Trust
Mon 02:36	Mon 04:36	Mon 05:36	Mon 06:36	Mon 07:36	Mon 08:36	Mon 09:36	The Call: The Sluices are Opened
Mon 03:00	Mon 05:00	Mon 06:00	Mon 07:00	Mon 08:00	Mon 09:00	Mon 10:00	Fresh and Fit Into the Day: Loosening Exercises - Part 06
Mon 03:17	Mon 05:17	Mon 06:17	Mon 07:17	Mon 08:17	Mon 09:17	Mon 10:17	Original Christian Meditation I (9): The More I Devote Myself to the Divine Power of Life, the More Beautifully and Purely I Will Blossom
Mon 04:01	Mon 06:01	Mon 07:01	Mon 08:01	Mon 09:01	Mon 10:01	Mon 11:01	Science Panel - Climate Change and Health
Mon 04:30	Mon 06:30	Mon 07:30	Mon 08:30	Mon 09:30	Mon 10:30	Mon 11:30	The Infinite and You - The Law of Correspondence - part 3
Mon 05:29	Mon 07:29	Mon 08:29	Mon 09:29	Mon 10:29	Mon 11:29	Mon 12:29	Meditation - The Second and Third Commandments
Mon 06:05	Mon 08:05	Mon 09:05	Mon 10:05	Mon 11:05	Mon 12:05	Mon 13:05	Helping Animals - Saving Lives (14) Dormice
Mon 06:16	Mon 08:16	Mon 09:16	Mon 10:16	Mon 11:16	Mon 12:16	Mon 13:16	The Call of the Christ of God "Words for the Life"
Mon 06:39	Mon 08:39	Mon 09:39	Mon 10:39	Mon 11:39	Mon 12:39	Mon 13:39	The Vegan Vegetarian Folk's Kitchen: Bread Patties
Mon 06:50	Mon 08:50	Mon 09:50	Mon 10:50	Mon 11:50	Mon 12:50	Mon 13:50	The Vegan Vegetarian Folk's Kitchen: Gazpacho
Mon 07:08	Mon 09:08	Mon 10:08	Mon 11:08	Mon 12:08	Mon 13:08	Mon 14:08	Science Panel - The Brain - Does Man Have Free Will?
Mon 07:37	Mon 09:37	Mon 10:37	Mon 11:37	Mon 12:37	Mon 13:37	Mon 14:37	Documentaries - Meat File
Mon 08:28	Mon 10:28	Mon 11:28	Mon 12:28	Mon 13:28	Mon 14:28	Mon 15:28	My Life That I Chose Myself
Mon 09:41	Mon 11:41	Mon 12:41	Mon 13:41	Mon 14:41	Mon 15:41	Mon 16:41	Highlight hours with Gabriele: Freedom, Love and Unity
Mon 10:20	Mon 12:20	Mon 13:20	Mon 14:20	Mon 15:20	Mon 16:20	Mon 17:20	Classic Soul 39d
Mon 10:30	Mon 12:30	Mon 13:30	Mon 14:30	Mon 15:30	Mon 16:30	Mon 17:30	The Great Cosmic Teachings of Jesus of Nazareth (13)
Mon 11:10	Mon 13:10	Mon 14:10	Mon 15:10	Mon 16:10	Mon 17:10	Mon 18:10	Meditation - Everything Is In Bloom
Mon 11:43	Mon 13:43	Mon 14:43	Mon 15:43	Mon 16:43	Mon 17:43	Mon 18:43	Helping Animals - Saving Lives (03) Feeding Birds - Not Only in Winter

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Sunday 24.03.2019

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

Istanbul	Mumbai	Dhaka	Jakarta	Shanghai	Tokyo	Sydney	Program
Mon 12:00	Mon 14:00	Mon 15:00	Mon 16:00	Mon 17:00	Mon 18:00	Mon 19:00	Life Knows No Standstill
Mon 12:24	Mon 14:24	Mon 15:24	Mon 16:24	Mon 17:24	Mon 18:24	Mon 19:24	The Vegan Vegetarian Folk's Kitchen: Squash Dish with Dessert
Mon 12:37	Mon 14:37	Mon 15:37	Mon 16:37	Mon 17:37	Mon 18:37	Mon 19:37	The Vegan Vegetarian Folk's Kitchen: Safran Noodles and Seitan Cutlet in Red Wine
Mon 12:55	Mon 14:55	Mon 15:55	Mon 16:55	Mon 17:55	Mon 18:55	Mon 19:55	Science Panel: Who Controls Our Genes?
Mon 13:25	Mon 15:25	Mon 16:25	Mon 17:25	Mon 18:25	Mon 19:25	Mon 20:25	Making the Connection
Mon 14:01	Mon 16:01	Mon 17:01	Mon 18:01	Mon 19:01	Mon 20:01	Mon 21:01	God exists
Mon 14:51	Mon 16:51	Mon 17:51	Mon 18:51	Mon 19:51	Mon 20:51	Mon 21:51	Inner Devotional 6 - The Inner Path Helps Us Immerse in Our Divine Heritage
Mon 15:55	Mon 17:55	Mon 18:55	Mon 19:55	Mon 20:55	Mon 21:55	Mon 22:55	A Lot, a Lot of Life. We are Merly Guests On Earth. Becoming Older or Being Old? part 2
Mon 16:30	Mon 18:30	Mon 19:30	Mon 20:30	Mon 21:30	Mon 22:30	Mon 23:30	Evening Meditation: How Was Your Day?
Mon 16:44	Mon 18:44	Mon 19:44	Mon 20:44	Mon 21:44	Mon 22:44	Mon 23:44	Helping Animals - Saving Lives (09) "Raising Birds"
Mon 16:56	Mon 18:56	Mon 19:56	Mon 20:56	Mon 21:56	Mon 22:56	Mon 23:56	The Quiet Chamber: Inner Prayer (4)
Mon 17:24	Mon 19:24	Mon 20:24	Mon 21:24	Mon 22:24	Mon 23:24	Tue 00:24	Palm Room Lecture: Our Life on Rewind - We Don't Live Just Once
Mon 18:16	Mon 20:16	Mon 21:16	Mon 22:16	Mon 23:16	Tue 00:16	Tue 01:16	Classics for the Soul - Adagio and Rondo from the Clarinette Concerto by von W.A. Mozart (Jun. 2016)
Mon 18:32	Mon 20:32	Mon 21:32	Mon 22:32	Mon 23:32	Tue 00:32	Tue 01:32	Find the Primordial Light in You - Develop the Divine Order - 2
Mon 19:00	Mon 21:00	Mon 22:00	Mon 23:00	Tue 00:00	Tue 01:00	Tue 02:00	School of Life for the Mastery of Life (23)
Mon 19:38	Mon 21:38	Mon 22:38	Mon 23:38	Tue 00:38	Tue 01:38	Tue 02:38	A Picture Meditation to the Lord's Prayer
Mon 20:16	Mon 22:16	Mon 23:16	Tue 00:16	Tue 01:16	Tue 02:16	Tue 03:16	Helping Animals - Saving Lives (06) Fox Offsprings
Mon 20:36	Mon 22:36	Mon 23:36	Tue 00:36	Tue 01:36	Tue 02:36	Tue 03:36	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
Mon 21:03	Mon 23:03	Tue 00:03	Tue 01:03	Tue 02:03	Tue 03:03	Tue 04:03	The Vegan Vegetarian Folk's Kitchen: Red Beet Salad
Mon 21:15	Mon 23:15	Tue 00:15	Tue 01:15	Tue 02:15	Tue 03:15	Tue 04:15	The Vegan Vegetarian Folk's Kitchen: Green Asparagus Pancakes and Strawberry Ice Cream
Mon 21:30	Mon 23:30	Tue 00:30	Tue 01:30	Tue 02:30	Tue 03:30	Tue 04:30	Science Panel - An Expanded Worldview - Subtle Matter as Reality

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Sunday 24.03.2019

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

Mon 22:04	Tue 00:04	Tue 01:04	Tue 02:04	Tue 03:04	Tue 04:04	Tue 05:04	The Wealth of the Church Is Blood Money
Mon 23:12	Tue 01:12	Tue 02:12	Tue 03:12	Tue 04:12	Tue 05:12	Tue 06:12	Reincarnation - Life's Gift of Grace (4)
Tue 00:06	Tue 02:06	Tue 03:06	Tue 04:06	Tue 05:06	Tue 06:06	Tue 07:06	Underway with Heinrich Benjes: Healthy and Tasty – Pinely Nature
Tue 00:36	Tue 02:36	Tue 03:36	Tue 04:36	Tue 05:36	Tue 06:36	Tue 07:36	Classics for the Soul - Liebestraum (Dreams of Love) Nr. 3 in A flat major by Franz Liszt, "Letzte Rose" (The Last Rose) from the opera Martha by Friedrich von Flotow, Prelude from Partita No. 3 BWV 1

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Tuesday 26.03.2019

Monday 25.03.2019

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

Tue 01:00	Tue 03:00	Tue 04:00	Tue 05:00	Tue 06:00	Tue 07:00	Tue 08:00	Thoughts for the Day - Week 15 - Tuesday
Tue 01:17	Tue 03:17	Tue 04:17	Tue 05:17	Tue 06:17	Tue 07:17	Tue 08:17	The Speaking All-Unity (01)
Tue 02:11	Tue 04:11	Tue 05:11	Tue 06:11	Tue 07:11	Tue 08:11	Tue 09:11	Meditation - The Pearls in Us
Tue 03:00	Tue 05:00	Tue 06:00	Tue 07:00	Tue 08:00	Tue 09:00	Tue 10:00	Fresh and Fit Into the Day: Loosening Exercises - Part 07
Tue 03:17	Tue 05:17	Tue 06:17	Tue 07:17	Tue 08:17	Tue 09:17	Tue 10:17	Original Christian Meditation I (9): The More I Devote Myself to the Divine Power of Life, the More Beautifully and Purely I Will Blossom
Tue 04:01	Tue 06:01	Tue 07:01	Tue 08:01	Tue 09:01	Tue 10:01	Tue 11:01	Classics for the Soul - Molto Allegro from the Symphony No. 40 by W.A. Mozart, theme from Polovtsian Dances by A. Borodin (Jun. 2016)
Tue 04:14	Tue 06:14	Tue 07:14	Tue 08:14	Tue 09:14	Tue 10:14	Tue 11:14	Morning Medtation: The New Age in Coming, A Renewal of Consciousness
Tue 04:30	Tue 06:30	Tue 07:30	Tue 08:30	Tue 09:30	Tue 10:30	Tue 11:30	Free Spirit 08 - It's Easier Living with God - Part 4
Tue 05:00	Tue 07:00	Tue 08:00	Tue 09:00	Tue 10:00	Tue 11:00	Tue 12:00	Meditation - Prayer: Where Do We Pray? What Do We pray? How Do We pray?
Tue 05:45	Tue 07:45	Tue 08:45	Tue 09:45	Tue 10:45	Tue 11:45	Tue 12:45	Helping Animals - Saving Lives (11) Silia - A Fawn Gains Trust
Tue 05:54	Tue 07:54	Tue 08:54	Tue 09:54	Tue 10:54	Tue 11:54	Tue 12:54	The Call: The Sluices are Opened
Tue 06:20	Tue 08:20	Tue 09:20	Tue 10:20	Tue 11:20	Tue 12:20	Tue 13:20	The Vegan Vegetarian Folk's Kitchen: Spaghetti Lemons
Tue 06:34	Tue 08:34	Tue 09:34	Tue 10:34	Tue 11:34	Tue 12:34	Tue 13:34	The Vegan Vegetarian Folk's Kitchen: Linguine
Tue 06:52	Tue 08:52	Tue 09:52	Tue 10:52	Tue 11:52	Tue 12:52	Tue 13:52	Science Panel - Storms - Harbingers of a Stormy Time
Tue 07:25	Tue 09:25	Tue 10:25	Tue 11:25	Tue 12:25	Tue 13:25	Tue 14:25	Focal Point Earth: The Beauty of Creation and Man's Campaign Against the Life
Tue 08:26	Tue 10:26	Tue 11:26	Tue 12:26	Tue 13:26	Tue 14:26	Tue 15:26	Prophetic Voice for the Animals
Tue 09:08	Tue 11:08	Tue 12:08	Tue 13:08	Tue 14:08	Tue 15:08	Tue 16:08	The Speaking All-Unity (11) - Viewers Report Their Experiences
Tue 09:48	Tue 11:48	Tue 12:48	Tue 13:48	Tue 14:48	Tue 15:48	Tue 16:48	Meditation - Just as You Give
Tue 10:30	Tue 12:30	Tue 13:30	Tue 14:30	Tue 15:30	Tue 16:30	Tue 17:30	The Inner Path to the Cosmic Consciousness. Level of Order. Part 15
Tue 11:04	Tue 13:04	Tue 14:04	Tue 15:04	Tue 16:04	Tue 17:04	Tue 18:04	Meditation - God Is Present Light
Tue 11:40	Tue 13:40	Tue 14:40	Tue 15:40	Tue 16:40	Tue 17:40	Tue 18:40	Helping Animals - Saving Lives (02) Fabio, the Fox Kit

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

Tue 11:55	Tue 13:55	Tue 14:55	Tue 15:55	Tue 16:55	Tue 17:55	Tue 18:55	
							The Call of the Chrit of God. Given by Gabriele, the Prophetess and Emissary of God
Tue 12:18	Tue 14:18	Tue 15:18	Tue 16:18	Tue 17:18	Tue 18:18	Tue 19:18	Vegan Live Connected
Tue 12:31	Tue 14:31	Tue 15:31	Tue 16:31	Tue 17:31	Tue 18:31	Tue 19:31	The Vegan Vegetarian Folk's Kitchen: Flatbread Pizza and Apple Chocolate Dessert
Tue 12:43	Tue 14:43	Tue 15:43	Tue 16:43	Tue 17:43	Tue 18:43	Tue 19:43	The Vegan Vegetarian Folk's Kitchen: Breaded Veggies with Frankfurt Green Sauce
Tue 13:00	Tue 15:00	Tue 16:00	Tue 17:00	Tue 18:00	Tue 19:00	Tue 20:00	Science Panel - Climate Killer CO2
Tue 13:34	Tue 15:34	Tue 16:34	Tue 17:34	Tue 18:34	Tue 19:34	Tue 20:34	Make the Connection: Planet Earth + Meat
Tue 14:37	Tue 16:37	Tue 17:37	Tue 18:37	Tue 19:37	Tue 20:37	Tue 21:37	Astral horror (4) God, the Love, Shows Us the Way Out
Tue 15:25	Tue 17:25	Tue 18:25	Tue 19:25	Tue 20:25	Tue 21:25	Tue 22:25	Heinrich Benjes tells a Story: The Miller
Tue 15:43	Tue 17:43	Tue 18:43	Tue 19:43	Tue 20:43	Tue 21:43	Tue 22:43	Life's Compass 05: The Parable of the Tax Collector
Tue 16:16	Tue 18:16	Tue 19:16	Tue 20:16	Tue 21:16	Tue 22:16	Tue 23:16	Classics for the Soul - Allegro maestoso from the Sinfonia concertante for Violins and Viola in E-flat Major, KV 364 by Wolfgang Amadeus Mozart (Apr. 2015)
Tue 16:30	Tue 18:30	Tue 19:30	Tue 20:30	Tue 21:30	Tue 22:30	Tue 23:30	Meditation - Evening Meditation: Breathe More Deeply - Become More Calm
Tue 16:46	Tue 18:46	Tue 19:46	Tue 20:46	Tue 21:46	Tue 22:46	Tue 23:46	Helping Animals - Saving Lives (07) Martens
Tue 16:57	Tue 18:57	Tue 19:57	Tue 20:57	Tue 21:57	Tue 22:57	Tue 23:57	Classic Soul 39e
Tue 17:11	Tue 19:11	Tue 20:11	Tue 21:11	Tue 22:11	Tue 23:11	Wed 00:11	The Quiet Chamber: Inner Prayer (3)
Tue 17:33	Tue 19:33	Tue 20:33	Tue 21:33	Tue 22:33	Tue 23:33	Wed 00:33	Focal Point Earth: Rain Forest - What has humankind made of it?
Tue 18:25	Tue 20:25	Tue 21:25	Tue 22:25	Tue 23:25	Wed 00:25	Wed 01:25	Classics for the Soul - Klassik Seele 29c_08
Tue 18:33	Tue 20:33	Tue 21:33	Tue 22:33	Tue 23:33	Wed 00:33	Wed 01:33	Find the Primordial Light in You (3)
Tue 19:00	Tue 21:00	Tue 22:00	Tue 23:00	Wed 00:00	Wed 01:00	Wed 02:00	Reading "This is My Word" 059: About Vigilance - The Tax Collector Zacchaeus
Tue 19:29	Tue 21:29	Tue 22:29	Tue 23:29	Wed 00:29	Wed 01:29	Wed 02:29	Meditation - Moments with the Animals
Tue 19:46	Tue 21:46	Tue 22:46	Tue 23:46	Wed 00:46	Wed 01:46	Wed 02:46	Classics for the Soul - G.F. Handel, from "Water Music" Suites 1-3 (Apr. 2015)
Tue 20:09	Tue 22:09	Tue 23:09	Wed 00:09	Wed 01:09	Wed 02:09	Wed 03:09	Underway with Heinrich Benjes: Playful Discovery of Woods an Meadows

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

Tue 20:35	Tue 22:35	Tue 23:35	Wed 00:35	Wed 01:35	Wed 02:35	Wed 03:35	The Call of the Christ of God through Sophia. By Gabriele, the Prophetess and Emissary of God
Tue 20:50	Tue 22:50	Tue 23:50	Wed 00:50	Wed 01:50	Wed 02:50	Wed 03:50	The Vegan Vegetarian Folk's Kitchen: Easter Menü
Tue 21:09	Tue 23:09	Wed 00:09	Wed 01:09	Wed 02:09	Wed 03:09	Wed 04:09	The Vegan Vegetarian Folk's Kitchen: Asparagus and Chervil Salad
Tue 21:25	Tue 23:25	Wed 00:25	Wed 01:25	Wed 02:25	Wed 03:25	Wed 04:25	Science Panel - Dying Species - What Can We Do?
Tue 22:00	Wed 00:00	Wed 01:00	Wed 02:00	Wed 03:00	Wed 04:00	Wed 05:00	Focal Point Earth: Rain Forest - What has humankind made of it?
Tue 22:57	Wed 00:57	Wed 01:57	Wed 02:57	Wed 03:57	Wed 04:57	Wed 05:57	Palm Room Lecture: Reincarnation as Life's Gift of Grace
Tue 23:48	Wed 01:48	Wed 02:48	Wed 03:48	Wed 04:48	Wed 05:48	Wed 06:48	Helping Animals - Saving Lives (05) Back into Freedom
Wed 00:06	Wed 02:06	Wed 03:06	Wed 04:06	Wed 05:06	Wed 06:06	Wed 07:06	Are You Who You Think You Are - Part 1
Wed 00:41	Wed 02:41	Wed 03:41	Wed 04:41	Wed 05:41	Wed 06:41	Wed 07:41	Classic Soul 38d

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Wednesday 27.03.2019

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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	Thoughts for the Day - Week 15 - Wednesday
Wed 01:16	Wed 03:16	Wed 04:16	Wed 05:16	Wed 06:16	Wed 07:16	Wed 08:16	School of Life for the Mastery of Life (23)
Wed 01:55	Wed 03:55	Wed 04:55	Wed 05:55	Wed 06:55	Wed 07:55	Wed 08:55	A Picture Meditation to the Lord's Prayer
Wed 02:33	Wed 04:33	Wed 05:33	Wed 06:33	Wed 07:33	Wed 08:33	Wed 09:33	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
Wed 03:00	Wed 05:00	Wed 06:00	Wed 07:00	Wed 08:00	Wed 09:00	Wed 10:00	Fresh and Fit Into the Day: Loosening Exercises - Part 12
Wed 03:15	Wed 05:15	Wed 06:15	Wed 07:15	Wed 08:15	Wed 09:15	Wed 10:15	Original Christian Meditation I (9): The More I Devote Myself to the Divine Power of Life, the More Beautifully and Purely I Will Blossom
Wed 03:58	Wed 05:58	Wed 06:58	Wed 07:58	Wed 08:58	Wed 09:58	Wed 10:58	A Lot, a Lot of Life. We are Merly Guests On Earth. Becoming Older or Being Old? part 3
Wed 04:19	Wed 06:19	Wed 07:19	Wed 08:19	Wed 09:19	Wed 10:19	Wed 11:19	Classic Soul 39e
Wed 04:30	Wed 06:30	Wed 07:30	Wed 08:30	Wed 09:30	Wed 10:30	Wed 11:30	The Speaking All-Unity (01)
Wed 05:25	Wed 07:25	Wed 08:25	Wed 09:25	Wed 10:25	Wed 11:25	Wed 12:25	Meditation - The Pearls in Us
Wed 06:22	Wed 08:22	Wed 09:22	Wed 10:22	Wed 11:22	Wed 12:22	Wed 13:22	Helping Animals - Saving Lives (13) Wild Animals in Winter
Wed 06:50	Wed 08:50	Wed 09:50	Wed 10:50	Wed 11:50	Wed 12:50	Wed 13:50	A Prayer For Matters Close to Our Heart. By Gabriele, the Prophtetess and Emissary of God
Wed 07:06	Wed 09:06	Wed 10:06	Wed 11:06	Wed 12:06	Wed 13:06	Wed 14:06	The Vegan Vegetarian Folk's Kitchen: Potato Nest with Shiitake and Chestnut Soup
Wed 07:20	Wed 09:20	Wed 10:20	Wed 11:20	Wed 12:20	Wed 13:20	Wed 14:20	The Vegan Vegetarian Folk's Kitchen: Braised Cucumbers with Veggie Ground Meat and Tomato Sauce
Wed 07:37	Wed 09:37	Wed 10:37	Wed 11:37	Wed 12:37	Wed 13:37	Wed 14:37	Science Panel - Man, the Cancer of the Earth
Wed 08:12	Wed 10:12	Wed 11:12	Wed 12:12	Wed 13:12	Wed 14:12	Wed 15:12	A Delicate Balance
Wed 09:45	Wed 11:45	Wed 12:45	Wed 13:45	Wed 14:45	Wed 15:45	Wed 16:45	Use the Moment: Whatever You Do, Give It Your All
Wed 10:30	Wed 12:30	Wed 13:30	Wed 14:30	Wed 15:30	Wed 16:30	Wed 17:30	The Infinite and You - The Law of Correspondence - part 3
Wed 11:29	Wed 13:29	Wed 14:29	Wed 15:29	Wed 16:29	Wed 17:29	Wed 18:29	Meditation - The Second and Third Commandments
Wed 12:05	Wed 14:05	Wed 15:05	Wed 16:05	Wed 17:05	Wed 18:05	Wed 19:05	Helping Animals - Saving Lives (14) Dormice

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

Wed 12:16	Wed 14:16	Wed 15:16	Wed 16:16	Wed 17:16	Wed 18:16	Wed 19:16	The Call of the Christ of God "Words for the Life"
Wed 12:39	Wed 14:39	Wed 15:39	Wed 16:39	Wed 17:39	Wed 18:39	Wed 19:39	The Vegan Vegetarian Folk's Kitchen: Bread Patties
Wed 12:50	Wed 14:50	Wed 15:50	Wed 16:50	Wed 17:50	Wed 18:50	Wed 19:50	The Vegan Vegetarian Folk's Kitchen: Gazpacho
Wed 13:08	Wed 15:08	Wed 16:08	Wed 17:08	Wed 18:08	Wed 19:08	Wed 20:08	Science Panel - The Brain - Does Man Have Free Will?
Wed 13:37	Wed 15:37	Wed 16:37	Wed 17:37	Wed 18:37	Wed 19:37	Wed 20:37	Documentaries - Meat File
Wed 14:28	Wed 16:28	Wed 17:28	Wed 18:28	Wed 19:28	Wed 20:28	Wed 21:28	My Life That I Chose Myself
Wed 15:41	Wed 17:41	Wed 18:41	Wed 19:41	Wed 20:41	Wed 21:41	Wed 22:41	Highlight hours with Gabriele: Freedom, Love and Unity
Wed 16:20	Wed 18:20	Wed 19:20	Wed 20:20	Wed 21:20	Wed 22:20	Wed 23:20	Classic Soul 39d
Wed 16:30	Wed 18:30	Wed 19:30	Wed 20:30	Wed 21:30	Wed 22:30	Wed 23:30	Meditation - Evening Meditation:A Prayer to Become Still
Wed 16:49	Wed 18:49	Wed 19:49	Wed 20:49	Wed 21:49	Wed 22:49	Wed 23:49	Find the Primordial Light in You - Develop the Divine Order - 4
Wed 17:14	Wed 19:14	Wed 20:14	Wed 21:14	Wed 22:14	Wed 23:14	Thu 00:14	Helping Animals - Saving Lives (12) Infirmary
Wed 17:27	Wed 19:27	Wed 20:27	Wed 21:27	Wed 22:27	Wed 23:27	Thu 00:27	Classics for the Soul - G.F. Handel, from "Water Music" Suites 1-3 (Apr. 2015)
Wed 17:41	Wed 19:41	Wed 20:41	Wed 21:41	Wed 22:41	Wed 23:41	Thu 00:41	Make the Connection: Planet Earth + Meat
Wed 18:37	Wed 20:37	Wed 21:37	Wed 22:37	Wed 23:37	Thu 00:37	Thu 01:37	Find the Primordial Light in You - Develop the Divine Order - 3
Wed 19:00	Wed 21:00	Wed 22:00	Wed 23:00	Thu 00:00	Thu 01:00	Thu 02:00	The Great Cosmic Teachings of Jesus of Nazareth (13)
Wed 19:40	Wed 21:40	Wed 22:40	Wed 23:40	Thu 00:40	Thu 01:40	Thu 02:40	Meditation - Everything Is In Bloom
Wed 20:13	Wed 22:13	Wed 23:13	Thu 00:13	Thu 01:13	Thu 02:13	Thu 03:13	Helping Animals - Saving Lives (03) Feeding Birds - Not Only in Winter
Wed 20:30	Wed 22:30	Wed 23:30	Thu 00:30	Thu 01:30	Thu 02:30	Thu 03:30	Life Knows No Standstill
Wed 20:54	Wed 22:54	Wed 23:54	Thu 00:54	Thu 01:54	Thu 02:54	Thu 03:54	The Vegan Vegetarian Folk's Kitchen: Squash Dish with Dessert
Wed 21:07	Wed 23:07	Thu 00:07	Thu 01:07	Thu 02:07	Thu 03:07	Thu 04:07	The Vegan Vegetarian Folk's Kitchen: Safran Noodles and Seitan Cutlet in Red Wine
Wed 21:25	Wed 23:25	Thu 00:25	Thu 01:25	Thu 02:25	Thu 03:25	Thu 04:25	Science Panel: Who Controls Our Genes?
Wed 21:55	Wed 23:55	Thu 00:55	Thu 01:55	Thu 02:55	Thu 03:55	Thu 04:55	Making the Connection
Wed 22:31	Thu 00:31	Thu 01:31	Thu 02:31	Thu 03:31	Thu 04:31	Thu 05:31	God exists

The Free Spirit - Not a Religion

Sophia-TV Asia

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



Wednesday 27.03.2019

Tuesday 26.03.2019

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

Wed 23:21 Thu 01:21 Thu 02:21 Thu 03:21 Thu 04:21 Thu 05:21 Thu 06:21 **Inner Devotional 6 - The Inner Path Helps Us Immerse in Our Divine Heritage**

Thu 00:25 Thu 02:25 Thu 03:25 Thu 04:25 Thu 05:25 Thu 06:25 Thu 07:25 **The Atheist - a Friend of the Prophet? Part 4**

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



Thursday 28.03.2019

Wednesday 27.03.2019

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	Thoughts for the Day - Week 15 - Thursday
Thu 01:15	Thu 03:15	Thu 04:15	Thu 05:15	Thu 06:15	Thu 07:15	Thu 08:15	The Infinite and You - The Law of Correspondence - part 3
Thu 02:14	Thu 04:14	Thu 05:14	Thu 06:14	Thu 07:14	Thu 08:14	Thu 09:14	Meditation - The Second and Third Commandments
Thu 02:50	Thu 04:50	Thu 05:50	Thu 06:50	Thu 07:50	Thu 08:50	Thu 09:50	Classic Soul 40c
Thu 03:00	Thu 05:00	Thu 06:00	Thu 07:00	Thu 08:00	Thu 09:00	Thu 10:00	Fresh and Fit Into the Day: Loosening Exercises - Part 06
Thu 03:17	Thu 05:17	Thu 06:17	Thu 07:17	Thu 08:17	Thu 09:17	Thu 10:17	Original Christian Meditation I (9): The More I Devote Myself to the Divine Power of Life, the More Beautifully and Purely I Will Blossom
Thu 04:01	Thu 06:01	Thu 07:01	Thu 08:01	Thu 09:01	Thu 10:01	Thu 11:01	Meditation -Time and Again, Gather Your Positive Thoughts Anew
Thu 04:30	Thu 06:30	Thu 07:30	Thu 08:30	Thu 09:30	Thu 10:30	Thu 11:30	School of Life for the Mastery of Life (23)
Thu 05:08	Thu 07:08	Thu 08:08	Thu 09:08	Thu 10:08	Thu 11:08	Thu 12:08	A Picture Meditation to the Lord's Prayer
Thu 05:46	Thu 07:46	Thu 08:46	Thu 09:46	Thu 10:46	Thu 11:46	Thu 12:46	Helping Animals - Saving Lives (06) Fox Offsprings
Thu 06:06	Thu 08:06	Thu 09:06	Thu 10:06	Thu 11:06	Thu 12:06	Thu 13:06	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
Thu 06:33	Thu 08:33	Thu 09:33	Thu 10:33	Thu 11:33	Thu 12:33	Thu 13:33	The Vegan Vegetarian Folk's Kitchen: Red Beet Salad
Thu 06:45	Thu 08:45	Thu 09:45	Thu 10:45	Thu 11:45	Thu 12:45	Thu 13:45	The Vegan Vegetarian Folk's Kitchen: Green Asparagus Pancakes and Strawberry Ice Cream
Thu 07:00	Thu 09:00	Thu 10:00	Thu 11:00	Thu 12:00	Thu 13:00	Thu 14:00	Science Panel - An Expanded Worldview - Subtle Matter as Reality
Thu 07:34	Thu 09:34	Thu 10:34	Thu 11:34	Thu 12:34	Thu 13:34	Thu 14:34	The Wealth of the Church Is Blood Money
Thu 08:42	Thu 10:42	Thu 11:42	Thu 12:42	Thu 13:42	Thu 14:42	Thu 15:42	Reincarnation - Life's Gift of Grace (4)
Thu 09:36	Thu 11:36	Thu 12:36	Thu 13:36	Thu 14:36	Thu 15:36	Thu 16:36	Underway with Heinrich Benjes: Healthy and Tasty – Pinely Nature
Thu 10:06	Thu 12:06	Thu 13:06	Thu 14:06	Thu 15:06	Thu 16:06	Thu 17:06	Classics for the Soul - Liebestraum (Dreams of Love) Nr. 3 in A flat major by Franz Liszt, "Letzte Rose" (The Last Rose) from the opera Martha by Friedrich von Flotow, Prelude from Partita No. 3 BWV 1
Thu 10:30	Thu 12:30	Thu 13:30	Thu 14:30	Thu 15:30	Thu 16:30	Thu 17:30	Free Spirit 08 - It's Easier Living with God - Part 4

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Thursday 28.03.2019

Wednesday 27.03.2019

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

Thu 11:00	Thu 13:00	Thu 14:00	Thu 15:00	Thu 16:00	Thu 17:00	Thu 18:00	
							Meditation - Prayer: Where Do We Pray? What Do We pray? How Do We pray?
Thu 11:45	Thu 13:45	Thu 14:45	Thu 15:45	Thu 16:45	Thu 17:45	Thu 18:45	Helping Animals - Saving Lives (11) Silia - A Fawn Gains Trust
Thu 11:54	Thu 13:54	Thu 14:54	Thu 15:54	Thu 16:54	Thu 17:54	Thu 18:54	The Call: The Sluices are Opened
Thu 12:20	Thu 14:20	Thu 15:20	Thu 16:20	Thu 17:20	Thu 18:20	Thu 19:20	The Vegan Vegetarian Folk's Kitchen: Spaghetti Lemons
Thu 12:34	Thu 14:34	Thu 15:34	Thu 16:34	Thu 17:34	Thu 18:34	Thu 19:34	The Vegan Vegetarian Folk's Kitchen: Linguine
Thu 12:52	Thu 14:52	Thu 15:52	Thu 16:52	Thu 17:52	Thu 18:52	Thu 19:52	Science Panel - Storms - Harbingers of a Stormy Time
Thu 13:25	Thu 15:25	Thu 16:25	Thu 17:25	Thu 18:25	Thu 19:25	Thu 20:25	Focal Point Earth: The Beauty of Creation and Man's Campaign Against the Life
Thu 14:26	Thu 16:26	Thu 17:26	Thu 18:26	Thu 19:26	Thu 20:26	Thu 21:26	Prophetic Voice for the Animals
Thu 15:08	Thu 17:08	Thu 18:08	Thu 19:08	Thu 20:08	Thu 21:08	Thu 22:08	The Speaking All-Unity (11) - Viewers Report Their Experiences
Thu 15:48	Thu 17:48	Thu 18:48	Thu 19:48	Thu 20:48	Thu 21:48	Thu 22:48	Meditation - Just as You Give
Thu 16:30	Thu 18:30	Thu 19:30	Thu 20:30	Thu 21:30	Thu 22:30	Thu 23:30	Evening Meditation: How Was Your Day?
Thu 16:44	Thu 18:44	Thu 19:44	Thu 20:44	Thu 21:44	Thu 22:44	Thu 23:44	Helping Animals - Saving Lives (09) "Raising Birds"
Thu 16:56	Thu 18:56	Thu 19:56	Thu 20:56	Thu 21:56	Thu 22:56	Thu 23:56	The Quiet Chamber: Inner Prayer (4)
Thu 17:24	Thu 19:24	Thu 20:24	Thu 21:24	Thu 22:24	Thu 23:24	Fri 00:24	Palm Room Lecture: Our Life on Rewind - We Don't Live Just Once
Thu 18:16	Thu 20:16	Thu 21:16	Thu 22:16	Thu 23:16	Fri 00:16	Fri 01:16	Classics for the Soul - Adagio and Rondo from the Clarinette Concerto by von W.A. Mozart (Jun. 2016)
Thu 18:32	Thu 20:32	Thu 21:32	Thu 22:32	Thu 23:32	Fri 00:32	Fri 01:32	Find the Primordial Light in You - Develop the Divine Order - 2
Thu 19:00	Thu 21:00	Thu 22:00	Thu 23:00	Fri 00:00	Fri 01:00	Fri 02:00	The Inner Path to the Cosmic Consciousness. Level of Order. Part 15
Thu 19:34	Thu 21:34	Thu 22:34	Thu 23:34	Fri 00:34	Fri 01:34	Fri 02:34	Meditation - God Is Present Light
Thu 20:10	Thu 22:10	Thu 23:10	Fri 00:10	Fri 01:10	Fri 02:10	Fri 03:10	Helping Animals - Saving Lives (02) Fabio, the Fox Kit
Thu 20:25	Thu 22:25	Thu 23:25	Fri 00:25	Fri 01:25	Fri 02:25	Fri 03:25	The Call of the Chrit of God. Given by Gabriele, the Prophetess and Emissary of God
Thu 20:48	Thu 22:48	Thu 23:48	Fri 00:48	Fri 01:48	Fri 02:48	Fri 03:48	Vegan Live Connected
Thu 21:01	Thu 23:01	Fri 00:01	Fri 01:01	Fri 02:01	Fri 03:01	Fri 04:01	The Vegan Vegetarian Folk's Kitchen: Flatbread Pizza and Apple Chocolate Dessert

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Thursday 28.03.2019

Wednesday 27.03.2019

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

Thu 21:13	Thu 23:13	Fri 00:13	Fri 01:13	Fri 02:13	Fri 03:13	Fri 04:13	The Vegan Vegetarian Folk's Kitchen: Breaded Veggies with Frankfurt Green Sauce
Thu 21:30	Thu 23:30	Fri 00:30	Fri 01:30	Fri 02:30	Fri 03:30	Fri 04:30	Science Panel - Climate Killer CO2
Thu 22:04	Fri 00:04	Fri 01:04	Fri 02:04	Fri 03:04	Fri 04:04	Fri 05:04	Make the Connection: Planet Earth + Meat
Thu 23:08	Fri 01:08	Fri 02:08	Fri 03:08	Fri 04:08	Fri 05:08	Fri 06:08	The Hidden Love of Jesus for the Animals
Thu 23:55	Fri 01:55	Fri 02:55	Fri 03:55	Fri 04:55	Fri 05:55	Fri 06:55	Heinrich Benjes tells a Story: The Miller
Fri 00:13	Fri 02:13	Fri 03:13	Fri 04:13	Fri 05:13	Fri 06:13	Fri 07:13	Life's Compass 05: The Parable of the Tax Collector
Fri 00:46	Fri 02:46	Fri 03:46	Fri 04:46	Fri 05:46	Fri 06:46	Fri 07:46	Classics for the Soul - Allegro maestoso from the Sinfonia concertante for Violins and Viola in E-flat Major, KV 364 by Wolfgang Amadeus Mozart (Apr. 2015)

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Friday 29.03.2019

Thursday 28.03.2019

Istanbul Ankara Moskow Teheran (+90min)	Mumbai (+30min) Karāchi	Dhaka Rangoon (+30min)	Jakarta Bangkok	Shangai Singapore Manila Taipei Beijing	Tokyo Seoul	Sydney	
Fri 01:00	Fri 03:00	Fri 04:00	Fri 05:00	Fri 06:00	Fri 07:00	Fri 08:00	Thoughts for the Day - Week 15 - Friday
Fri 01:16	Fri 03:16	Fri 04:16	Fri 05:16	Fri 06:16	Fri 07:16	Fri 08:16	The Great Cosmic Teachings of Jesus of Nazareth (13)
Fri 01:57	Fri 03:57	Fri 04:57	Fri 05:57	Fri 06:57	Fri 07:57	Fri 08:57	Meditation - Everything Is In Bloom
Fri 02:28	Fri 04:28	Fri 05:28	Fri 06:28	Fri 07:28	Fri 08:28	Fri 09:28	Life Knows No Standstill
Fri 02:47	Fri 04:47	Fri 05:47	Fri 06:47	Fri 07:47	Fri 08:47	Fri 09:47	Classics for the Soul - Klassik Seele 29c_08
Fri 03:00	Fri 05:00	Fri 06:00	Fri 07:00	Fri 08:00	Fri 09:00	Fri 10:00	Fresh and Fit Into the Day: Loosening Exercises - Part 07
Fri 03:17	Fri 05:17	Fri 06:17	Fri 07:17	Fri 08:17	Fri 09:17	Fri 10:17	Original Christian Meditation I (9): The More I Devote Myself to the Divine Power of Life, the More Beautifully and Purely I Will Blossom
Fri 04:01	Fri 06:01	Fri 07:01	Fri 08:01	Fri 09:01	Fri 10:01	Fri 11:01	Classics for the Soul - Molto Allegro from the Symphony No. 40 by W.A. Mozart, theme from Polovtsian Dances by A. Borodin (Jun. 2016)
Fri 04:14	Fri 06:14	Fri 07:14	Fri 08:14	Fri 09:14	Fri 10:14	Fri 11:14	Morning Medtation: The New Age in Coming, A Renewal of Consciousness
Fri 04:30	Fri 06:30	Fri 07:30	Fri 08:30	Fri 09:30	Fri 10:30	Fri 11:30	Reading "This is My Word" 059: About Vigilance - The Tax Collector Zacchaeus
Fri 04:59	Fri 06:59	Fri 07:59	Fri 08:59	Fri 09:59	Fri 10:59	Fri 11:59	Meditation - Moments with the Animals
Fri 05:16	Fri 07:16	Fri 08:16	Fri 09:16	Fri 10:16	Fri 11:16	Fri 12:16	Classics for the Soul - G.F. Handel, from "Water Music" Suites 1-3 (Apr. 2015)
Fri 05:39	Fri 07:39	Fri 08:39	Fri 09:39	Fri 10:39	Fri 11:39	Fri 12:39	Underway with Heinrich Benjes: Playful Discovery of Woods an Meadows
Fri 06:05	Fri 08:05	Fri 09:05	Fri 10:05	Fri 11:05	Fri 12:05	Fri 13:05	The Call of the Christ of God through Sophia. By Gabriele, the Prophetess and Emissary of God
Fri 06:20	Fri 08:20	Fri 09:20	Fri 10:20	Fri 11:20	Fri 12:20	Fri 13:20	The Vegan Vegetarian Folk's Kitchen: Easter Menü
Fri 06:39	Fri 08:39	Fri 09:39	Fri 10:39	Fri 11:39	Fri 12:39	Fri 13:39	The Vegan Vegetarian Folk's Kitchen: Asparagus and Chervil Salad
Fri 06:55	Fri 08:55	Fri 09:55	Fri 10:55	Fri 11:55	Fri 12:55	Fri 13:55	Science Panel - Dying Species - What Can We Do?
Fri 07:30	Fri 09:30	Fri 10:30	Fri 11:30	Fri 12:30	Fri 13:30	Fri 14:30	Focal Point Earth: Rain Forest - What has humankind made of it?
Fri 08:27	Fri 10:27	Fri 11:27	Fri 12:27	Fri 13:27	Fri 14:27	Fri 15:27	Palm Room Lecture: Reincarnation as Life's Gift of Grace
Fri 09:18	Fri 11:18	Fri 12:18	Fri 13:18	Fri 14:18	Fri 15:18	Fri 16:18	Helping Animals - Saving Lives (05) Back into Freedom

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Friday 29.03.2019

Thursday 28.03.2019

Istanbul Ankara Moskow Teheran (+90min)	Mumbai (+30min) Karāchi	Dhaka Rangoon (+30min)	Jakarta Bangkok	Shangai Singapore Manila Taipei Beijing	Tokyo Seoul	Sydney	
Fri 09:36	Fri 11:36	Fri 12:36	Fri 13:36	Fri 14:36	Fri 15:36	Fri 16:36	Are You Who You Think You Are - Part 1
Fri 10:11	Fri 12:11	Fri 13:11	Fri 14:11	Fri 15:11	Fri 16:11	Fri 17:11	Classic Soul 38d
Fri 10:30	Fri 12:30	Fri 13:30	Fri 14:30	Fri 15:30	Fri 16:30	Fri 17:30	The Speaking All-Unity (01)
Fri 11:30	Fri 13:30	Fri 14:30	Fri 15:30	Fri 16:30	Fri 17:30	Fri 18:30	The Free Communities Under the Sign of the Lilly: Prologues and Monologues (In Chinese)
Fri 11:50	Fri 13:50	Fri 14:50	Fri 15:50	Fri 16:50	Fri 17:50	Fri 18:50	Classic Soul 40c
Fri 12:00	Fri 14:00	Fri 15:00	Fri 16:00	Fri 17:00	Fri 18:00	Fri 19:00	The Eternal Word - The Free Communities Under the Sign of the Lilly on All the Continents of this Earth
Fri 13:37	Fri 15:37	Fri 16:37	Fri 17:37	Fri 18:37	Fri 19:37	Fri 20:37	Meditation - The Cell State
Fri 14:11	Fri 16:11	Fri 17:11	Fri 18:11	Fri 19:11	Fri 20:11	Fri 21:11	A Delicate Balance
Fri 15:44	Fri 17:44	Fri 18:44	Fri 19:44	Fri 20:44	Fri 21:44	Fri 22:44	Use the Moment: Whatever You Do, Give It Your All
Fri 16:30	Fri 18:30	Fri 19:30	Fri 20:30	Fri 21:30	Fri 22:30	Fri 23:30	Meditation - Evening Meditation: Breathe More Deeply - Become More Calm
Fri 16:46	Fri 18:46	Fri 19:46	Fri 20:46	Fri 21:46	Fri 22:46	Fri 23:46	Helping Animals - Saving Lives (07) Martens
Fri 16:57	Fri 18:57	Fri 19:57	Fri 20:57	Fri 21:57	Fri 22:57	Fri 23:57	Classic Soul 39e
Fri 17:11	Fri 19:11	Fri 20:11	Fri 21:11	Fri 22:11	Fri 23:11	Sat 00:11	The Quiet Chamber: Inner Prayer (3)
Fri 17:33	Fri 19:33	Fri 20:33	Fri 21:33	Fri 22:33	Fri 23:33	Sat 00:33	Focal Point Earth: Rain Forest - What has humankind made of it?
Fri 18:25	Fri 20:25	Fri 21:25	Fri 22:25	Fri 23:25	Sat 00:25	Sat 01:25	Classics for the Soul - Klassik Seele 29c_08
Fri 18:33	Fri 20:33	Fri 21:33	Fri 22:33	Fri 23:33	Sat 00:33	Sat 01:33	Find the Primordial Light in You (3)
Fri 19:00	Fri 21:00	Fri 22:00	Fri 23:00	Sat 00:00	Sat 01:00	Sat 02:00	The Infinite and You - The Law of Correspondence - part 3
Fri 19:59	Fri 21:59	Fri 22:59	Fri 23:59	Sat 00:59	Sat 01:59	Sat 02:59	Meditation - The Second and Third Commandments
Fri 20:35	Fri 22:35	Fri 23:35	Sat 00:35	Sat 01:35	Sat 02:35	Sat 03:35	Helping Animals - Saving Lives (14) Dormice
Fri 20:46	Fri 22:46	Fri 23:46	Sat 00:46	Sat 01:46	Sat 02:46	Sat 03:46	The Call of the Christ of God "Words for the Life"
Fri 21:09	Fri 23:09	Sat 00:09	Sat 01:09	Sat 02:09	Sat 03:09	Sat 04:09	The Vegan Vegetarian Folk's Kitchen: Bread Patties
Fri 21:20	Fri 23:20	Sat 00:20	Sat 01:20	Sat 02:20	Sat 03:20	Sat 04:20	The Vegan Vegetarian Folk's Kitchen: Gazpacho

The Free Spirit - Not a Religion

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Friday 29.03.2019

Thursday 28.03.2019

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

Fri 21:38	Fri 23:38	Sat 00:38	Sat 01:38	Sat 02:38	Sat 03:38	Sat 04:38	Science Panel - The Brain - Does Man Have Free Will?
Fri 22:07	Sat 00:07	Sat 01:07	Sat 02:07	Sat 03:07	Sat 04:07	Sat 05:07	Documentaries - Meat File
Fri 22:58	Sat 00:58	Sat 01:58	Sat 02:58	Sat 03:58	Sat 04:58	Sat 05:58	My Life That I Chose Myself
Sat 00:11	Sat 02:11	Sat 03:11	Sat 04:11	Sat 05:11	Sat 06:11	Sat 07:11	Highlight hours with Gabriele: Freedom, Love and Unity

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Saturday 30.03.2019

Friday 29.03.2019

Istanbul Ankara Moskow Teheran (+90min)	Mumbai (+30min) Karāchi	Dhaka Rangoon (+30min)	Jakarta Bangkok	Shangai Singapore Manila Taipei Beijing	Tokyo Seoul	Sydney	
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 15 - Saturday
Sat 01:15	Sat 03:15	Sat 04:15	Sat 05:15	Sat 06:15	Sat 07:15	Sat 08:15	Reading "This is My Word" 059: About Vigilance - The Tax Collector Zacchaeus
Sat 01:44	Sat 03:44	Sat 04:44	Sat 05:44	Sat 06:44	Sat 07:44	Sat 08:44	Meditation - Moments with the Animals
Sat 02:01	Sat 04:01	Sat 05:01	Sat 06:01	Sat 07:01	Sat 08:01	Sat 09:01	Classics for the Soul - G.F. Handel, from "Water Music" Suites 1-3 (Apr. 2015)
Sat 02:19	Sat 04:19	Sat 05:19	Sat 06:19	Sat 07:19	Sat 08:19	Sat 09:19	Underway with Heinrich Benjes: Playful Discovery of Woods an Meadows
Sat 02:46	Sat 04:46	Sat 05:46	Sat 06:46	Sat 07:46	Sat 08:46	Sat 09:46	The Call of the Christ of God through Sophia. By Gabriele, the Prophetess and Emissary of God
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 12
Sat 03:15	Sat 05:15	Sat 06:15	Sat 07:15	Sat 08:15	Sat 09:15	Sat 10:15	Original Christian Meditation I (9): The More I Devote Myself to the Divine Power of Life, the More Beautifully and Purely I Will Blossom
Sat 04:00	Sat 06:00	Sat 07:00	Sat 08:00	Sat 09:00	Sat 10:00	Sat 11:00	The Free Communities Under the Sign of the Lilly: Prologues and Monologues (In Japanese)
Sat 04:19	Sat 06:19	Sat 07:19	Sat 08:19	Sat 09:19	Sat 10:19	Sat 11:19	Classic Soul 39d
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 05:04	Sat 07:04	Sat 08:04	Sat 09:04	Sat 10:04	Sat 11:04	Sat 12:04	Meditation - God Is Present Light
Sat 05:40	Sat 07:40	Sat 08:40	Sat 09:40	Sat 10:40	Sat 11:40	Sat 12:40	Helping Animals - Saving Lives (02) Fabio, the Fox Kit
Sat 05:55	Sat 07:55	Sat 08:55	Sat 09:55	Sat 10:55	Sat 11:55	Sat 12:55	The Call of the Chrif of God. Given by Gabriele, the Prophetess and Emissary of God
Sat 06:18	Sat 08:18	Sat 09:18	Sat 10:18	Sat 11:18	Sat 12:18	Sat 13:18	Vegan Live Connected
Sat 06:31	Sat 08:31	Sat 09:31	Sat 10:31	Sat 11:31	Sat 12:31	Sat 13:31	The Vegan Vegetarian Folk's Kitchen: Flatbread Pizza and Apple Chocolate Dessert
Sat 06:43	Sat 08:43	Sat 09:43	Sat 10:43	Sat 11:43	Sat 12:43	Sat 13:43	The Vegan Vegetarian Folk's Kitchen: Breaded Veggies with Frankfurt Green Sauce
Sat 07:00	Sat 09:00	Sat 10:00	Sat 11:00	Sat 12:00	Sat 13:00	Sat 14:00	Science Panel - Climate Killer CO2
Sat 07:34	Sat 09:34	Sat 10:34	Sat 11:34	Sat 12:34	Sat 13:34	Sat 14:34	Make the Connection: Planet Earth + Meat
Sat 08:38	Sat 10:38	Sat 11:38	Sat 12:38	Sat 13:38	Sat 14:38	Sat 15:38	Liobani for Children: I Tell a Story - Part 9 Nature and the Spirit Beings

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



Saturday 30.03.2019

Friday 29.03.2019

Istanbul Ankara Moskow Teheran (+90min)	Mumbai (+30min) Karāchi	Dhaka Rangoon (+30min)	Jakarta Bangkok	Shangai Singapore Manila Taipei Beijing	Tokyo Seoul	Sydney	
Sat 08:55	Sat 10:55	Sat 11:55	Sat 12:55	Sat 13:55	Sat 14:55	Sat 15:55	Liobani for Children: I Advise - Part 6 Why Do we get Angry or Envious- Often of the Same People?
Sat 09:11	Sat 11:11	Sat 12:11	Sat 13:11	Sat 14:11	Sat 15:11	Sat 16:11	Children's Stories - The Little Raven Rufri
Sat 09:25	Sat 11:25	Sat 12:25	Sat 13:25	Sat 14:25	Sat 15:25	Sat 16:25	Heinrich Benjes tells a Story: The Miller
Sat 09:43	Sat 11:43	Sat 12:43	Sat 13:43	Sat 14:43	Sat 15:43	Sat 16:43	Life's Compass 05: The Parable of the Tax Collector
Sat 10:16	Sat 12:16	Sat 13:16	Sat 14:16	Sat 15:16	Sat 16:16	Sat 17:16	Classics for the Soul - Allegro maestoso from the Sinfonia concertante for Violins and Viola in E-flat Major, KV 364 by Wolfgang Amadeus Mozart (Apr. 2015)
Sat 10:30	Sat 12:30	Sat 13:30	Sat 14:30	Sat 15:30	Sat 16:30	Sat 17:30	School of Life for the Mastery of Life (23)
Sat 11:08	Sat 13:08	Sat 14:08	Sat 15:08	Sat 16:08	Sat 17:08	Sat 18:08	A Picture Meditation to the Lord's Prayer
Sat 11:46	Sat 13:46	Sat 14:46	Sat 15:46	Sat 16:46	Sat 17:46	Sat 18:46	Helping Animals - Saving Lives (06) Fox Offsprings
Sat 12:06	Sat 14:06	Sat 15:06	Sat 16:06	Sat 17:06	Sat 18:06	Sat 19:06	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
Sat 12:33	Sat 14:33	Sat 15:33	Sat 16:33	Sat 17:33	Sat 18:33	Sat 19:33	The Vegan Vegetarian Folk's Kitchen: Red Beet Salad
Sat 12:45	Sat 14:45	Sat 15:45	Sat 16:45	Sat 17:45	Sat 18:45	Sat 19:45	The Vegan Vegetarian Folk's Kitchen: Green Asparagus Pancakes and Strawberry Ice Cream
Sat 13:00	Sat 15:00	Sat 16:00	Sat 17:00	Sat 18:00	Sat 19:00	Sat 20:00	Science Panel - An Expanded Worldview - Subtle Matter as Reality
Sat 13:34	Sat 15:34	Sat 16:34	Sat 17:34	Sat 18:34	Sat 19:34	Sat 20:34	The Wealth of the Church Is Blood Money
Sat 14:42	Sat 16:42	Sat 17:42	Sat 18:42	Sat 19:42	Sat 20:42	Sat 21:42	Reincarnation - Life's Gift of Grace (4)
Sat 15:36	Sat 17:36	Sat 18:36	Sat 19:36	Sat 20:36	Sat 21:36	Sat 22:36	Underway with Heinrich Benjes: Healthy and Tasty – Pinely Nature
Sat 16:06	Sat 18:06	Sat 19:06	Sat 20:06	Sat 21:06	Sat 22:06	Sat 23:06	Classics for the Soul - Liebestraum (Dreams of Love) Nr. 3 in A flat major by Franz Liszt, "Letzte Rose" (The Last Rose) from the opera Martha by Friedrich von Flotow, Prelude from Partita No. 3 BWV 1
Sat 16:30	Sat 18:30	Sat 19:30	Sat 20:30	Sat 21:30	Sat 22:30	Sat 23:30	Meditation - Evening Meditation:A Prayer to Become Still
Sat 16:49	Sat 18:49	Sat 19:49	Sat 20:49	Sat 21:49	Sat 22:49	Sat 23:49	Find the Primordial Light in You - Develop the Divine Order - 4

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



Saturday 30.03.2019

Friday 29.03.2019

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

Sat 17:14	Sat 19:14	Sat 20:14	Sat 21:14	Sat 22:14	Sat 23:14	Sun 00:14	Helping Animals - Saving Lives (12) Infirmery
Sat 17:27	Sat 19:27	Sat 20:27	Sat 21:27	Sat 22:27	Sat 23:27	Sun 00:27	Classics for the Soul - G.F. Handel, from "Water Music" Suites 1-3 (Apr. 2015)
Sat 17:41	Sat 19:41	Sat 20:41	Sat 21:41	Sat 22:41	Sat 23:41	Sun 00:41	Make the Connection: Planet Earth + Meat
Sat 18:37	Sat 20:37	Sat 21:37	Sat 22:37	Sat 23:37	Sun 00:37	Sun 01:37	Find the Primordial Light in You - Develop the Divine Order - 3
Sat 19:00	Sat 21:00	Sat 22:00	Sat 23:00	Sun 00:00	Sun 01:00	Sun 02:00	Free Spirit 08 - It's Easier Living with God - Part 4
Sat 19:30	Sat 21:30	Sat 22:30	Sat 23:30	Sun 00:30	Sun 01:30	Sun 02:30	Meditation - Prayer: Where Do We Pray? What Do We pray? How Do We pray?
Sat 20:15	Sat 22:15	Sat 23:15	Sun 00:15	Sun 01:15	Sun 02:15	Sun 03:15	Helping Animals - Saving Lives (11) Silia - A Fawn Gains Trust
Sat 20:24	Sat 22:24	Sat 23:24	Sun 00:24	Sun 01:24	Sun 02:24	Sun 03:24	The Call: The Sluices are Opened
Sat 20:50	Sat 22:50	Sat 23:50	Sun 00:50	Sun 01:50	Sun 02:50	Sun 03:50	The Vegan Vegetarian Folk's Kitchen: Spaghetti Lemons
Sat 21:04	Sat 23:04	Sun 00:04	Sun 01:04	Sun 02:04	Sun 03:04	Sun 04:04	The Vegan Vegetarian Folk's Kitchen: Linguine
Sat 21:22	Sat 23:22	Sun 00:22	Sun 01:22	Sun 02:22	Sun 03:22	Sun 04:22	Science Panel - Storms - Harbingers of a Stormy Time
Sat 21:55	Sat 23:55	Sun 00:55	Sun 01:55	Sun 02:55	Sun 03:55	Sun 04:55	Focal Point Earth: The Beauty of Creation and Man's Campaign Against the Life
Sat 22:56	Sun 00:56	Sun 01:56	Sun 02:56	Sun 03:56	Sun 04:56	Sun 05:56	Prophetic Voice for the Animals
Sat 23:38	Sun 01:38	Sun 02:38	Sun 03:38	Sun 04:38	Sun 05:38	Sun 06:38	The Speaking All-Unity (11) - Viewers Report Their Experiences
Sun 00:18	Sun 02:18	Sun 03:18	Sun 04:18	Sun 05:18	Sun 06:18	Sun 07:18	Meditation - Just as You Give

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Sunday 31.03.2019

Saturday 30.03.2019

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 15 - Sunday
Sun 01:14	Sun 03:14	Sun 04:14	Sun 05:14	Sun 06:14	Sun 07:14	Sun 08:14	The Atheist - a Friend of the Prophet? Part 1
Sun 01:47	Sun 03:47	Sun 04:47	Sun 05:47	Sun 06:47	Sun 07:47	Sun 08:47	Meditation - God Is Present Light
Sun 02:23	Sun 04:23	Sun 05:23	Sun 06:23	Sun 07:23	Sun 08:23	Sun 09:23	Helping Animals - Saving Lives (02) Fabio, the Fox Kit
Sun 02:38	Sun 04:38	Sun 05:38	Sun 06:38	Sun 07:38	Sun 08:38	Sun 09:38	The Call of the Christ of God. Given by Gabriele, the Prophetess and Emissary of God
Sun 03:02	Sun 05:02	Sun 06:02	Sun 07:02	Sun 08:02	Sun 09:02	Sun 10:02	Fresh and Fit Into the Day: Loosening Exercises - Part 06
Sun 03:17	Sun 05:17	Sun 06:17	Sun 07:17	Sun 08:17	Sun 09:17	Sun 10:17	Original Christian Meditation I (9): The More I Devote Myself to the Divine Power of Life, the More Beautifully and Purely I Will Blossom
Sun 04:03	Sun 06:03	Sun 07:03	Sun 08:03	Sun 09:03	Sun 10:03	Sun 11:03	The Standpoint. Climate Collapse and Reincarnation - part 5
Sun 05:01	Sun 07:01	Sun 08:01	Sun 09:01	Sun 10:01	Sun 11:01	Sun 12:01	The Free Communities Under the Sign of the Lilly: Prologues and Monologues (In Chinese)
Sun 05:30	Sun 07:30	Sun 08:30	Sun 09:30	Sun 10:30	Sun 11:30	Sun 12:30	The Eternal Word - The Free Communities Under the Sign of the Lilly on All the Continents of this Earth
Sun 07:03	Sun 09:03	Sun 10:03	Sun 11:03	Sun 12:03	Sun 13:03	Sun 14:03	The Great Cosmic Teachings of Jesus of Nazareth (03)
Sun 07:42	Sun 09:42	Sun 10:42	Sun 11:42	Sun 12:42	Sun 13:42	Sun 14:42	Meditation - Everything Is In Bloom
Sun 08:15	Sun 10:15	Sun 11:15	Sun 12:15	Sun 13:15	Sun 14:15	Sun 15:15	Helping Animals - Saving Lives (03) Feeding Birds - Not Only in Winter
Sun 08:32	Sun 10:32	Sun 11:32	Sun 12:32	Sun 13:32	Sun 14:32	Sun 15:32	Life Knows No Standstill
Sun 08:56	Sun 10:56	Sun 11:56	Sun 12:56	Sun 13:56	Sun 14:56	Sun 15:56	The Vegan Vegetarian Folk's Kitchen: Squash Dish with Dessert
Sun 09:09	Sun 11:09	Sun 12:09	Sun 13:09	Sun 14:09	Sun 15:09	Sun 16:09	The Vegan Vegetarian Folk's Kitchen: Safran Noodles and Seitan Cutlet in Red Wine
Sun 09:27	Sun 11:27	Sun 12:27	Sun 13:27	Sun 14:27	Sun 15:27	Sun 16:27	Science Panel: Who Controls Our Genes?
Sun 09:57	Sun 11:57	Sun 12:57	Sun 13:57	Sun 14:57	Sun 15:57	Sun 16:57	Making the Connection
Sun 10:33	Sun 12:33	Sun 13:33	Sun 14:33	Sun 15:33	Sun 16:33	Sun 17:33	God exists
Sun 11:23	Sun 13:23	Sun 14:23	Sun 15:23	Sun 16:23	Sun 17:23	Sun 18:23	Inner Devotional 6 - The Inner Path Helps Us Immerse in Our Divine Heritage
Sun 12:27	Sun 14:27	Sun 15:27	Sun 16:27	Sun 17:27	Sun 18:27	Sun 19:27	The Free Communities Under the Sign of the Lilly: Prologues and Monologues (In Japanese)

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Sunday 31.03.2019

Saturday 30.03.2019

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

Sun 12:50	Sun 14:50	Sun 15:50	Sun 16:50	Sun 17:50	Sun 18:50	Sun 19:50	Classic Soul 40c
Sun 13:00	Sun 15:00	Sun 16:00	Sun 17:00	Sun 18:00	Sun 19:00	Sun 20:00	The Eternal Word - The Free Communities Under the Sign of the Lilly on All the Continents of this Earth
Sun 14:33	Sun 16:33	Sun 17:33	Sun 18:33	Sun 19:33	Sun 20:33	Sun 21:33	Focal Point Earth: Rain Forest - What has humankind made of it?
Sun 15:28	Sun 17:28	Sun 18:28	Sun 19:28	Sun 20:28	Sun 21:28	Sun 22:28	Palm Room Lecture: Reincarnation as Life's Gift of Grace
Sun 16:22	Sun 18:22	Sun 19:22	Sun 20:22	Sun 21:22	Sun 22:22	Sun 23:22	Helping Animals - Saving Lives (05) Back into Freedom
Sun 16:41	Sun 18:41	Sun 19:41	Sun 20:41	Sun 21:41	Sun 22:41	Sun 23:41	Are You Who You Think You Are - Part 1
Sun 17:35	Sun 19:35	Sun 20:35	Sun 21:35	Sun 22:35	Sun 23:35	Mon 00:35	Evening Meditation: How Was Your Day?
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 (09) "Raising Birds"
Sun 18:01	Sun 20:01	Sun 21:01	Sun 22:01	Sun 23:01	Mon 00:01	Mon 01:01	The Quiet Chamber: Inner Prayer (4)
Sun 18:29	Sun 20:29	Sun 21:29	Sun 22:29	Sun 23:29	Mon 00:29	Mon 01:29	Palm Room Lecture: Our Life on Rewind - We Don't Live Just Once
Sun 19:16	Sun 21:16	Sun 22:16	Sun 23:16	Mon 00:16	Mon 01:16	Mon 02:16	Classics for the Soul - Adagio and Rondo from the Clarinette Concerto by von W.A. Mozart (Jun. 2016)
Sun 19:37	Sun 21:37	Sun 22:37	Sun 23:37	Mon 00:37	Mon 01:37	Mon 02:37	Find the Primordial Light in You - Develop the Divine Order - 2
Sun 20:05	Sun 22:05	Sun 23:05	Mon 00:05	Mon 01:05	Mon 02:05	Mon 03:05	The Speaking All-Unity (01)
Sun 21:00	Sun 23:00	Mon 00:00	Mon 01:00	Mon 02:00	Mon 03:00	Mon 04:00	Meditation - The Pearls in Us
Sun 21:57	Sun 23:57	Mon 00:57	Mon 01:57	Mon 02:57	Mon 03:57	Mon 04:57	Helping Animals - Saving Lives (13) Wild Animals in Winter
Sun 22:25	Mon 00:25	Mon 01:25	Mon 02:25	Mon 03:25	Mon 04:25	Mon 05:25	A Prayer For Matters Close to Our Heart. By Gabriele, the Prophtetess and Emissary of God
Sun 22:41	Mon 00:41	Mon 01:41	Mon 02:41	Mon 03:41	Mon 04:41	Mon 05:41	The Vegan Vegetarian Folk's Kitchen: Braised Cucumbers with Veggie Ground Meat and Tomato Sauce
Sun 22:58	Mon 00:58	Mon 01:58	Mon 02:58	Mon 03:58	Mon 04:58	Mon 05:58	Science Panel - Man, the Cancer of the Earth
Sun 23:29	Mon 01:29	Mon 02:29	Mon 03:29	Mon 04:29	Mon 05:29	Mon 06:29	A Delicate Balance