



THE SECRET  
*of the*  
BLOOD

AN ESSAY *by* CHRISTOPHER VASEY

ALSO INTRODUCES  
IN THE LIGHT OF TRUTH – THE GRAIL MESSAGE  
BY ABD-RU-SHIN

THE SECRET  
*of the*  
BLOOD

*BY CHRISTOPHER VASEY*

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THIS BOOKLET contains translations according to the sense of the original French and German texts. In some cases the word-forms of the translation can only render the meaning and contents of the original approximately. Nevertheless the reader will come to a good understanding of it, if he strives to absorb the meaning of the contents inwardly.



# CONTENTS

## NUTRITION AND SPIRITUAL DEVELOPMENT

Food regimens, diets, and spiritual life .....	5
The brain or the spirit? .....	6
What is the purpose of the blood? .....	7
The unrecognized role of the blood .....	9
The composition of the blood and our state of being .....	11
A matter of nutrition .....	12
The influence of the spirit on the blood radiations .....	13
New therapeutic possibilities .....	15
Conclusions .....	16

## IN THE LIGHT OF TRUTH: THE GRAIL MESSAGE

Introduction .....	18
For Your Guidance! .....	21



## FOOD REGIMENS, DIETS, AND SPIRITUAL LIFE

ALL OF THE MAJOR monotheistic religions advocated periods of more or less strict abstinence in order to obtain a spiritual goal. The Christians have their period of Lent, the Muslims hold Ramadan, and the Jews hold Yom Kippur.

In ancient times the Phoenicians, the Assyrians, the Greeks, and the Romans practiced fasting for religious reasons as well. In Egypt, the participants engaging in the mysteries of Isis and Osiris prepared themselves through fasting that could last between 7 and 42 days.

Short-term periods of abstinence were recommended in preparation for particular events, but the different religions oftentimes gave instructions concerning long-term food regimens also. Indeed, if a short period of abstinence could have a positive effect on the spirit then a less severe restriction followed over a longer period of time – throughout life in fact – in the form of a particular food regimen, could have equally beneficial results. Among these many regimens the most well known is the vegetarian diet that produces a moderating effect on man.

A substantial consumption of meat works as a stimulant on human beings. It renders them more active, excitable, even aggressive and violent. On the other hand, a diet without animal meat is known to greatly loosen the connections between the spirit and the body. Generally speaking, material interests are not very strong and physical passions diminish. It becomes easier to exercise self-control and to overcome desires and impulses. Thus a certain openness towards higher things is facilitated.

Many people today who follow special diets for health reasons also note similar changes. Shortly after putting their new eating habits into practice they discover that their diet has an effect on their spirit as well. Among many of them, the search for improved health is their primary motivation but later transforms into a search for personal development...through nutrition. It is not unusual to hear these people talk about all of the spiritual progress they accomplished following the change in their eating habits. Is this progress genuine and is it really a result of the food they eat?

## THE BRAIN OR THE SPIRIT?

EVERYTHING DEPENDS ON WHAT we consider to be the true inner being of man. If the spirit were identical to the brain, the influence of nutrition could easily be explained: good nutrition provides the brain with all the minerals and vitamins it needs, and purifying the blood through fasting and diet improves circulation and cerebral oxygenation. However, in this article the spirit is regarded as the principal immaterial part of man; his inner core! The brain is regarded as an instrument used by the spirit in order to manifest itself.

If the brain were the seat of the spirit we would encounter a huge problem. This would signify that spiritual development would be, above all else, dependent on healthy nourishment of the brain, therefore on the food we eat, and not on the efforts we make or our perseverance towards improvement! Our authentic self is the spirit; the body and the brain are simply tools at its disposal during its earthly sojourn.

But if this is the case, then it is necessary to explain how something material, such as food, has an effect on something immaterial like our spirit. In order to answer this question we must take a look at the blood and its true role.

## WHAT IS THE PURPOSE OF THE BLOOD?

IT IS GENERALLY ACCEPTED THAT the role of the blood is to irrigate the organic tissues so that the cells are constantly supplied with oxygen and nutrients. We also recognize the role it plays in removing toxins as well as transmitting hormonal messages from one cell to another. Furthermore, we know that the blood plays an important role in the immune system.

According to this information, the blood is the body's faithful servant which is used to carry out multiple functions. Hierarchically speaking, the body is held in first place and the blood, with its vital but nevertheless subordinate role, is held in second place.

But is this true? Does the blood really play a subordinate role? Upon examination of some well know facts, we will see that this is not the case.

During a 24-hour period of dialysis we can purify 300 to 400 grams of urea, whereas the presence of 2 grams urea per liter of blood is considered very dangerous. Since our entire body only holds approximately seven liters of blood, where do the 300 to 400 grams of urea come from? Evidently it was not stored in the blood since the presence of a few grams is mortal, but the urea was held back in the

body – more precisely in the organic tissues – and could only be returned to circulation through dialysis. If the body is then sacrificed in this manner and must bear the price of intoxication by the urea in order to allow the blood to maintain a stable composition, does this not signify that the blood is more important than the body, and in this case, is the body not serving the blood?

The blood's top position is equally evidenced in the opposite way, when the danger threatening the blood's equilibrium is not an excess of harmful matter as was explained in the previous example, but is a lack of useful material. Normally the blood contains a certain amount of alkaline substances (calcium, sodium...) that it uses to neutralize acids that endanger its pH level, or in other words, its degree of acidity. When the influx of acid is too high and continuous, these alkaline minerals become depleted and another defence system takes over: alkaline minerals are taken from different tissues in the body. They are taken from the skeleton, the nails, the skin or the hair in order to re-establish the blood's pH level.

When the pH imbalance is not resolved, the continual removal of alkaline minerals depletes the body of its mineral composition and transforms it into a real state of ruin: the bones decalcify and become porous; the teeth decay, crumble and fall out; the skin cracks, etc.

Here once again, the utmost importance of the blood is clearly observed by the veritable sacrifice of the body in favour of the blood. In order to maintain an ideal blood composition of alkaline minerals, the minerals are taken from the tissues and the organs even though these can be severely injured.

These two examples are neither exceptional nor unique. The same defence reactions also take place where other wastes – besides urea – are concerned and with nutritional

substances other than minerals.

Thus, contrary to popular belief, the blood is not so much there for the body, as the body is there for the blood.

## THE UNRECOGNIZED ROLE OF THE BLOOD

THE EXAMPLES GIVEN EARLIER demonstrated what happens in extreme cases when the organism in its entirety – body and blood – is threatened by danger. The priorities were clear; the body was sacrificed in order to save the blood. The blood, therefore, was more important. Yet a fundamental question begs to be asked: if the body is there for the blood, then what is the blood there for? In fact, if the blood is more important than the body, than that which the blood serves must be more important still. But what is it?

The answer to this question is not to be found in scientific journals but in a spiritual work entitled *In the Light of Truth: The Grail Message* by Abd-ru-shin, a work upon which I have based my explanations of the misunderstood role of the blood.

The blood's most important role is to form a connecting link between the body and the spirit. Without blood the spirit incarnate neither nor remain incarnated in the physical body which it uses as its instrument or tool. The spirit is therefore not connected to the body; but it is connected to the blood, and through it to the body. We can now understand why the body works so vigorously for the blood, that it is even willing to sacrifice itself for the

blood. Without the blood there is no connecting bridge and therefore no physical life. If the body is alive it is not because of the blood but because of the spirit – the only true living element within the human being – which is connected to the body through the blood.

To be more precise, this connection is achieved through radiations which emanate from the blood. These latter join up with the radiations issuing from the spirit and together form a solid connection, much in the same way as two magnets adhere together through a bridge of magnetic radiations.

The blood's role as connecting link is easy to ascertain when we think about what happens during a hemorrhage. The greater the blood loss the more the connection between the body and the spirit loosens. The injured person feels faint and loses consciousness. Whenever the necessary quantity of blood needed to maintain the connection is insufficient, the connection is severed. The spirit separates from the body: this is death. Death of the physical body that is no longer animated or invigorated by the spirit through the radiations of the blood.

Although most human beings have approximately the same amount of blood, some have more while others have less. For example, people of a sanguine blood type have more blood and this is visibly noticeable: their skin is red and flushed. Also, the fact that they have more blood binds their spirit more solidly to matter, or in other words, their spirit is more firmly anchored in their body. They enjoy material things: to drink, to eat, and to be socially active.

On the other side of the spectrum there are anaemic individuals. These people lack blood and this is also visibly noticeable: they are pale skinned, sometimes even white. Because they are weakly connected to their body they do not always look well therein, they are often not very

enterprising but instead seem to float in the world of thoughts.

## THE COMPOSITION OF THE BLOOD AND OUR STATE OF BEING

THE BLOOD NOT ONLY plays a role as connecting link between the spirit and body but it also serves as a path of communication between the two.

The information received through the five physical senses is gathered in the brain. Then, after being refined, they are transmitted to the spirit via the bridge of radiations. In the reverse order, the will of the human spirit – that is to say the direction he chooses to give to events – is transmitted along this same bridge of radiations to the brain which carries out this will in the world of dense matter.

It follows that every modification in the composition of the blood alters the perceptive possibilities of the spirit, and through this, its state of being. To better illustrate this fact let us take a few examples:

Whenever the level of blood sugar (glycaemia) drops too low, the person in this state of hypoglycaemia feels weak; he no longer has any strength to act and suddenly his reality changes from what it was before the crisis. He generally has no energy, his morale is low, he becomes pessimistic and has a bleak outlook. The least little problem fills him with anguish and obstacles seem insurmountable. However, his lack of confidence in himself and his capabilities, along with all his fears, quickly disappear as

soon as his glycaemic level returns to normal.

Another well-known situation that alters a person's state of being is the consumption of alcohol. When someone drinks too much and becomes drunk we say "he is not in his right mind". But not being in one's right mind simply means to perceive and to act differently than usual. Or, in other words, with a different awareness of reality.

There are many more examples of psychic alterations due to changes in the composition of the blood. Nutritional discoveries show us daily how even the presence or absence, of one vitamin or one mineral can influence our outlook on the world; causing distress, phobias, and fears, or on the other hand creating a sense of well-being and self-confidence. The spirit can also be hindered when the blood contains substances that should not be there (lead or aluminium for example) or substances that appear in excess (copper, zinc, phosphorous). Such hindrances disappear as soon as we rid the blood of them or correct their levels.

The blood's role as connecting link and bridge between body and spirit explains why food regimens and diets actually do have an effect on the spirit. This results from the fact that the composition of the blood partly depends on what we eat. By modifying our nourishment we also alter the composition of our blood, for better or worse. This in turn transforms the nature of the connections between spirit and body; and thus the way we feel.

## A MATTER OF NUTRITION

THE BLOOD COMPOSITION IS greatly dependent on what we eat. Therefore, nature offers every region a vast array of foods that contain the necessary elements for our

bodies to produce a proper blood composition and through this a beneficial spiritual radiation.

If human beings would only eat (in moderation) what nature provides for us our blood radiations would always be favorable. We unfortunately do not do this. We either extract a part of the vitamins and minerals from our food, for example, by refining grains, oils and sugars, resulting in the blood not receiving everything it should in order to produce a healthy blood radiation. Or else we add substances that should not be there, for example, food additives, chemicals used in food production and factory farming, toxic elements from pollution, etc. These substances then add unwelcome elements to the composition of the blood.

Therefore the blood composition of today's man is not what it should be. The outcome is that the spirit can no longer unfold itself freely. Because of this, man is forced to struggle not only against his own faults but also against the conflicting radiations of his blood.

## THE INFLUENCE OF THE SPIRIT ON THE BLOOD RADIATIONS

IN THE MANNER IN WHICH THINGS have been presented thus far, the spirit would appear to be dependent on material things, such as food, vitamins, pollutants...that alter the composition of the blood and through this, the spirit's state of being. We will now see that this is only partially true and that the spirit can also influence and modify the radiations and composition of the blood. The spirit must,

in fact, do so in order for the radiations to always correspond to its state at the moment.

In the case of danger, the radiations emitting from the spirit are tainted with fear and consequently alter the blood radiations. This translates into adrenaline being present in the blood. In this manner the spirit feels the urgency of the situation. If this alteration did not take place, the spirit would still perceive its body as the object of the aggression but would not itself feel threatened and therefore not react accordingly. It would react as an observer instead of truly living the experience.

Whenever we are filled with peace and serenity instead of fear – that is to say, whenever our spirit is serene – our blood radiates in the same way and we act with calm. Our surroundings can also feel our inner state, even though we have not yet expressed it in words or actions.

We retain this state of serenity until the spirit is once again confronted with a new situation and chooses to react differently and by this, alters its blood radiations. These new radiations will perhaps be filled with anger or disappointment, but nevertheless they will last until the state of being is again modified.

The influence of the spirit on the blood composition is, after all, well known. Many different expressions in our language corroborate this fact. When a person is angry over a situation we say “it makes his blood boil”, or a person who is quick tempered we refer to as being “hot blooded”.

But the spirit’s influence on the blood goes much further. The strength of the spirit’s radiations permits them to considerably reinforce the sometimes deficient blood radiations. This explains the fact why some sick people or accident victims survive in spite of their grim prognosis, while others succumb to much less severe conditions. In this first case, the will to survive, emanating from the spirit, maintains

the blood radiations and helps recovery; while in the second case, by giving up too quickly, the blood radiations are deprived of the spirit's support.

A similar process takes place when a spirit is afraid to leave its life behind, either because the separation is premature or because it believes that everything ends with physical death. It is afraid of death and tries to fend it off in any way possible. The spirit therefore strives to remain connected to its body. This intense desire directs its radiations downwards which in turn reinforces the blood radiations and keeps it attached to the body. The spirit preserves its body, despite of its decrepitude, far beyond the threshold of departure for one less attached to the earth. This results in painful agony.

## NEW THERAPEUTIC POSSIBILITIES

THE KNOWLEDGE OF THE unrecognized connection the blood provides between body and spirit opens the door to new therapeutic possibilities and allows for a completely different treatment of problems concerning the psychic balance. These new treatments react on the spirit by means of the blood helping the spirit – the true self – to have an unaltered perception of reality.

Psychic disturbances, depression or distress can all be treated by supplying the blood with the elements it needs and by eliminating those that are in excess.


There are many ways to alter the composition of the blood. We can remedy deficiencies through diets that are adapted to the needs of the person being treated, as well as by using supplements containing the necessary vitamins and minerals

needed for recovery. When it is a question of cleansing the blood, we can use toxin-draining methods and we can neutralize and eliminate toxic metals with the help of specific trace elements. Of course, these methods do not alter the spirit per se, but help it to assert itself. They enable the spirit to better control its different states of being and thereby further its own development.

## CONCLUSIONS

FOR A HUMAN BEING SOJOURNING on earth, the pursuit of well-being and happiness cannot be one-sided. Because he is an immaterial spirit incarnated into a physical body of flesh and bone, he must care for his spirit as well as his body. Even though healthy nutrition assures him strong and beneficial blood radiations, this is not enough. The spirit must be equally awake and active. It originates in the spiritual plane while the body is only its physical tool. The spirit, therefore, is more powerful and must, at all times, be capable of mastering its instrument, which it does indirectly through the blood radiations.


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CHRISTOPHER VASEY IS A well-known Swiss naturopath, lecturer and author of numerous health related books including: *The Naturopathic Way*, *The Acid-Alkaline Diet*, *The Water Prescription*, and *The Detox Mono Diet*, published by Inner Traditions (Vermont USA). He has also written several books about spiritual themes published by Stiftung Gralsbotschaft and Editions du Graal including: *Incarnation and Reincarnation*; *The Secret of Birth*; *Gnomes, Elves, Gods of Antiquity – Myth or Reality?*; *The Enigma of Time*; *Secrets and Wisdom of the Natural Laws*.

His many spiritually oriented writings – published in French and German – are based on the knowledge contained in the book *In the Light of Truth: The Grail Message* by Abd-ru-shin.

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# IN THE LIGHT OF TRUTH THE GRAIL MESSAGE

BY ABD-RU-SHIN



AMONG ALL BOOKS of spiritual content, this work occupies a unique place. It can be said that it gives an *explanation of the World*, for it describes the comprehensive view, so often longed for, of everything that takes place between God and us human beings. Yet no scientific, philosophical, or esoteric expositions, such as are commonly offered today, must be expected from the Grail Message. In its nature the Grail Message stands apart; in a logical train of thought it addresses the reader in simple words.

It is the Author's declared intention with his Work to lead seekers again closer to life, indeed, *back to God*. Therefore the Grail Message always addresses itself *to the individual alone*, regardless of nationality, race or creed. It wishes to be of help to the human being by showing the *direct way*, because the fundamental change in spiritual orientation hoped for by many today can only arise on the basis of the *individual's* personal thinking and examining, and the ensuing recognition and conviction.

The path through life indicated by the Grail Message is straightforward, clear and far removed from any mysticism:

*"He who bears within himself the firm volition for what is good, and strives to give purity to his thoughts, has already found the way to the Highest! All else will then be added unto him."*

Purity of thought and the firm volition for what is good are directly related to consistent *work on oneself*. To enable man to reawaken within him that which distinguishes him spiritually – namely *humanity* in the best sense of the word – the Grail Message refers again and again to Christ's original Teaching and builds upon it.

However, a life devoted to God in the spirit of Christian love for one's neighbor is hardly still possible today on the basis of a childlike belief, for the *conviction* of the existence of the One Creator has long since been degraded to humanized images of God and conflicting denominational dogmas that cannot be reconciled with earnest thinking. Moreover, these contribute substantially to the fact that ever-diminishing numbers of people still recognise values in the present religious concepts.

For an effective new approach traditional belief no longer suffices. *Genuine conviction is imperative!* This, however, is primarily associated with *knowledge*. Therefore Abd-ru-shin substantiates his explanations in the Grail Message with the activity of comprehensive *Creation-Laws*, which interweave all the visible material planes, as well as the realm "beyond the five senses"

These Laws of Creation – synonymous with the *Will of God* – are designated by Abd-ru-shin as the "Language of the Lord":

*"The whole of Creation is the Language of God, which you should earnestly strive to read, and which is by no means as difficult as you may think."*

In addition he states:

*"You earthmen are in this Creation to find supreme happiness! In the Living Language which God speaks to you! And to understand this Language, to learn it, and to sense inwardly the Will of God in it, that is your goal during your journey through Creation. In Creation itself, to which you belong, lies the explanation of the purpose of your existence, and at the same time also the recognition of your goal during your journey through Creation! In no other way can you find either."*

*“This demands of you that you live Creation. But you are only able to live or experience it when you really know it.”*

*“With my Message I now open the Book of Creation for you! The Message clearly shows you the Language of God in Creation, which you must learn to understand so that you can make it completely your own.”*

In his Grail Message Abd-ru-shin refers again and again to three great Laws of Creation – the Law of Reciprocal Action (the Law of Sowing and Reaping), the Law of the Attraction of Homogeneous Species, and the Law of Gravity – are explained in all their greatness and simplicity.

Thus we learn, for instance, that the Law of Sowing and Reaping applies not only to the earthly seed, but also to man’s actions and thoughts, which through the working of the incorruptible Laws of Creation ripen into fruits, corresponding exactly to good or evil volition, of which man alone must taste. Thoughts, intuitive perceptions and deeds are very effective forms or “works” that remain connected with their author until he severs himself from them. They form his “fate” and sometimes he is struck by “blows of fate” which he cannot account for, although the cause for these was given by *him* in former earth-lives.

The knowledge about the Laws of Creation forms that solid foundation which, far from all denominational dogmatism, leads *from belief to conviction*. And it is just this path that the “Grail Message” wishes to point out.

In the lecture *Awake!* Abd-ru-shin explains:

*“When you have at last perceived Creation as a complete whole, as it is, and do not separate this world from the beyond, then you have found the direct path, the true goal draws nearer and the ascent gives you joy and satisfaction. You are then much better able to feel and understand the reciprocal actions pulsating warmly through this uniform whole, since all activity is driven and sustained by the one power. Then the Light of Truth will dawn upon you!”*

The Foreword reads:

## FOR YOUR GUIDANCE!

THE BANDAGE FALLS, and belief becomes conviction. Liberation and redemption lie only in conviction!

I am addressing earnest seekers only. They must be able and willing to examine this matter objectively! Religious fanatics and irresponsible enthusiasts may hold aloof, for they are detrimental to the Truth. As for the malevolent and prejudiced, they shall find their sentence in the very words.

The Message will strike only those who still carry within them a spark of truth, and the yearning to be true human beings. To all such it will become the shining light and staff. It will lead them unswervingly out of all the chaos of the present-day confusion.

The following Word does not bring a new religion, but is intended as the torch to help all serious listeners or readers find the right path, which leads them to the longed-for height.

Only he who bestirs himself can advance spiritually. The fool who uses extraneous aids for this, in the form of the ready-made opinions of others, only walks his path as if on crutches, while ignoring his own healthy limbs.

But the moment he boldly uses all the abilities which lie dormant within him awaiting his call, to help in his ascent, he is employing the talent entrusted to him in accordance with his Creator's Will, and will easily overcome all obstacles that seek to divert him.

Therefore awake! Genuine faith lies only in conviction, and conviction comes solely through an inflexible weighing and examining! See that you are truly alive in the wonderful Creation of your God!

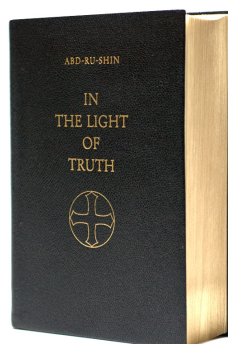
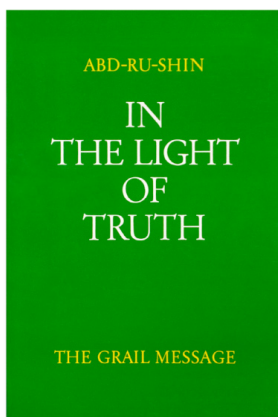
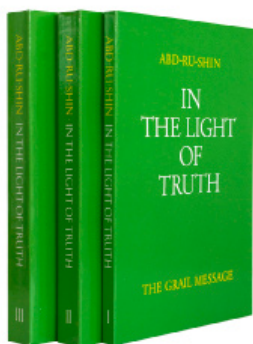
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# IN THE LIGHT OF TRUTH

## THE GRAIL MESSAGE

BY ABD-RU-SHIN

BETWEEN 1923 AND 1937, Abd-ru-shin wrote 168 lectures, which he assembled to form the Grail Message "In the Light of Truth". Since then, this work has been translated into 15 languages and is available in over 80 countries.



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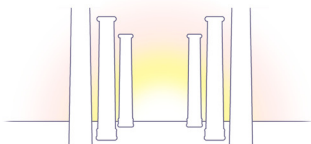
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“THE BLOOD’S most important role is to form a connecting link between the body and the spirit. If the body is alive, it is not because of the blood but because of the spirit – the only true living element within the human being – which is connected to the body through the blood.”

*Christopher Vasey*



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