
THE BLISS OF DEATH



THE BLISS OF DEATH

VAHE SIVACIYAN



**TORONTO
2023**

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PUBLICATIONS OF THE AUTHOR

The dates given are for the original publications in Armenian

The first four in the list have already been translated and published in English as well. The next five are also in progress of being translated and will be published in the near future. The last two (book of poems) will not be translated.

From Light to Light (I)	2013
From Light to Light - II (Awakening)	2015
From Light to Light - III (Universal Laws)	2017
Meditation	2017
Mystical Interpretations from the Gospels	
Part I – Events from the Life of Jesus ...	2018
Mystical Interpretations from the Gospels	
Part II – Parables spoken by Jesus	2018
Mystical Interpretations from the Gospels	
Part III – Jesus’ Sayings	2020
Mystical Interpretations from the Gospels	
Part IV – Gospels of John & Thomas ...	2020
Spiritual Reflections	2019
“ I AM “ – To Know God	2022
The Bliss of Death	2023
Enlightened Living – book of Poems Parts I, II & III	
In Armenian only	2019
Aravod Luso – Church hymns interpretation	
In Armenian only	2023

NOTE

The quotations from the Bible
are taken from
the NIV Study Bible
by
Zondervan bible publishers
Grand Rapids, Michigan. USA
1985





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My deepest appreciation and thanks
to a few of my friends,
for their input, their critique and suggestions and their help
during the writing and preparation of this book.

I am forever indebted to them
and pray that
God grant them
a healthy, happy and long life.

*

I also thank, from the bottom of my heart, all those who
took, posted and provided the pictures used in this book. I
pray for them, that God's blessings follow them all the days
of their lives.



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BIOGRAPHY

The author was born in Kadiköy, one of the suburbs of Istanbul (Constantinople), he received his elementary school education at the Aramyan-Unciyan Armenian School. He subsequently continued his education at Saint Joseph private French high school in Istanbul.

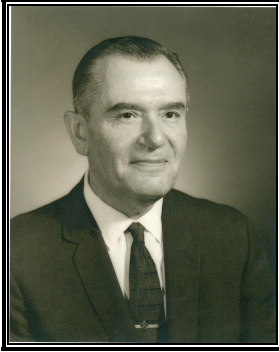


He immigrated to Toronto, Canada with his parents, where he completed his high school education. In 1968 received his Bachelor of Science degree from the University of Toronto, and in 1972, his Medical Doctorate degree from the same university. He specialized in Internal Medicine and in the sub-specialty of Cardiology. He has been on the staff of both St Joseph's and St. Michael's hospitals in Toronto and is an assistant professor at his alma mater. He has presented papers and given lectures, locally and internationally. He has published original research work on cardiac physical examination, in peer reviewed journals and in 2007 also published the textbook: "The Art and Science of Cardiac Physical Examination"

From the age of seven he has been in the Armenian Church choir, and in the late 1960s, was given the right to wear an amice. He was ordained as deacon in St. Gregory Church in St. Catharines by the hand of Bishop Aris Shirvanyan. At various times, he has served in the Holy Trinity Armenian Church as well as Holy Cross Armenian Church in Toronto and also St. Gregory church in St. Catharines. He has been instrumental in starting the Holy Cross Armenian day school in Toronto. He has also served on the Board of Trustees of the same school for many years and as chairman for several years.

His curious and inquisitive character has pushed him to investigate not only in the field of medicine but also in the field of religion.





1911-1985



1904-1994



LOVE AND RESPECT
IN MEMORY OF MY
BELOVED PARENTS
**JIRAYR & ISGUHI
SIVACIYAN**



**"YOU ARE THE BOWS FROM WHICH YOUR CHILDREN AS LIVING
ARROWS WERE SENT FORTH.
THE ARCHER SEES THE MARK UPON THE PATH OF THE INFINITE,
AND HE BENDS YOU WITH HIS MIGHT THAT HIS ARROWS MAY GO
SWIFT AND FAR.**

**YOUR BENDING IN THE ARCHER'S HAND WAS FOR GLADNESS;
FOR EVEN AS HE LOVES THE ARROW THAT FLIES, SO HE LOVES
ALSO THE BOW THAT IS STABLE."**

(Paraphrased from Kahlil Gibran's "The Prophet")



1955-2010



**I DEDICATE THIS BOOK
TO THE MEMORY OF MY
BELOVED WIFE**

AYDA SIVACIYAN





DEATH

A sick man turned to his doctor as he was preparing to leave the examination room and said: 'Doctor, I am afraid to die. Tell me what lies on the other side.'

Very quietly, the doctor said, 'I don't know.'

'You don't know? I know you're a religious man, and don't know what's on the other side?'

The doctor was holding the handle of the door; on the other side came a sound of scratching and whining. As he opened the door, a dog sprang into the room and leaped on him with an eager show of gladness.

Turning to the patient, the doctor said:

'Did you notice my dog? He's never been in this room before. He didn't know what was inside.'

He knew nothing except that his master was here, and when the door opened, he sprang in without fear. I know little of what is on the other side of death, but I do know one thing...

I know my Master is there and that is enough.'

PREFACE

The idea of writing a book on a topic suggested by the title came after reading a medical article about brain function recorded by electroencephalogram (EEG) at the time of death. The frequencies recorded by the physician conducting the research were extremely interesting and very surprising. As I was pondering on the meaning of these results, taking into account another study I had read previously, which I had quoted in one of my previous books, I realized that these two studies proved certain beliefs we had about death and the experiences of the dying but had no proof to substantiate these beliefs.

Undoubtedly, the general subject of this book is “death”. Hence the book is divided into five chapters.

The title of the first chapter is: “Causes of death and their times”. In this chapter, the results of another study that considers various causes of death, and the usual mean age of their occurrence will be presented.

The topic of the second chapter is: “What is death”? In this chapter appropriate information will be given regarding death and the process of death. Our opinion as to what death is and what it should be will also be discussed.

The topic of the third chapter is: “Why do we die”? In this chapter we will not consider the different physical causes of death presented in the first chapter, but instead the spiritual causes.

The fourth chapter will present as to what “bliss” is. Undoubtedly, before understanding the bliss of death, one should know as to what bliss itself is. In general, the great portion of the human population has never experienced bliss. Thus the “feeling” of bliss is not present in their subconscious minds.

The fifth and last chapter of the book is the actual presentation of the topic indicated by the title of the book: “The bliss of death”. In this chapter will be presented, the above mentioned brain activity recorded during the process of death and of course appropriate interpretation will also be discussed.

This book also has an epilogue, which is not a new composition. It had been previously published in one of my books titled: “From Light to Light II – Awakening”, in the second part of the third chapter titled: “Sickness and Death”. I felt it was appropriate to use it as a summary on the topic of death.

* * *

II

Chapter VI titled “Addendum II” contains some articles that are not mine, but sent to me by friends or downloaded through the internet. Some are translated by me and the authors of some are not known.





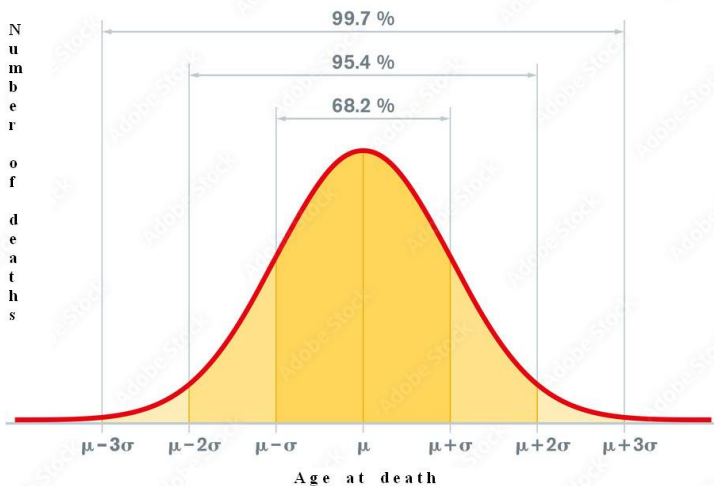
- I -

CAUSES OF DEATH AND THEIR TIMES



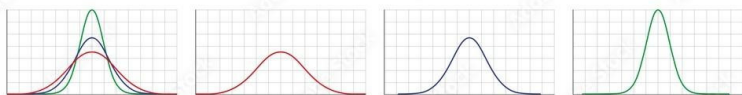
CAUSES OF DEATH AND THEIR TIMES

Since the general theme of this book is death, it is appropriate to give some information regarding the causes of death. From a human perspective, that which we call death must have a reason. The causes are multiple, some are very common and some unusual and somewhat rare. The different causes and the numbers dying of that cause may be presented by a bell curve graph. The following shows a bell curve:



It appears that the mean age of death varies according to the various causes of death. Without any doubt, there are causes of death that strike both the young and the old. But it appears that the mean age of those causes may be very different. The picture on the next page shows various bell curves where one can see the age distribution of the dead. Those causes that occur frequently in a narrow age distribution will be shown by a narrower bell curve and those causes that are frequently seen in all ages would plot a much

wider bell curve. The next picture shows bell curves of various shapes:



It may be appropriate to present some results from Dr. George Lundberg's publication of the statistics of the causes of death within the United States. Undoubtedly, in various parts of the world the causes of death and the frequency of certain causes may vary from each other. Dr. Lundberg indicates that the mean age of death for the American male population is 74.5 years. The mean age of death for the female population is 80.2 years. If a person's gender, geography, race or ethnicity and economic status are not taken into account, the mean age of death within the USA is 73.7 years old. He indicates that death is not the enemy of mankind and death is a very natural event. He also indicates that man's real enemy is premature death, disability, pain, suffering and the prolongation of dying. It appears that there will always be premature deaths. According to the World Health Organization (WHO) any death before the age of 70 is considered to be premature. He also finds it distressing that the statistics of premature deaths in USA is much worse than those in other developed countries.

The following represents the causes of premature deaths and the mean ages of those deaths: Death by gun shot – 28 yrs. old; Fentanyl overdose – 35 yrs. old; Vehicular crashes – 40 yrs. old; Overdose with any other illicit drugs – 46 yrs. old; Alcoholism – 57 yrs. old; Cigarette smoking – 66 yrs. old; Cirrhosis – 67 yrs. old; Diabetes – 67 yrs. old; Chronic kidney disease – 68 yrs. old; Lung cancer – 71 yrs. old; Any other type of cancer – 73 yrs. old; Stroke – 73 yrs. old; Heart attack – 73 yrs. old. The mean ages of all other

causes surpass the mean age of 73.7 years. Those causes are mostly the following: Dementia & age related disability, Influenza, Pneumonia and Sepsis. Obviously there are many other causes of death, but in comparison with the above causes, they are much rarer; hence they are not mentioned here. Just to give a couple of examples, we may consider: drowning or being killed by a wild animal.

At this juncture, it would also be appropriate to present a short excerpt from Pauline Anderson's publication. She has studied the statistics of what she calls "deaths of despair" in various geographical locations within the USA and also within the African american, White and Hispanic races. Here, what she considers to be the causes of "deaths of despair" will be presented. They are: Suicide, Drug overdose, Alcoholism and as a result of this last cause, Cirrhosis.

This information may be interesting, but it has nothing to do with the actual purpose of this book. As indicated above, the general topic of the book is death; hence, it was felt to be appropriate to include some information regarding the various causes of death.

There are also some who die suddenly and the cause of their death remains a mystery. Some of them may be related to a sudden electrical "storm" within the heart, known as ventricular fibrillation. There are also some rare people who are spiritually far advanced and able to express a much higher level of consciousness, which, to some degree, gives them the experiential knowledge of the Truth and the experience of Bliss. They may willingly leave their bodies and "depart". Of course such a departure is not suicide. Did not Jesus on the cross say?

"Jesus called out with a loud voice, "Father, into your hands I commit my spirit." When he had said this, he breathed his last". (Luke 23:46)

* * *



**“Is there anything I can do to make myself
Enlightened?”**

**“As little as you can do to make the sun
rise in the morning.”**

**“Then of what use are the spiritual
exercises you prescribe?”**

**“To make sure you are not asleep when the
sun begins to rise.”**

RUMI



- II -

WHAT IS DEATH?



WHAT IS DEATH?

To best understand what death is, it is important to know what life is and what is the meaning or purpose of life. Once, a wise man was asked. ... “What is the meaning of life...”? He replied...: “Life itself has no meaning; life is an opportunity to create a meaning”. Hence, life is an opportunity to create a meaning, a purpose, to understand this purpose, to assimilate it and to realize it. Unfortunately the great majority of humanity does not realize this meaning and purpose. As a result their lives also become meaningless. If life becomes meaningless, is it surprising that death exists?

To understand what death is we should understand as to what it is that is dying. Hence, we should first understand as to what man is comprised of. Without a doubt, man has a physical body and this appears to be an absolute reality because we can see it and touch it. Man also has a mind which in general functions through the physical brain of the body and also through the “heart” (solar plexus). The function through the brain gives rise to thoughts and to some degree, to intelligence. The function through the “heart” gives rise to emotions. Man also has an individuality, which animals do not have. What is man’s individuality? In the Book of Genesis we read:

“The Lord God formed the man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being”. (Genesis 2:7)

(Surprisingly some translations from various languages differ in the word used that is underlined. Some say individual, some soul, some even spirit)

Therefore, what is man’s individuality? It is an extra “energy” that has come forth from God and given to man.

This added energy in a metaphorical way is presented as the angel Lucifer. The meaning of the name “Lucifer” is the bringer of Light. Hence, as a result of his individuality man should be able to give a meaning and purpose to his life. That purpose is to serve the purpose of God-revelation. It is that which Jesus succeeded in doing and he thus taught us the way for us to succeed as well. This purpose is the general purpose of the entire creation. What is that “Light” that man, as a result of the free will of his individuality, needs to reveal within himself? The answer to this question will be self-evident below. This added energy also takes part in forming man’s energy body. It is well known that within the creation, everything is subject to duality. Even when the first sub-atomic particle formed, and “matter” was created, along with it anti-matter was also created. Hence, the human physical body also has two forms: male and female. The mind has two poles: one pole functions through the brain and the other through the “heart”. Therefore man’s individuality also has two poles: one is the positive pole and the other the negative. In the above quotation, where various translations have been noted, it is likely that the translation as “spirit” is the result of an incorrect interpretation of the original text. But the translations as “soul” refers to the positive pole of the individuality and the translations as “individual” or “being” refer to the negative pole likely the “Ego”. The “Ego” gives man his so called individuality. As indicated in the Bible, the rebellion of the angel Lucifer, who wanted to sit on the throne of God, indicates man being controlled by his “Ego”. Neither the physical body of man, nor his mind and also nor his individuality, have the ability to give life, but they are very much essential influences for man to create a meaning for his life. If man’s life and consciousness do not come from these three, then what is it that makes the physical body alive full of life, and the mind, able to become conscious,

and makes man a living, thinking, intelligent being? It is the presence of his Spirit within him. It is the presence of “the Son of God, the Christ” within him. Did not Christ say: “I am the Life” and also “I am the Light of the world”? Light makes everything visible; hence, the “Light” Christ mentions is the consciousness, which man, as a result of his brain, expresses in a limited fashion and as a result becomes aware of everything in a limited fashion. Christ has also said: “I am the Truth”. We constantly repeat this: “God is the only truth”, without really understanding its true meaning and constantly repeat it as a parrot would. If the only Truth is God, then everything else must be an illusion, a dream. Christ has also said the following:

“I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing”. (John 15:5)

Therefore, everything, all that multiplicity that we see and we can touch and feel, all matter, all plants, all animals and every single person, must be different expressions of the one Christ, because the only Truth is God. Christ, the total of the vine, is the creation and everything else only Its branches. Hence, every person’s true Being is his Spirit, the presence of Christ within himself. As a result, we are all sons and daughters of God. Is that not what is written in the Bible as well?

If there are some individuals who think that what is presented above is based on someone’s imagination, they may find the following biblical quotations as proof of its authenticity.

“Jesus answered them, ‘Is it not written in your Law, ‘I have said you are gods?’” (John 10:34)

“I said, ‘You are “gods”; you are all sons of the Most High.” (Psalms 82:6)

“The Spirit himself testifies with our spirit that

we are God's children. Now if we are children, then we are heirs--heirs of God and co-heirs with Christ, ..." (Romans 8:16-17)

"How great is the love the Father has lavished on us, that we should be called children of God! ..." (1st John 3: 1)

"Don't you know that you yourselves are God's temple and that God's Spirit lives in you?" (1st Corinthians 3:16)

"The lamp of the Lord searches the spirit of a man; it searches out his inmost being." (Proverbs 20:27)

"...it is the Spirit who testifies, because the Spirit is the truth." (1st John 5:6)

"In him was life, and that life was the light of men" (John 1:4)

"God is light;" (1st John 1:5)

"I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life." (John 8:12)

"You are the light of the world. A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven." (Matthew 5:14-16)

"Even in darkness light dawns for the upright, for the gracious and compassionate and righteous man." (Psalms 112:4)

"The path of the righteous is like the first gleam of dawn, shining ever brighter till the full light of day." (Proverbs 4:18)

"Wake up, O sleeper, rise from the dead, and Christ will shine on you." (Ephesians 5:14)

The last four quotations show that, despite the true Being of each and every person that is the Light, the Christ, man, with his conduct, blocks the full expression of that Light within himself.

After all this information presented, we should come back to the original question: “What is death?” Interestingly, within the Armenian language the word for death contains its definition. The word is “մահ” with Latin characters «mah». Each letter stands for the first letter of three words. These words are “մարմին”, “առանց” & “հոգի”, in Latin characters “marmin”, “arants” & “hokii”. The translation of these words is in the same order: “body” “without” “spirit”. This tends to indicate that the death of the body occurs when the Spirit leaves it and departs. The body has come from the “earth” and it is imperative that some time or other it has to return to its source. Does not the body grow as a result of what one eats? Even the new-born baby’s body has grown as a result of what his mother had eaten. All that we eat comes from the soil, such as plants. Even the meat that we eat comes from the soil because the animal grows by eating the plants that come from the soil. The following biblical verses prove this truth. Whatever happens to the physical body of a person is no different from what happens to any other animal’s body.

“Man's fate is like that of the animals; the same fate awaits them both: As one dies, so dies the other. All have the same breath; man has no advantage over the animal. Everything is meaningless. All go to the same place; all come from dust, and to dust all return.”

(Ecclesiastes 3:19-20)

“...and the dust returns to the ground it came from, and the spirit returns to God who gave it.” (Ecclesiastes 12:7)

There is no doubt that man's physical body is mortal. But according to the last quotation it appears that man's Spirit is immortal. If man's Spirit is the presence of Christ within himself, is it ever possible for God to die? Hence, why should one be scared of dying? Unfortunately the great majority of humanity is terrified of death. Based on this, there must be a basic error in man's understanding about life. Every night in deep sleep, are we all not dead to the world? It is even said that in deep sleep, the "soul" leaves the body and, travelling with the speed of light, goes to other "realms" (dimensions), has experiences, and returns back to the body. Hence, what is death? Why is it that in deep sleep the "soul" returns back to the body but when what we call "death" occurs, it does not return back?

"...before the silver cord is severed, or the golden bowl is broken; before the pitcher is shattered at the spring, or the wheel broken at the well ..." (Ecclesiastes 12:6)

This quotation from the Old Testament is very interesting. It is suggested that the whole of chapter 12 be read (see page 29). It describes what happens to the human body during our lives. The various stages of the human body are also depicted in the section called "Addendum" at the end of this chapter. The physical body that has come from the soil starts early on to show a tendency towards returning back to the soil. The human Spirit has come from God; therefore Its tendency is to return back to God. Then, why does not man appear to show this tendency? This is mainly because man usually disregards his Spirit and tends toward his "Ego". Man's Spirit is attached to the body and the mind. The "Silver cord" is the connection of the Spirit with the mind, with the brain, and gives man his consciousness. The "wheel at the well" is the life given by the Spirit to the heart that circulates the blood within the body. When the "silver

cord” breaks, the person goes into a coma. The breaking of the wheel at the well represents the cessation of the blood circulation and the shattered pitcher is the dead heart that has stopped beating. In deep sleep, when the soul leaves the body, the “silver cord” remains intact, still attached to the body and the “wheel at the well” continues to function normally. Therefore the soul, not having cut its connection with the body, returns back to it. When a patient has a “cardiac arrest”, the doctors work hard to revive him. Sometimes they succeed in reviving him and sometimes they fail. The success depends on the fact that the “silver cord” had not yet severed and was intact. Once the “silver cord” breaks, it becomes impossible to revive that patient. Sometimes it may even be possible to delay the death of the physical body by artificial means (on a respirator, etc.) despite the fact that the individual is actually dead.

Coming back to the previous question: why does man fear death? This question has many answers, many reasons, which we will consider. But the basic cause of all those reasons is man’s ignorance. For humanity, death appears to have no purpose, because as a result of his ignorance, man is not aware of his Spirit’s yearning to go back to Its source. Man’s physical birth is the “death” (so to say) of the Spirit. Of course this is not real death, the Spirit is immortal. It means the Spirit is somewhat imprisoned within the body. Therefore, on the other hand the death of the body is the “birth” (so to say) of the Spirit. It is freeing the Spirit from Its prison. Those people whose individualities tend towards the Christ within, they get to know His will and see death as the result of a yearning and an expression of love. But in those where the individuality tends towards their “Ego”s, death becomes an unexpected deceit and cause for fear.

As a result of his ignorance man perverts the divine Truth; hence he fears death. The various reasons of this fear that are born of man’s ignorance are as follows: ignorance

about the future, seeing death as an end-all of everything, uncertainty about immortality, fear of separation from loved ones, identifying with and attachment to the illusory multiplicity, instinct of “self” (the Ego) preservation and the influence of the perverted teachings about heaven and hell. Rumi has said the following:

I died out of the stone and became a plant. I died out of a plant and became an animal. I died out of the animal and became a man. Why then should I fear to die? When did I grow less by dying? I shall die out of a man and become an angel.

Death is simply reaching one's destination during a trip. The trip starts with the birth of the physical body and the destination reached is its death. Man is not his body, but he is the user of the body. When in his mind he identifies himself with his body, it is only then that he fears death, because he does not want to separate from it. He thinks that when the body dies and disappears, he also becomes non-existent. The body is simply the “vehicle” that transports the soul. It is true that a short time after the death of the body, the mind also dies and also the “Ego”. Just because of this it is written in the Gospels:

“For the wages of sin is death ...”. (Romans 6: 23)

The information accumulated within the individuality, joining the Spirit, forms the Soul and continues to exist after the death of the body.

The truth is that the corpse, which we consider to be dead still has life in it, albeit expressed at a very low level. It is the life of the cells. It is because of this life that the beard of the corpse grows after the death of the person. Eventually, as a result of lack of circulating blood and the oxygen it provides, the skin cells also die within a few days. Then the body starts decomposing. But life, even at a much lower

level, still continues to be present at the level of molecules and atoms. Is not the entire creation anything but Christ appearing in different forms? Is not the only Truth God? Is not Christ the Life of everything?

The light that is emitted from a lamp can teach us as to what death is. The lamp with its wick remains lit as long as there is oil in it. Without the oil, the flame and the light go out. The oil represents Christ and the light our earthly lives. As long as the lamp contains oil, the flame will light up its surroundings. We should make the oil, the Christ, our ideal. Instead, what do we do? We tend to our “Ego” and spread hatred around us.

Death is a struggle where the “higher” separates from the “lower” and discards it.



ECCLESIASTES 12

1Remember your Creator in the days of your youth, before the days of trouble come and the years approach when you will say, "I find no pleasure in them"-

2before the sun and the light and the moon and the stars grow dark, and the clouds return after the rain;

3when the keepers of the house tremble, and the strong men stoop, when the grinders cease because they are few, and those looking through the windows grow dim;

4when the doors to the street are closed and the sound of grinding fades; when men rise up at the sound of birds, but all their songs grow faint;

5when men are afraid of heights and of dangers in the streets; when the almond tree blossoms and the grasshopper drags himself along and desire no longer is stirred. Then man goes to his eternal home and mourners go about the streets.

6Remember him-before the silver cord is severed, or the golden bowl is broken; before the pitcher is shattered at the spring, or the wheel broken at the well,

7and the dust returns to the ground it came from, and the spirit returns to God who gave it.

8"Meaningless! Meaningless!" says the Teacher. "Everything is meaningless!"

9Not only was the Teacher wise, but also he imparted knowledge to the people. He pondered and searched out and set in order many proverbs.

10The Teacher searched to find just the right words, and what he wrote was upright and true.

11The words of the wise are like goads, their collected sayings like firmly embedded nails-given by one Shepherd.

12Be warned, my son, of anything in addition to them. Of making many books there is no end, and much study wearies the body.

13Now all has been heard; here is the conclusion of the matter: Fear God and keep his commandments, for this is the whole duty of man.

14For God will bring every deed into judgment, including every hidden thing, whether it is good or evil.

ADDENDUM

STAGES OF HUMAN LIFE

Based on average lifespan of a human being

The human life is divided into 4 stages.

Each stage is also sub-divided into three periods.

STAGE – I

INFANCY, CHILDHOOD & ADOLESCENCE

At this stage the individual needs to be cared for.

- A- From birth to 7 yrs. old – The brain develops
Known as – Infant and child stage
- B- From 8 yrs to 14 yrs. old – The mind becomes fully developed
Known as – Child and teenager stage
- C- From 15 yrs. to 21 yrs. old – The intellect is fully developed
Known as – Adolescence stage

STAGE – II

YOUNG ADULT

At this stage the individual is driven more by the physical passions

- A- From 22 yrs. to 28 yrs. old – Has full use of body mind/intellect
Known as – Young age of young adult
- B- From 29 yrs. to 35 yrs. old – Starts reaping what he has sown
Known as – Middle age of young adult
- C- From 36 yrs. to 42 yrs. old – Keeps reaping what he has sown
Known as – Old age of young adult

STAGE – III

MIDDLE AGE

At this stage the individual is driven more by his emotions

- A- From 43 yrs. to 49 yrs. old – Keeps reaping what he has sown
Known as – Young middle age

B- From 50 yrs. to 56 yrs. old – Keeps reaping what he has sown
Known as – Middle age of middle age

C- From 57 yrs. to 63 yrs. old – Keeps reaping what he has sown
Known as – Old age of middle age

STAGE – IV

OLD AGE

At this stage the individual is driven more by wisdom

A- From 64 yrs. to 70 yrs. old – Starts questioning the purpose of his life
Known as – Young age of old age

B- From 71 yrs. to 77 yrs. old – Realizes life wasted
Known as – Middle age of old age

C- From 78 yrs. to 84 yrs. old – Regrets having wasted his/her life
Known as – Old age of old age





- III -

WHY DO WE DIE?



WHY DO WE DIE?

There are three fundamental reasons as to why one dies. In the previous chapter, regarding the first reason, some basic information was given. The first reason is “restitution”. What is restitution? This is basically a return to the source. The body is formed of matter, came from the earth, and goes back to it. The soul, having come from God, yearns to go back to its source. The second reason is “elimination”. What is it that is being eliminated? It is the influences of the physical body and of the mind that are being eliminated. With the death of the body and the mind, the individuality is no longer influenced by them. But one should not forget that both the body and the mind are essential factors for the individual to be able to give a meaning to his life. But if they are left to the influences of the “Ego”, they stop being positive factors and become more harmful than helpful. The third reason is “integration”. The energy body, the soul, joins the all pervading energy of the Holy Spirit and thus to some extent “gets a taste” of “The Singularity”.

One can learn much by watching nature. It is very interesting to watch the leaves of a tree. Every fall, all the leaves fall off the tree and die. But every spring, the leaves once again grow and they cause the tree to grow more. In the same way, the reason of death, through successive births and deaths, is to evolve the individuality until it becomes worthy for resurrection and to be permanently part of the Singularity of God. In fact, it already is part of the singularity, but as a result of its ignorance, it has not understood reality and remains attached to the illusory multiplicity. Basically, the evolution of man is only the realization that he already is part of the Singularity. Death is an essential precursor to resurrection. Did not Jesus die on the cross so that he could resurrect? Death, according to God’s will, is an act of intuition

transmitted from the soul to the individuality. Therefore, the source of life is the means of death. The entire physical creation, including man, is subject to both time and space. These two are not reality but rather illusory, therefore subject also to change. Does not quantum physics teach us that they are relative? Being relative is being subject to change and not being permanent. On the other hand, Jesus Christ taught us about eternity, which is permanence. Our present earthly lives, being subject to time and space, must also be relative, impermanent and illusory. Hence, should it surprise us that we are subjected to an illusory death? Eternity is to be outside of time: it is timelessness. There are only two things that are eternal: one is God. God has no beginning and no end. Within time, everything has a beginning and also an end. If God is not subject to time, for God both past and future do not exist. Therefore God is always in the present. As a result, the present must also be eternal. Based on this, the teachings of Jesus Christ about eternal life should be realized at the present, during this life and not some time later after death. Death is a beneficial and corrective occurrence. It gives the individual a short experience of eternity, so that during subsequent reincarnation, he “changes direction” from tending towards his “Ego” to tending towards his true Self, the Christ within, so that he can make himself worthy of resurrection. Resurrection can become possible when the individual is able to completely emancipate himself from materialism and selfishness. Such a change also gets rid of the fear of death. For him, death becomes simply a separation of his soul from the physical, which he willingly accepts and even embraces. For the realization of resurrection, along with the death of the body, the “Ego” should also die. Did not Jesus say?

“For whoever wants to save his life will lose it, but whoever loses his life for me will save it.”(Luke 9: 24)

“Whoever tries to keep his life will lose it, and

whoever loses his life will preserve it.” (Luke 17: 33)

“The man who loves his life will lose it, while the man who hates his life in this world will keep it for eternal life.” (John 12: 25) *(Once again, in the English translations, the word “life” is used instead of “self”)*

The (life) the “self” Jesus is indicating implies the “Ego”. Jesus could have saved himself and come down from the cross and avoided death. Three years before, in the wilderness, he had cut off his ties from his “Ego”, but the “Ego” had not disappeared. Is it not written?

“When the devil had finished all this tempting, he left him until an opportune time.” (Luke 4:13)

But on the cross, when Jesus was most vulnerable, His individuality lost its communion with the Christ within and cried:

“About the ninth hour Jesus cried out in a loud voice, “Eloi, Eloi, lama sabachthani?”--which means, “My God, my God, why have you forsaken me?” (Matthew 27: 46)

One of the other criminals crucified with Jesus, suggested that Jesus save himself and also them. This was actually the will of His “Ego”. One more time Jesus ignored His “Ego” and along with the body, the “Ego” also died and Jesus resurrected. It is imperative that the “Ego” should die, so that the soul can be worthy of eternal life. The person that ignores his “Ego” will help others even with self-sacrifice and will spread divine love towards all. This is the main reason as to why one dies, so that as a result of successive reincarnations and deaths, through the laws of evolution, he learns his lessons and some day becomes worthy to have resurrection and eternal life. This is exactly what Jesus did and also told us to be like Him. Did He not say?

“A student is not above his teacher, but everyone who is fully trained will be like his teacher.”(Luke 6: 40)

“Be perfect, therefore, as your heavenly Father is

perfect.” (Matthew 5: 48)

There may be some that may not believe in reincarnation. Reincarnation is a biblical reality. In approximately 650AD, the idea of reincarnation was finally taken out of the Christian religion. The following biblical quotation fully supports the reality of reincarnation.

Him who overcomes I will make a pillar in the temple of my God. Never again will he leave it. I will write on him the name of my God and the name of the city of my God, the new Jerusalem, which is coming down out of heaven from my God; and I will also write on him my new name. (Revelation 3:12)

To become a pillar in the temple of God and never again leaving indicates to be worthy of eternal life. On the other hand, constantly “leaving it” refers to multiple reincarnations. The one that becomes worthy of eternal life “dissolves into” and becomes one with God. This is exactly what is indicated by “I will write on him the name of my God”. The soul that has finally been freed from the body wants to stay with God, but as a result of the sins committed, the soul decides to reincarnate to “pay his debts”. He chooses a body and a mind along with a fate that are appropriate for him to “pay back its debts”. This is the reason for individual variations at birth. Unfortunately, new sins are committed and it appears as if the “wheel” of death and reincarnation perpetually turns. When a person reincarnates, as a result of the limitations imposed on him by his physical body, he loses higher levels of consciousness. He may learn some lessons from the tribulations of worldly life and pay off some of the debts for which he had reincarnated. But as a result of his ignorance (low level of consciousness) and the accompanying forgetfulness, he commits new sins and gathers new “debts”.

Then we ask the question again as to why we die? The answer is simple. Both life and death occur according to

God's will for the benefit of the individual, so that he gathers a proper and clear understanding about his own life and more importantly, about the true purpose of his life. Jesus Christ taught us all this, but what do we do? We ignore His teachings and with "lip-service", we praise Him. We do not carry out His teachings in our lives but we feel saved; hence, constantly repeat that He died for our sins and we are saved. On the other hand, Jesus says: "take your cross and come after me".

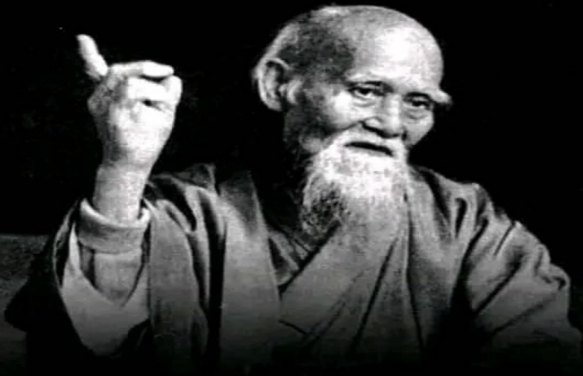
"Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but only he who does the will of my Father who is in heaven." (Matthew 7:21)



When you can't
control what's
happening,
challenge yourself
to control the
way you respond
to what's happening
That's where your
power is.

Buddhism Daily

Six important guidelines in life:



1. When you are alone, mind your thoughts.
2. When you are with friends, mind your tongue.
3. When you are angry, mind your temper.
4. When you are with a group, mind your behavior.
5. When you are in trouble, mind your emotions.
6. When God starts blessing you, mind your ego.



- IV -

WHAT IS BLISS?



WHAT IS BLISS?

Before understanding what bliss is, let us first consider what is within our experience, namely happiness and joy and the causes of these.

According to a study conducted in Boston over a period of 85 yrs (1938-2023) covering three generations, the causes of happiness and joy were identified. The following information is obtained from an article published by Dr. Mauricio Wajngarten. There are basically two definite causes for happiness and joy. One of these is good health and the other is to have meaningful and good relationships, to have sincere friends. Other causes are also taken into consideration, but these two are the important ones. One of the other causes that was considered was success in one's profession or job. It is true that such a success has given satisfaction but not joy. To some degree, education and cultural awareness also have had their influences but it appears only after the 1960s. It is concluded that education has resulted in a better following of a healthy lifestyle. It appears that with advances in medicine, the causes of disease were better known and propagated and the educated became aware of this.

Within the same article, it is also indicated that those who had given up changing their situation have experienced good things in life. It appears that acceptance of our life situations and conditions give us a better and positive outlook. Those who believed that they knew everything about life were very mistaken.

After this short presentation about happiness and joy, let us try to understand the "feeling" of bliss that is not yet in our experience.

What is bliss? The Webster's dictionary describes it as: "a state of complete or ecstatic happiness" as well as "the perfect and exalted joy of saved souls". (Since this book is a

translation from the original written in Armenian, translated definitions from the Armenian dictionaries will also be presented at this juncture). In the Malkhasyan dictionary it is defined as: “a blessed state, supreme joy, perfect well-being. In the dictionary of classical Armenian it is described as: “an understanding of all goodness, extreme joy, perfect happiness that is desirable and enviable, prelude to a holy state”.

As indicated in previous chapters, within the creation everything is subject to duality. One, during his life, may have periods of happiness as well as joy. But within time, everything is temporary, therefore unfortunately the feeling of happiness and joy invariably are followed by periods and feelings of sadness and suffering. When two people, who are in love, spend time together, they feel very happy and are joyful. They may think that what they feel is the pinnacle of joy; this is mainly because they have never experienced bliss at all. Compared to bliss, the joy they feel is miniscule and insignificant, albeit a positive emotion. In the above definitions, the following adjectives are used: “supreme”, “perfect”, “extreme”, “enviable” and “desirable”. Bliss is a feeling of an experience and an expression of infinite love. It is also an expression of goodness and kindness. When they called Jesus “good teacher”, He gave the following answer:

"Why do you call me good?" Jesus answered.

"No one is good--except God alone." (Mark 10:18)

Bliss is not subject to duality, because it is to have the experience of being in the presence of God. According to Jesus' above words, is God not the extreme goodness? Is it also not written: “God is love”?

Is it ever possible for man to have the experience of bliss? Absolutely, it was exactly this that Jesus taught us. As it was indicated in the previous pages of this book, one should find the purpose of his life; he should understand this purpose and yearn to fulfill this purpose without any hesitation or discouragement. One should develop within

himself all the positive attributes indicated above. Jesus, with the “Sermon on the Mount” and with what we call the “Lord’s Prayer”, taught us the way to attain a blissful state. At this juncture, it is appropriate to repeat an excerpt from my previous book titled “I AM”.

“What were the teachings of the “Sermon on the Mount”? Please see my previous book titled “From Light to Light” in chapter VI page 103, also in the book titled “Mystical Interpretations from the Gospels –Part III, Jesus Christ’s Sayings” pages 38-43, as well as in the book titled “Mystical Interpretations from the Gospels –Part IV – Gospels of John and Thomas” page 227 and especially pages 250-257. It would be appropriate at this juncture to present a summary.

“Through the “Sermon on the Mount” Jesus, in the form of seven “blessings”, presented that which was essential for us to succeed in creating that change within ourselves to advance on the spiritual path. He also gave us the “way to pray” for the undertaking to be successful. Why is man blessed when he promotes those qualities within himself? He becomes blessed because he has the chance of experiencing the Truth, in revealing Christ within himself. Hence, what are these seven necessary qualities? They are to be: “poor in Spirit”, “mourning”, “meek”, “hungry and thirsty”, “merciful”, “pure in heart” and “peaceful & just”. “Poverty” is a sign of lacking something. When an individual has no money, he considers himself to be poor. In this case, Jesus is pointing out the lack of spiritual progress. When one becomes aware of this lack, it is only then that he realizes his spiritual poverty. This realization is essential for future success and it represents the first step taken on the path. What is the meaning of “mourning”? One mourns the loss

of a loved one, a family member or sometimes even the loss of a pet. In this case, the “mourning” Jesus is referring to is the mourning of having lost the experiential knowledge of the presence of Christ within us. Even though one intellectually may know that Christ is within him, but not being able to experience this truth, he should consider it a great loss. Why are the “meek” blessed? It tends to indicate that those who are meek and humble have completely ignored their “Egos”. When the “Ego” is sitting on the “Throne of God” within the individual, the person would have no chance to advance on the spiritual path. The “Ego” gives pride. Meekness is possible only when pride does not exist. For a man who is “hungry and thirsty” at the threshold of death, the only desire is a piece of bread and a drop of water. For such a person, nothing else matters. In the same way, one should desire with such single-mindedness and ardor to reveal Christ within himself, such that nothing else should take priority over this desire. “Mercy” is true worship as it implies seeing Christ in everybody and in everything and being helpful to all according to one’s abilities. Whatever we do or give, we do or give to Christ. What is the meaning of “pure in heart”? Within the Aramaic language that Jesus spoke, there is no word for “mind”, and the word “heart” is utilized both to mean “heart” as well as “mind”. Hence, “pure in heart” represents a mind cleared, purified of all thoughts, emotions and feelings. Such a mind has the capability to concentrate on the true Being of the individual, the Christ within. The consciousness of man is the consciousness of Christ within him expressed at a level allowed by the individual. When the

consciousness of an individual is not preoccupied by thoughts and emotions, he becomes aware of the presence of Christ within and thus becomes conscious of the presence of Christ and gets to know this experientially. Just because of this, he is called blessed. Despite the fact that we are all children of God, most of us, attached to our “Ego”, the Satan, live as if we were children of the devil. Those who ignore their “Egos” do not behave selfishly; hence, they are always “peaceful”. Those who are not selfish do not work for their own profit and always look for the way of “justice”, even when they are persecuted for their ways.

A person who has developed all these qualities and appropriately has changed his nature may be ready to consider praying with the highest form of prayer that Jesus Christ taught us, which we call the “Lord’s Prayer”. Instead of constantly repeating what is called the “Lord’s Prayer”, one should instead understand and implement it within his prayer. With the “Lord’s Prayer” Jesus did not just give us a prayer; He taught us the way to pray. He first said: “if you are going to pray, enter your room and close the door”. This is a metaphor and should not be taken literally. “To enter your room” represents the direction of the concentration of the mind, which should be inward, focused on the Christ within and not on the world outside or somewhere in the sky. “Closing the door” represents complete emancipation from all worldly pursuits and the attractive allure of the world. This is part of the preparation that is essential before starting the actual prayer.

The following is the way of praying that Jesus taught.

Our Father who art in heaven.
Hallowed be thy name.
Thy kingdom come.
Thy will be done, on earth as it is in heaven.
Give us this day our daily bread;
And forgive us our debts,
as we also have forgiven our debtors;
and lead us not into temptation,
but deliver us from the evil one.
For thine is the kingdom, the power and the glory
For ever and ever. Amen.

“To best understand the efficacy of the way to pray and the means to carry on, we will start considering it from the end moving towards the beginning. It is true that within the Gospel, the last statement is not present and was added later, but it is appropriate to consider it as well, because one should know as to Whom he is praying. The cosmos represents God’s kingdom; hence, the “kingdom” represents God the Father. He is the absolute sovereign over everything. The “power” is the power emanating from the Father; hence, it represents God’s energy, the Holy Spirit. The physical manifestation of that energy is the Son of God, the Christ, which is God’s “Glory”. This way of praying taught by Jesus is not asking God for this and that, as most prayers appear to be. Instead Jesus taught the supreme form of prayer which is meditation. Meditation is the absolute concentration of one’s mind on the Christ within, in complete mental silence. Unfortunately man’s “Ego”, the Satan, often tries to disturb meditation and spoil the concentration at the peril of the individual. The “Ego” does not want to lose the mastery that it has over the individual. Hence, the individual needs to first free himself from his “Ego”. This is the meaning of “being delivered from evil”. Without a doubt, even those,

who to some degree have succeeded in ignoring their “Egos”, are always in danger of “being tempted” by it. Therefore one has to be vigilant at all times so as to not be tempted, so that the “Ego” does not take over again. The individual should be ready to accept everything that life dishes out to him, be it good or bad and not to blame anybody else for his misfortunes, not even God, because they are all his “debts” that he has to “pay back” for all previous transgressions or “trespasses”. One has to accept that whatever he is reaping is what he himself had sown. When the individual succeeds in doing all that we have discussed thus far and succeeds in concentrating his mind on the Christ within, without any thoughts or emotions, then he would receive the added energy of the Holy Spirit and this is the “daily bread” he receives. Has not Christ said: “I am the door”? It is the Christ within that opens the energy centers, the chakras, so that they allow the energy of the Holy Spirit to enter into the body. When the individual receives added energy, then his level of consciousness also increases. The higher level of consciousness reveals to him the universal laws and the individual lives harmoniously with these laws and thus according to the “Will of God” rather than the will of his “Ego”. The entire creation progresses according to the Will of God and this is the meaning of the words “as it is in heaven”, and man’s conduct is represented by the words “on earth”, because he still lives on earth. When the individual lives according to the will of God, with his mind centered on Christ and completely ignoring the outside world, he experiences “Singularity”, the unity of all and sees Christ in everything and everybody and this is the experience

of the “Kingdom of God”. Did not Jesus Christ say: “The Kingdom of God is within you”? When the individual experiences this, all those different names given to the multiplicity of the world become “holy” to him; because he understands that everything is nothing but the one Christ appearing in different forms. He also realizes that “heaven” is not a separate place, but rather it is a different level of consciousness; it is to be one with Christ and to “dissolve” into Him. It is then that, with absolute faith, he prostrates at the feet of his Father and says: “I and the Father are one”.”

This citation represents a complete course, which reaches its goal with the revelation of Christ through the individual and the individual’s experience of bliss. Jesus clearly indicated the means to reveal Christ within us, to “see” God. The means to success is to have a mind that is cleansed, a mind without thoughts, emotions or feelings. When the mind is preoccupied with thoughts or emotions, it also causes the consciousness expressed to be preoccupied. Because man has not learned to properly use his mind and brain, he is unable to express a high level of consciousness. Consciousness is God’s Consciousness, it is the grace given by Christ within the person and it functions through the mind of the individual. Consciousness, when it is free, not preoccupied with thoughts and emotions, it expresses itself at a much higher level. As a result of the expressed higher level of consciousness, the individual experiences the “Truth” and the unity, singularity of all.

Every day in our lives, we experience consciousness expressed at various levels. Each time the level of consciousness expressed changes, the individual’s experience of reality also changes.

The following is an excerpt from one of my previous books titled: “Mystical Interpretations from the Gospels – Part IV”, where I had translated and presented Dr. Joe Dispenza’s

lecture, paraphrased. He had presented the various frequencies of the brain waves of individuals and their relationship with the various levels of consciousness of the individual.

“Then the lecturer talks about the conditioning of the brain. He says that experiences give rise to the formation of chemicals that cause emotions and feelings but also end up causing changes in the physical body as well. If one is constantly exposed to the same experiences, both his mind and body under the influence of those chemicals become conditioned and start functioning in harmony with each other. This is called “second nature” when the mind thinks on its own without the conscious intervention of the individual and the body also acts on its own in the same way. Man conditions his brain in such a way as to see the external world in a specific way. Man, as a result of his concentration, has the ability to change the way his brain functions. This change in brain function also gives the individual the ability to see the world in a completely different way and to have a different understanding of reality. This comes from consciously controlling the frequency of the brain waves. All the functions of the brain give rise to electromagnetic currents of various frequencies. Doctors are able to record these brain wave frequencies with electroencephalograms (EEG).

“The lecturer discusses the various frequencies of the brain waves and their corresponding levels of consciousness. Each one of these frequencies is named after the letters of the Greek alphabet.

a- Beta (β) waves (12-32Hz) represent waves with high frequencies. These are present when the individual is fully awake and “fully conscious”. At this point, the attention of the individual is on the

external world. As well as using the ability of logical thinking, he may also be acting in the world, forming relationships and interacting with others. At this juncture, the brain tries to make sense and directs the events of the outside world and relates them to the internal condition of the individual. The attention of a wakeful man is usually directed outwards. The information received through the five senses is fully analyzed by the brain.

b- Alpha (α) waves (8-12Hz) are present when the brain is quiet and not functioning. It may be that the individual is sitting quietly and listening to calming music. At this point, his inner world is more important to the individual than the external world. He starts becoming conscious of various thoughts rising internally in his mind and ignores the external world. Slowly his consciousness dips down into his subconscious mind where is found all that makes up his nature. At this point, the thoughts appear to cease but “pictures” appear in their place. Man is able to reach this level without actually going to sleep. A good example of this is driving a car in an absolutely safe way but not be conscious of it. This is called day-dreaming. This is considered to be a change of the level of consciousness. In this state, the individual experiences no input from any of his five senses. He does not hear, taste, smell, see, nor does he feel. All these do take place but they do not register into his consciousness. The individual’s consciousness is preoccupied with his imagination.

c- Theta (θ) waves (4-8Hz) are present when the brain is asleep as well as when it is in a hypnotic state. At this stage, it is very easy to instill information into the subconscious of the individual.

Psychiatrists at times utilize hypnosis to cure certain fears and anxieties. At this stage, the individual has no ability to analyze, to judge or to think logically. The body is at rest. Only the subconscious mind is functional at this stage and the person has lost all self-consciousness. During this stage, one also dreams.

d- Delta (δ) waves (0.5-4Hz) presence tends to indicate deep sleep. At this stage, the brain rejuvenates and the body becomes catatonic.

The following frequency presented by the lecturer is of the utmost importance.

e- Gamma (γ) waves (32-100Hz and more ...) are seen only very rarely. At this level, the ability to comprehend and the levels of cognition reach their pinnacles as a result of infinite levels of consciousness. This awakening is not the result of external influences, but rather internal, the result of certain hormones. At this juncture, the energy level within the body rise up to the brain and for the individual, it is his internal world that represents reality and not the external world.

“The lecture ends at this point. The presence of **Gamma waves** within the brain is the rapture that Jesus Christ had talked about and is written about in the Gospels. When the lecturer said: “the inner world represents the reality rather than the external world” indicates the revelation of Christ within the individual and the union of the two. The individual becomes conscious of the reality and understands the illusory nature of the multiplicity of the external world.

“Based on this information, science and religion do not contradict each other, but rather they confirm.”

Based on all this information and knowledge, we should try to understand the data presented in the next chapter.



YUNUS EMRE

The purpose of knowledge is
to know.

True knowledge is self
knowledge.

If a man does not know
himself,

What good is all other
knowledge he accumulates?

(LOVE FOR GOD)

Your love has wrested me away from myself,
You're the one I need, the one I crave.
Day and night I burn, gripped by agony,
You're the one I need, the one I crave.

Neither do I find great joy in being alive,
Nor would I grieve to cease to be alive,
The only solace I have is in your love,
You're the one I need, the one I crave.

Even if, at the end they make me die,
And scatter my ashes up to the sky,
And even if I hear the call from my grave,
You're the one I need, the one I crave.

'Yunus Emre the mystic' is my name,
Each passing day fans and rouses my flame,
What I desire in both worlds is the same:
You're the one I need, the one I crave.

Yunus Emre

Translated from Turkish



- V -

THE BLISS OF DEATH



THE BLISS OF DEATH

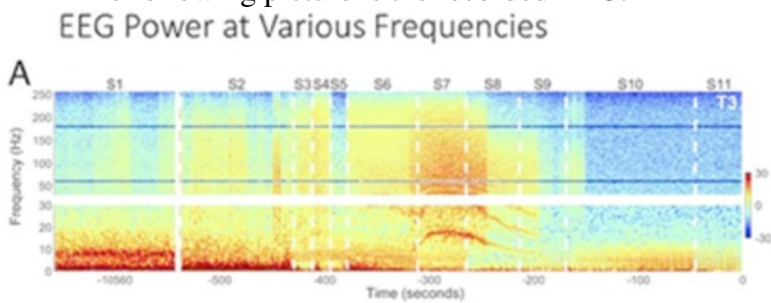
In this chapter, a summary of the content of Dr. Perry Wilson's publication will be presented. He presented the physiological changes that have occurred during the process of death. His impression, as well as the purpose of the original study, was to prove that everything is nothing but the result of brain function, including man's consciousness. He implies that consciousness is not God-given. In other words, it is not a meager expression of infinite consciousness of God revealed by the human brain. He also mentions some patients who had died but doctors had successfully revived them. The three main experiences described by such patients during their cardiac arrests are the following: a- Out of body experience, b- a feeling of infinite peace and c- seeing a light at the end of a tunnel. One of my patients, a lady, 70 yrs old, had a cardiac arrest. We were able to successfully revive her through the cardiac arrest procedure. She was extremely upset that we had "brought her back". When I asked what her experience had been during the cardiac arrest, she answered as follows: "There was an extremely beautiful kaleidoscope of bright colors that would be impossible to see here in this world or even imagine such beauty".

The doctor, carrying out the above study, had obtained permission from the next of kins of the patients involved to record their electroencephalograms (EEG) during the process of death. Three of the four patients previously had suffered cardiac arrest, but after a long cardiac arrest procedure, the doctors had succeeded in restarting the heart. As a result of the long period of anoxia, their brains were irreversibly damaged and they were comatose, on respirators, being kept "alive" artificially. The fourth patient had a severe intracerebral bleed and thus was comatose as well.

Approximately three hours after starting the recording

of the EEG, the respirators were turned off. It appears to have taken approximately 9 to 10 minutes for the patients to finally die. They had noticed that approximately 5 minutes before the final death, a surge of intense brain activity has occurred, showing “gamma” (γ) frequencies phenomenon. That activity has taken place in the posterior cortical region, which they feel is the area associated with conscious experiences. It is also indicated that such activity is also seen in some live, awake people. It is also indicated that an out of body experience also gives a similar pattern of brain activity. The doctor feels that this activity is not the disordered “scream” of dying neurons.

The following picture is the recorded EEG.



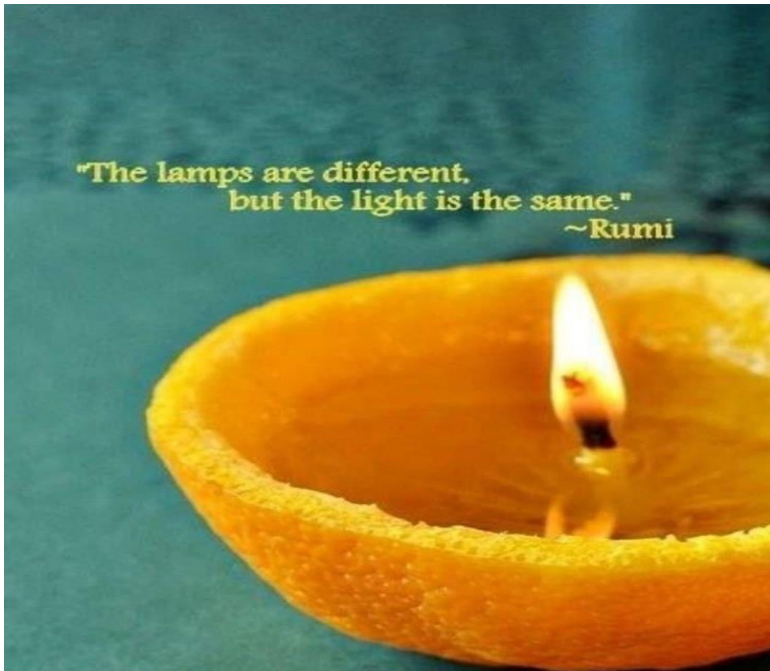
In this picture we see the brain function recorded by EEG. The important activity is the red color. In the first section (S1), there is very low activity. The brain is not completely dead. Similar recording was made for a period of approximately 2 hours and 45 minutes. The slight gap between the first and second sections (S2) is when the respirator was turned off. Without oxygen, both the brain and the heart slowly start dying. Approximately 4 minutes later in seventh section (S7), we see high frequency (up to 200Hz) brain activity. Within the ninth section (S9), the activity shown by the red color starts disappearing and in section 10 (S10), it disappears completely and the patient is pronounced dead.

I know a person who had the misfortune of being in a car accident, but fortunate enough to have survived it. She has said that at the time of the worst situation of the accident, all her life, like a “motion picture”, had “played in front of her eyes”. According to the above recording, it appears that when the attachment of the person’s individuality starts its process of detachment from the physical body, the limitations imposed by the body on the expression of the level of consciousness becomes negated and the consciousness expresses at a much higher level by the mind, until the mind also dies. When the mind also dies, it is highly likely that the soul becomes privy to an infinite level of consciousness and thus experiences the “Truth”. The individual regrets all the negative thoughts, words and deeds instigated by his “Ego” that he had during his earthly life. He regrets and repents for having failed in performing the true purpose of his earthly life, which was to reveal Christ within himself. God the Father is forgiving and accepts him back “with open arms”. Therefore why should he not be in bliss when he has a clear and supreme understanding as well as the experience of eternity? To have a more appropriate life, to pay back for the unforgiveable sins committed against the Holy Spirit and to have a further positive evolution, he decides to reincarnate again in a place, race and to parents that are appropriate for him to accomplish the “pay back” successfully. This is the reason for the differential births. Unfortunately, reincarnation once more limits his expressed level of consciousness and within the physical body, he does not remember the reason why he is reincarnated. Despite “paying his debts”, as a result of the new negative experiences in his life, he produces new debts. Thus, the wheel of death and birth (reincarnation) appears to turn perpetually so that slowly, through evolution, he improves himself enough to ignore his “Ego” and reveal Christ within

himself. At such time, without the thoughts, emotions and feelings created by the “Ego”, he develops a “pure heart” (a cleared mind) and is able to reveal his true Self, the Christ within. This is what Jesus succeeded in doing and He also taught us to do the same and to be like Him. At such a time, without the instigations caused by the “Ego”, he no longer gains new “debts”; hence, he also no longer feels the need to reincarnate. Christ resurrects his individuality and the individuality “dissolved” into Christ and exists in eternal life and in bliss.

Him who overcomes I will make a pillar in the temple of my God. Never again will he leave it. I will write on him the name of my God and the name of the city of my God, the new Jerusalem, which is coming down out of heaven from my God; and I will also write on him my new name. (Revelation 3:12)

* * *



EPILOGUE

Why do people fear death? Those who see death as an end of their existence will definitely experience some degree of anxiety. This is true, mainly because they identify with their individualities and their egos and are attached to them. They think that with the death of their ego, their end also comes. We all have developed some type of a tie with our belongings, money, property, buildings, as well as with our families, such as a wife, husband, children, friends, and not to forget our work, profession, responsibilities etc. The idea of separating from all this is also one of the major causes of anxiety and fear associated with the idea of death.

One wonders if there are those who start fearing sleep when they go to bed. That is very doubtful, usually the opposite is true. There are those who fear insomnia and to promote sleep, they take sleeping pills. If one thinks about it and pays attention, he will notice that the periods of deep sleep are the best, the most pleasant periods of one's life. This is because those periods are the calmest, the most comfortable in one's life and upon awakening, one finds oneself rejuvenated and in good spirits. In deep sleep, all our ties with the world are cut. In deep sleep, we are unaware of family, belongings, riches, responsibilities or debts. In deep sleep, time also does not exist for us. When we wake up, we are unaware of how long we have slept. We find this out either by looking at the sun or at the clock. Hence, in deep sleep are we not dead to the world? Most likely, most people will say that they know that they are going to wake up again in the morning. It is this knowledge that takes away the fear of going to sleep. But there are some who fear sleep, because they have experienced nightmares. Hence, during sleep, in addition to deep sleep, there is also another level of consciousness which we call dreaming. Dreams can be

happy and pleasant, but they can also be scary and unpleasant. Scientists tell us that everyone dreams during their sleep, but few remember their dreams upon awakening. Is it not true that when we dream, all the places, all the people and all the occurrences in the dream are real? It is certain that most will say: “No they are not real, they are only a dream”. This type of an answer should be very surprising and should cause astonishment. If this view is correct, then why should a man be afraid of something that is unreal? Let us assume that in the dream a man experiences running in a jungle, away from a tiger that is intent on killing him. The path suddenly ends at a gorge. Down at the bottom of the gorge there is a river full of crocodiles. The dreamer looks down once and then turns around and looks at the approaching tiger and decides to jump. Just as he jumps, he falls out of his bed and wakes up. He notices that his pyjamas and the bed sheets are all wet from his sweat. The “fatigue” of running from the tiger and the anxiety caused by the experience, the fear were causing him to hyperventilate and he could feel the palpitations of his racing heart and his heart sounds had become audible. He gives thanks to God that it was only a dream. A dream is not reality, it is only an illusion. Then why was the dreamer scared of something that was not real, but just an illusion? There is no doubt that he was scared. The hyperventilation, the palpitation, the profuse sweating and even the “jumping” out of bed all attest to the fact that he was scared. Only when his level of consciousness rose from the dream level to the “awake” level did he understand that all that experience was not real and only a dream, an illusion. What we actually call an “awake” level of consciousness is also a different level of dream and again is not reality or the truth. Just as by waking up from a dream, all the good and bad events in the dream disappear within a split second and they no longer have a hold on us and we are

not sad or happy for losing them and we say: “Oh! It was only a dream”. The same way, when death comes, the situation is the same. Don’t scientists say the same thing about dreams? The dream that appears to have lasted months or years, we are told, has only lasted one or two minutes. This life of ours, in which we consider ourselves to be awake, with all its pleasures, misery, difficulties, bitterness and richness is also nothing but a dream and is not reality. If in his dream the above dreamer was told: “Don’t run, there is no real tiger, it is only a dream”, do you think he would have listened? That would be very doubtful. His biggest mistake would not be that he was scared, but the fact that he did not listen and believe when he was told that it was not real. But we can exonerate the dreamer because no one told him it was not real.

We are blessed for having a teacher like Jesus. He succeeded in elevating His level of consciousness and understood that this world was nothing but a dream. He tried to teach this truth to humanity as well. The following verses show us that His level of consciousness and our level of consciousness were not the same. Hence, “death” was not an end for Him, and He willingly went to the cross.

“I and the Father are one.” (John 10:30)

“But he continued, ‘You are from below; I am from above. You are of this world; I am not of this world.’” (John 8:23)

Just as Jesus succeeded, by following His example, so can we elevate our levels of consciousness and give an end to this dream. What ends a dream? Either waking up or going into a deep sleep. They both represent a change in the level of consciousness. One upward (I am from above) and the other downward (You are from below) respectively. For the “dream”, which we call the life we live in this world, is also the same. We can end it by going into a deep sleep. But this

deep sleep's level of consciousness is even lower than the deep sleep we experience every night. We call this "death". The spirit, having withdrawn from the body and its "Life force" no longer available, the body can no longer sustain itself and decays. Our forefathers, knowing this truth, called the dead "sleepers". It is also possible to end this "dream" by rising to a higher level of consciousness and leaving the body voluntarily. This is the "awakening" that the title of this book implies.

Why is it that the deep sleep we experience every night is pleasant and rejuvenating? As we had indicated before, while we are in deep sleep, we cut all our ties with the world. Everything that is objectified disappears. None of the objects are the "truth"; they are all illusory, including our "egos". Hence, in deep sleep, our identification with our ego also comes to an end. When all the objects that are illusory disappear, only the subject remains, which is the only Truth, the only reality, our true Self, the Christ within. The Christ within is the source of all life energy, therefore it is not surprising that we wake up rejuvenated. Is death also not the same? Is it not a deeper level of sleep? During the usual deep sleep, we become one with our soul, while during the deeper sleep (death) our soul becomes one with the Holy Spirit. Why should we fear death? When we wake up again from that deeper sleep, we will be much more rested and rejuvenated. Of course this type of thinking is possible when we identify ourselves with our soul, the Christ within. But if we identify with our egos, then death would cause great fear and it would terrify and horrify us, because as indicated in the next quotation, the ego is condemned to die.

"For the wages of sin is death ..." (Romans 6:23)

If we are able to increase our level of consciousness, and as a result change our ways, as Jesus did, we may also be given the gift of salvation, which is to keep our individuality even

after the death of the body. Otherwise our individuality also dies and disappears with the death of the body.

Therefore, the idea of death should not be a cause for anxiety and create aversion in us. “Death” is a return to our eternal home. It is the end of all difficulties, sufferings, problems, dilemmas, illnesses, arguments, troubles and misfortunes. “Death” releases the tired and old body, which no longer is able to serve the soul appropriately, from its shackles. “Death” is the time for the soul’s repose. It is the end of a journey. The body is only the vehicle for the soul to be able to reach the end of that journey. The journey of the soul starts with the birth of the body and ends with the body’s death. When we are traveling to some destination and we arrive there, don’t we leave behind the means of transportation and go?

What should we be? Should we be a soul that uses the body, or should we be a body that uses the soul? What do you think? If we choose the first alternative, we would never fear death, because we know that the soul is immortal. Don’t we get rid of our old clothes or our old car and get a new one? But if we choose the second alternative, death should terrify us.

When we dream, the dreams may be pleasant or may be nightmares. If we are to dream, we always wish for pleasant dreams rather than nightmares. This life, which we call our “waking life”, can also be pleasant or horrible. This depends on us and our conduct and our behavior. No one should fear death. The whole creation is subject to death, even planets, stars and galaxies are born and they also die. Only God is eternal and not subject to death. If we do not want to die, then just like Jesus we have to realize God-revelation in and through us. Jesus said that we have this ability and are capable of realizing it.

* * *



WHO?

Who am I and who are you?
Straight questions they seem
With a simple answer too
Both, for me and for him.

We gave our names indeed
That was quickly decided
But the question was missed
Names had not been asked.

Then I quickly remembered
The dictum "I think therefore I am"
A philosopher's words heard.
And answered "My thoughts I am".

Thoughts constantly come and go
They are never permanent
We cannot be our thoughts also
Despite the pronouncement.

This creates some confusion
The answer is not as simple
We give our profession
This also is not acceptable

Now in utter desperation
We say we are our sensations
Quickly comes the refutation
Of our silly ideations.

"A light" we see suddenly
And point to our physical
A voice from within quietly
Says: "Think first, then rebuttal".

Millions of cells every day
Are born and also dead they lay
The body is not the same today
As it had been yesterday

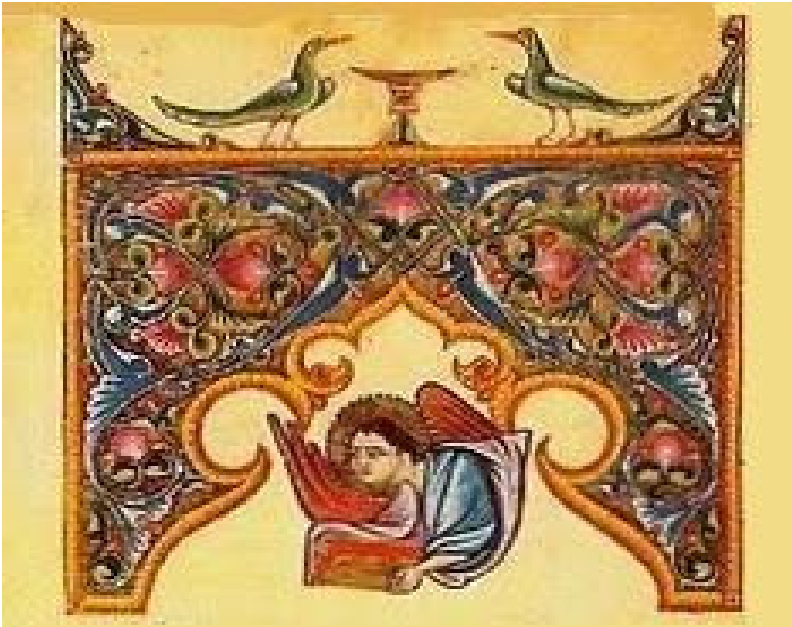
It does not appear easy
This question, to answer.
It keeps our minds busy
And stays there to fester.

Thoughts - Who is aware?
Our bodies - Who permeates?
Our sensations - Who is aware?
That, to all of us relates.

It is the consciousness
Of every living being
The Light of greatness
Of the eternal being.

It is the Life of every one of us
The Christ in each one of us
Then we can answer without a fuss
"That I am and That thou art" lass

V. Sivaciyan



-VI-

ADDENDUM II

- A-The four laws of a shaman**
- B-How Einstein saw the world**
- C-70th Birthday address**
- D-The non-believer & the believer**



Four Laws of a Shaman

The first says:

"The person, who comes to our life, is the right person"; that is to say that nobody comes to our lives by chance, all the people that surround us that interact with us, are there for something, to make us learn and move forward in each situation.

The second law says:

"What happens is the only thing that could have happened." Nothing, but nothing, absolutely nothing that happens to us in our lives could have been otherwise. Not even the most insignificant detail. There is no such thing as: "If I had done such a thing, another one would have happened ...". No. What happened was the only thing that could have happened and it had to have been like that so that we could learn that lesson and move on. Each and every one of the situations that happen to us in our lives are perfect, even if our mind and our ego resist and do not want to accept it.

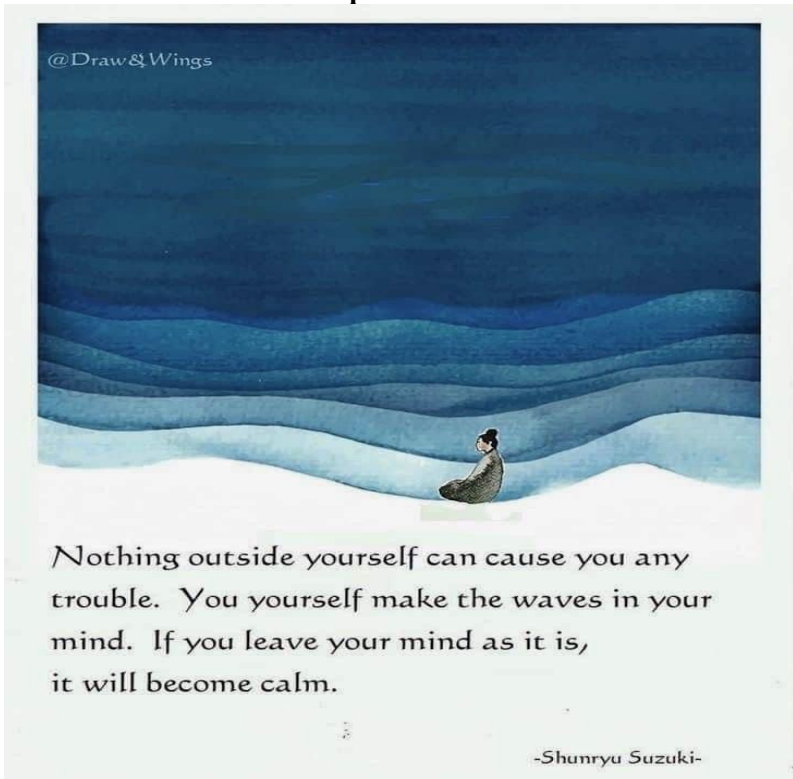
The third says:

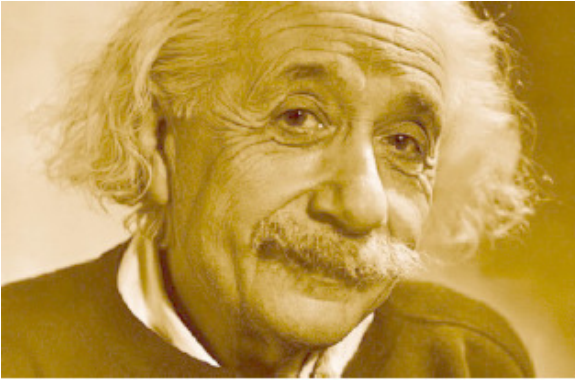
"Any time you start is the right time." Everything starts at the right moment, not before, not after. When we are ready for something new to start in our lives, it is there when it will begin.

And the fourth and last:

"When something ends, it ends". Just like that. If something ended in our lives, it is for our evolution, therefore it is better to leave it, move forward and advance already enriched with that experience.

I think it is not by chance that you are reading this, if these words came into our lives today; it's because we're prepared to understand that no snowflake ever falls into the wrong place. "





How Einstein Saw the World

Posted by Christopher Chase

“School failed me, and I failed the school. It bored me. The teachers behaved like Feldwebel (sergeants). I wanted to learn what I wanted to know, but they wanted me to learn for the exam. What I hated most was the competitive system there, and especially sports. Because of this, I wasn’t worth anything, and several times they suggested I leave.

This was a Catholic School in Munich. I felt that my thirst for knowledge was being strangled by my teachers; grades were their only measurement. How can a teacher understand youth with such a system?

From the age of twelve I began to suspect authority and distrust teachers. I learned mostly at home, first from my uncle and then from a student who came to eat with us once a week. He would give me books on physics and astronomy.

The more I read, the more puzzled I was by the order of the universe and the disorder of the human mind, by the scientists who didn’t agree on the how, the when, or the why of creation.

Then one day this student brought me Kant’s Critique of Pure Reason. Reading Kant, I began to suspect everything I was taught. I no longer believed in the known God of the Bible, but rather in the mysterious God expressed in nature.

The basic laws of the universe are simple, but because our senses are limited, we can’t grasp them. There is a pattern in creation.

If we look at this tree outside whose roots search beneath the pavement for water, or a flower which sends its sweet smell to the

pollinating bees, or even our own selves and the inner forces that drive us to act, we can see that we all dance to a mysterious tune, and the piper who plays this melody from an inscrutable distance— whatever name we give him—Creative Force, or God—escapes all book knowledge.

Science is never finished because the human mind only uses a small portion of its capacity, and man's exploration of his world is also limited.

Creation may be spiritual in origin, but that doesn't mean that everything created is spiritual. How can I explain such things to you? Let us accept the world is a mystery. Nature is neither solely material nor entirely spiritual.

Man, too, is more than flesh and blood; otherwise, no religions would have been possible. Behind each cause is still another cause; the end or the beginning of all causes has yet to be found.

Yet, only one thing must be remembered: there is no effect without a cause, and there is no lawlessness in creation.

If I hadn't an absolute faith in the harmony of creation, I wouldn't have tried for thirty years to express it in a mathematical formula. It is only man's consciousness of what he does with his mind that elevates him above the animals, and enables him to become aware of himself and his relationship to the universe.

I believe that I have cosmic religious feelings. I never could grasp how one could satisfy these feelings by praying to limited objects. The tree outside is life, a statue is dead. The whole of nature is life, and life, as I observe it, rejects a God resembling man.

Man has infinite dimensions and finds God in his conscience. [A cosmic religion] has no dogma other than teaching man that the universe is rational and that his highest destiny is to ponder it and co-create with its laws.

I like to experience the universe as one harmonious whole. Every cell has life. Matter, too, has life; it is energy solidified. Our bodies are like prisons, and I look forward to be free, but I don't speculate on what will happen to me.

I live here now, and my responsibility is in this world now. I deal with natural laws. This is my work here on earth.

The world needs new moral impulses which, I'm afraid, won't come from the churches, heavily compromised as they have been throughout the centuries.

Perhaps those impulses must come from scientists in the tradition of Galileo, Kepler and Newton. In spite of failures and persecutions, these men devoted their lives to proving that the universe is a single entity, in which, I believe, a humanized God has no place.

The genuine scientist is not moved by praise or blame, nor does he preach. He unveils the universe and people come eagerly, without being pushed, to behold a new revelation: the order, the harmony, the magnificence of creation!

And as man becomes conscious of the stupendous laws that govern the universe in perfect harmony, he begins to realize how small he is. He sees the pettiness of human existence, with its ambitions and intrigues, its 'I am better than thou' creed.

This is the beginning of cosmic religion within him; fellowship and human service become his moral code.

Without such moral foundations, we are hopelessly doomed.

If we want to improve the world we cannot do it with scientific knowledge but with ideals. Confucius, Buddha, Jesus and Gandhi have done more for humanity than science has done.

We must begin with the heart of man—with his conscience—and the values of conscience can only be manifested by selfless service to mankind.

Religion and science go together. As I've said before, science without religion is lame and religion without science is blind. They are interdependent and have a common goal—the search for truth.

Hence it is absurd for religion to proscribe Galileo or Darwin or other scientists. And it is equally absurd when scientists say that there is no God. The real scientist has faith, which does not mean that he must subscribe to a creed.

Without religion there is no charity. The soul given to each of us is moved by the same living spirit that moves the universe.

I am not a mystic. Trying to find out the laws of nature has nothing to do with mysticism, though in the face of creation I feel very humble. It is as if a spirit is manifest infinitely superior to man's spirit. Through my pursuit in science I have known cosmic religious feelings. But I don't care to be called a mystic.

I believe that we don't need to worry about what happens after this life, as long as we do our duty here—to love and to serve.

I have faith in the universe, for it is rational. Law underlies each happening. And I have faith in my purpose here on earth. I have faith in my intuition, the language of my conscience, but I have no faith in speculation about Heaven and Hell. I'm concerned with this time—here and now.

Many people think that the progress of the human race is based on experiences of an empirical, critical nature, but I say that true knowledge is to be had only through a philosophy of deduction. For it is intuition that improves the world, not just following a trodden path of thought.

Intuition makes us look at unrelated facts and then think about them until they can all be brought under one law. To look for related facts means holding onto what one has instead of searching for new facts.

Intuition is the father of new knowledge, while empiricism is nothing but an accumulation of old knowledge.

Intuition, not intellect, is the 'open sesame' of yourself. Indeed, it is not intellect, but intuition which advances humanity. Intuition tells man his purpose in this life.

I do not need any promise of eternity to be happy. My eternity is now. I have only one interest: to fulfill my purpose here where I am. This purpose is not given me by my parents or my surroundings. It is induced by some unknown factors. These factors make me a part of eternity."

~Albert Einstein

Text Source: *Einstein and the Poet: In Search of the Cosmic Man* (1983). From a series of meetings William Hermanns had with Einstein in 1930, 1943, 1948, and 1954





Age 26

Read by Charlie Chaplin on his 70th birthday

As I began to love myself...

I found that anguish and emotional suffering are only warning signs that I was living against my own truth. Today, I know, this is “**AUTHENTICITY**”.

As I began to love myself

I understood how much it can offend somebody as I try to force my desires on this person, even though I knew the time was not right and the person was not ready for it, and even though this person was me. Today I call it “**RESPECT**”.

As I began to love myself

I stopped craving for a different life, and I could see that everything that surrounded me was inviting me to grow. Today I call it “**MATURITY**”.

As I began to love myself

I understood that at any circumstance, I am in the right place at the right time, and everything happens at the exactly right moment, so I could be calm. Today I call it “**SELF-CONFIDENCE**”.

As I began to love myself

I quit steeling my own time, and I stopped designing huge projects for the future. Today, I only do what brings me joy and happiness, things I love to do and that make my heart cheer, and I do them in my own way and in my own rhythm. Today I call it “**SIMPLICITY**”.

As I began to love myself

I freed myself of anything that is no good for my health – food, people, things, situations, and everything that drew me down and away from myself. At first I called this attitude a healthy egoism.

Today I know it is “**LOVE OF ONESELF**”.

As I began to love myself

I quit trying to always be right, and ever since I was wrong less of the time.

Today I discovered that is “**MODESTY**”.

As I began to love myself

I refused to go on living in the past and worry about the future. Now, I only live for the moment, where EVERYTHING is happening.

Today I live each day, day by day, I call it “**FULFILLMENT**”.

As I began to love myself

I recognized that my mind can disturb me and it can make me sick. But As I connected it to my heart, my mind became a valuable ally.

Today I call this connection “**WISDOM OF THE HEART**”.

We no longer need to fear arguments, confrontations or any kind of problems with ourselves or others. Even stars collide, and out of their crashing new worlds are born.

Today I know THAT IS “**LIFE**”!



THE NON-BELIEVER AND THE BELIEVER

By Arevig Babaian

Translated

It is interesting as to how a man can live without faith. Those who do not believe in God, refuse to accept His presence. They think that man is the lord of this planet. They use various scientific discoveries to explain all phenomena.

The non-believer believes only in what he sees and is able to touch. Mortals like us are incapable of seeing God.

The non-believer has never seen the wind, yet believes in its presence. In the sameway, faith is also through feelings: "Blessed are those who have not seen and yet have come to believe". These are the words of our Lord Jesus Christ. Perhaps to be a believer and a non-believer will always be a personal, individual affair. But today I remembered a couple of stories related to non-believers.

The mother of a very poor family was an ardent believer.

On a day when there was no food left to feed her young children, she phoned the local radio station and pleaded that they should broadcast in the ether to God, her plight and petition.

The people at the station, understanding her plight, did not refuse her plea.

But one of the listeners to the broadcast became extremely disturbed with what he had heard. He was an atheist, a non-believer. He decided to have some fun, by ridiculing the mother. He found out her address. He asked his secretary to go to the market and get plenty of the best food.

The secretary returned with the best type of meat, the best types of cheese, jam and all kinds of legumes and vegetables. She was completely taken by surprise when her boss asked her to take all that and give it to the poor mother.

He said: “When she asks as to who has sent all this food”? –You say: “The Devil”, instructed the man.

The secretary took all the food to the poor mother. The mother, full of faith and with tearful eyes, thanked her and was showering blessings on the secretary over and over again. As the secretary wanted to leave, she asked: “Don’t you want to know who sent all this food”?

The poor mother replied: “No! What difference does it make? When God gives an order, even the devil obeys”.

A non-believer was trying to convince an old lady that there is no God.

-“Grandmother, how can you believe in God. We have gone to space and even there we did not meet God. We changed the flow of rivers and still did not find God.

The grandmother answers:

-“Do you know why men’s moustaches grow and women’s do not”?

The non-believer, bewildered, remains silent for a while and then says: “I do not know”.

The grandmother replies:

-“If you have no idea as to what is going on under your nose, what business do you have going into space”.



**The Lord is my shepherd,
I shall not be in want.**



**Even though I walk through
the valley of the shadow of
death, I will fear no evil, for
you are with me;**

