
THE PATH OF PERFECTION & WHAT IS EVIL?



**THE PATH
OF
PERFECTION
&
WHAT IS EVIL?**

VAHE SIVACIYAN



TORONTO

- 2024 -

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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
The Path of Perfection & What is Evil?	2024

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
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and pray that
God grant them
a healthy, happy and long life.

*

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pray for them, that God's blessings follow them all the days
of their lives.



CONTENT

Page

3	- Publications of the author
4	- Note
5	- Acknowledgement
6	- Content
7	- Biography
8	- In Memory of
9	- Dedication
11	- Preface
15	- I - What is the Path of Perfection?
23	- II - Why a Path of Perfection
31	- III - God Worship
	- Faith, Hope & Love
41	- IV - Emancipation
51	- V - Wisdom and Knowledge
65	- VI - Progress on the Path
79	- VII - Bliss
85	- VIII - What is Evil?
97	- Epilogue
101	- Addendum
103	- Attitude
104	- The Dash
106	- My Soul Is in a Hurry
108	- Perfection

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.

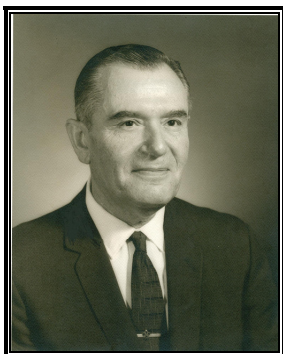


He immigrated to Toronto, Canada with his parents, where he completed his high school education. In 1968 received his Bachelor of Science degree from the University of Toronto, and in 1972, his Medical Doctorate degree from the same university. He specialized in Internal Medicine and in the sub-specialty 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





PREFACE

A

The majority of the content of this book is taken from my previous books; hence, the information provided here was part of various chapters. Taking into consideration the following words of Jesus Christ:

“Be perfect therefore, as your heavenly Father is perfect”. (Matthew 5:48)

I decided to gather all of this material and combine it with some new information and present them as a single topic.

Unfortunately the great majority of humanity believes and follows a religion that it has created for itself. These religions are based on information given by saints, prophets, and in Christianity, by Jesus Christ. It is highly possible that in the early stages, men had understood the true meanings of the teachings. But over time, these meanings were lost and with their superficial understandings, men have created their religions. Perhaps it would be more correct to say that men have adjusted and conformed them to their characters, instead of changing their own characters to suit the teachings. Within the Gospels it is clearly written that Jesus belonged to the Hebrew religion and did not come to change the laws, but to fulfill them, because the leaders of the Hebrew religion had perverted the laws and neither had they followed them properly nor allowed the general public to follow them, because they were not telling the truth to the public. Did not Jesus say?

“Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them”. (Matthew 5:17)

“Woe to you, teachers of the law and Pharisees, you hypocrites! You shut the kingdom of heaven in men's faces. You yourselves do not enter, nor will you let those enter who are trying to”. (Matthew 23:13)

Therefore, where did the Christian religion come from?

It was Paul that used the word Christian for the first time in Antioch. During the ecumenical meeting of the year 325 AD, Christianity was officially declared as a religion. If the history of the meeting is studied, one will see that there were differences of opinion and will also see the influence of the emperor Constantine. Even at that time, the “perversion” of the teachings of Jesus Christ had already started. Jesus did not “order” His disciples to start a new religion, but rather to preach and to teach the path of salvation, the path of perfection. He knew that His teachings would be perverted.

“Leave them; they are blind guides. If a blind man leads a blind man, both will fall into a pit”. (Matthew 15:14)

“I tell you, he will see that they get justice, and quickly. However, when the Son of Man comes, will he find faith on the earth?” (Luke 18:8)

Was not the situation the same ~600 years before Jesus? Buddha belonged to the Hindu religion and had clearly indicated that he was not teaching a new religion, but only freedom from suffering, “the path of salvation”. But, His followers started the religion of Buddhism and today, as within Christianity, Buddhism also has many denominations. Was not the situation also the same ~600 years after Jesus? The Islam religion also was divided into three separate denominations: “Shia”, “Sunni” and “Sufi”.

Coming back to our main topic, if we truly believe in the teachings of Jesus Christ, don't we think that we should first learn them, then properly understand their meanings and appropriate them and implement them in our lives? And, if we do not do these, all the “worshipping” we do is useless.

“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 I had almost finished writing the contents of this book based on the above topic, I also finished watching 36 lectures (1/2 hour each) on the topic of “What is Evil”. The lecturer presented various views starting from the Babylonian times, the ancient Hebrews, ancient Greek philosophers, Old Roman gods and goddesses, from the early Christian period to medieval times, from the times of the Renaissance to present time philosophers, but unfortunately he never formulated a conclusion nor did he give any understanding. First, I was very upset for having wasted 18 hours of my time, but later I was thankful, because it prompted me to write about the topic and present my own understanding. I found it appropriate to add it as a final chapter within this book, because we either follow the path of perfection or we follow “evil”.



B

The contents of chapter IX called “Addendum” are not my writings. They are interesting and appropriate inclusions, mostly retrieved from the internet and the authors of some are not known.





THE WIDE ROAD & THE NARROW ROAD





- I -

WHAT IS THE PATH OF PERFECTION?



WHAT IS THE PATH OF PERFECTION?

Within all spiritual writings, including the Holy Bible, the “Path of perfection” is also presented by other names: “Path or the way to salvation”, “Spiritual path”, “The narrow road”, “Path of righteousness”, “Path of God-revelation” and also just simply “God-worship” etc.

Every person that is born into this world has a responsibility and a duty given to him, which he needs to carry out. Different duties are given to different people. No one duty is more important and superior or less important and inferior to any other. All the duties together serve society for its improvement and positive advancement through evolution. Unfortunately people classify the various duties as being more supreme or inferior and give more importance to some and ignore others. Based on their duties, they also classify individuals to various levels of importance. A simple example is to consider the surgical operation done by a surgeon to save the life of a patient and compare him to someone whose duty is to clean sewers. Most people would consider the first one to be far more important and supreme compared to the second example given above. This classification has reached its pinnacle in India where everyone is classified into four different castes. Those belonging to the highest caste are the Brahmins, which may be compared to the clergy in the west. Those in the second caste are the rulers, people in government and soldiers. The third caste belongs to merchants and traders. The worst caste is the fourth one, the caste of “untouchables”. In the present era such a division is much more tragic compared to ancient times, because it no longer depends on the individual’s worth, instead it has become hereditary. It is highly likely that in ancient times it was based on merit and worthiness,

but over time it was perverted and has come to the present condition. Such a divisive undertaking is wrong. Every duty and every type of work has its importance. Coming back to the two examples given above, the comparison of the work done by the surgeon and the sewer cleaner, it is well known that if the sewer system does not work adequately, the dirt would back up into every house and in time will be the cause of epidemics and many would die of contracted diseases. Hence, every duty given to every single person is important and he should perform it to the best of his ability.

To some degree for the realization of the significance of the above-made point and also to be a bit satirical using some sarcasm, it may be appropriate to present the following “story”. Some may have heard it before.

A man was sitting quietly and listening to some music and appeared to be half asleep. Just at that time one of the organs of his body, the most supreme, the one located higher up within his skull, “the brain” starts loudly and with pride boasting to the rest of the organs saying that without its functions the man can’t do anything; he can’t think, he can not make decisions, he can not be aware of anything, nor can he receive any information from his five senses. It also stresses that none of the other organs can do anything without its help. Suddenly a loud laughter comes from below. It becomes apparent that the laughter is coming from the heart. It says: “you idiot, if I don’t work and circulate the blood in the body, you would not get any oxygen and would not be able to do anything”. Immediately the two lungs in unison join the discussion saying: “brother, what are you saying, it is true that you circulate the blood, but if we don’t put the oxygen in the blood, the circulating blood becomes useless”. The stomach and the bowels were

silently listening to all this and finally can not resist and join in. Together they say: “Hey! Friends, why do you make ridiculous arguments? Don’t you know that we are the ones providing the energy for all of you to function. We are the one who extract the chemical energy from the food that the man eats and distribute it to all of you”. The liver, that was listening to all that was being said, could not resist and puts in its two cents worth and addressing the stomach and the bowels says: “It is true that you digest the food and supply the energy to the rest of the body, but you forget that I am the one providing the digestive juices, for without my juices you could not digest anything. The two kidneys could not resist anymore and in unison join the argument. They say: “It is true that you digest the food with the juices provided by the liver, but in the process you also produce a lot of poisons, It is us who get rid of the poison; otherwise you will all die of poisoning and your poisons will kill the man too”. Finally all the muscles together join the conversation and say: “Don’t forget us. It is because of us that the man, our master is able to go shopping, able to cook the food, able to chew it and able to swallow it. Without all these muscular activities you would not have any food to digest and produce energy”. As the arguments were going back and forth, from way below a weak voice was heard saying: “I am important also”. First none of them knew where the voice was coming from, so they stop arguing and listen carefully. Eventually it becomes apparent that the voice was coming from the anus (commonly known as the asshole). After a short period of complete silence, all the organs together burst out laughing mockingly. The “asshole”, insulted and upset, gets

angry closes the doors and locks them. A short time later the stomach and the bowels start suffering with severe pain, the heart starts racing and palpitating, the lungs start gasping and panting and the brain becomes foggy and the muscles weaken. All of them together decide to give in to the “asshole” and prostrate to it saying that it is the most important organ. The “asshole”, which is now very happy, opens the doors.

This story makes it clear that all our duties and works that we do are important and one is not superior to another, regardless of how many people say otherwise.

Hence, coming back to the main topic: “What is the path of perfection”? Contrary to the various words used within the first paragraph: “path”, “way”, “road”... there is no place to go. It is simply an attitude, a way of seeing, a way of understanding, a way of living, a way of conduct, a way of behaviour. Without a doubt, the duty and responsibility given to us in this physical life, to do it the best way, to the best of our ability in a perfect way for the betterment of society is part of the path of perfection. But the path of perfection is much much more than that. It also encompasses duties and responsibilities given to us with regards to our spirituality, which we are to achieve with absolute perfection. It is impossible to separate the physician and spiritual duties and responsibilities. Using the physical, it is to understand, reach and achieve the spiritual. It is simply a realization of that Truth that presently escapes our awareness and understanding. It is to live the life Jesus Christ lived and taught to us to do the same.

The path of perfection has many “stations”. These “stations” will be discussed fully and appropriate explanations will be given within the following chapters. The cover picture of this book metaphorically represents the path of perfection as a stair that leads the individual to his Creator. The path of perfection, also step by step, gets us higher and

higher and closer to God, only if we persevere with faith and patience and stay on the path. Each “station” of the path of perfection is represented by each step of the stairs. The path of perfection is the direction of attention of the person’s mind. It was exactly this meaning when Jesus Christ told Nicodemus that he needed to be “born again”. Being born again is not getting baptized again and to keep repeating, here and there: “I am born again”.

The path of perfection is to be Christ’s student, His disciple and it is to successfully accomplish being the best disciple. Did not Jesus say?

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

The path of perfection is the way to become His disciple and the means to be like Him.

The path of perfection is to have the conviction of attaining some goal.

The path of perfection to achieve that goal is to have faith, patience and perseverance.

The path of perfection is the means of realization of the individual’s wish of getting to know his true Self. Isn’t it just because of this that the old hermetic dictum says: “know thyself”?

The path of perfection is the means for the revelation of Christ within ourselves.

The path of perfection is the means to experience the Kingdom of God.

The path of perfection is to live a life that is pleasing to our heavenly Father. Was it not heard during the baptism of Jesus: “This is my son in whom I am pleased”? The life Jesus conducted was pleasing to the Father, but it appears our conducts are not pleasing to God. Shouldn’t they also be pleasing to God?

“And a voice from heaven said, “This is my Son, whom I love; with him I am well pleased.” (Matthew 3:17)



**I prayed for change, so I changed my mind.
I prayed for guidance and learned to trust myself.
I prayed for happiness and realized I am not my ego.
I prayed for peace and learned to accept others
unconditionally.
I prayed for abundance and realized my doubt kept it
out.
I prayed for wealth and realized it is my health.
I prayed for a miracle and realized I am the miracle.
I prayed for a soul mate and realized I am the One.
I prayed for love and realized it's always knocking, but I
have to allow it in.**

~ Rumi

Book: The Essential Rumi



- II -

WHY A PATH OF PERFECTION?



WHY A PATH OF PERFECTION?

In the previous chapter, some preliminary information was given regarding the purpose of the path of perfection. But why does man need to be a disciple of Jesus Christ? Is it not simply sufficient to believe in Him, that He is the Son of God and that He died to redeem our sins so that we could be saved? If this is to be his disciple, then why do we need a path of perfection? I am certain that there are many who say that Jesus was the Son of God; therefore, He had a lot of super-human abilities, and we, mere mortals, can not be like Him. Does not such an ideology contradict one of Jesus' sayings quoted on the last page of the previous chapter? According to Jesus, we also have the ability to be like Him and reach a high level like Him. What should we make of this?

In the previous pages of this book, we eluded to the responsibility and the duty given to man with regards to his worldly life and his purpose was to improve society and the work he undertakes for its betterment. Is it not sufficient just to work hard with love, without hurting anyone or anything and to be good and also believe in Jesus Christ and worship Him? Is this the path of perfection? Without a doubt, all these are part of the path of perfection, but they represent only the beginning of the path, the first one or two rungs of the "ladder". Hence, what are the purposes of the remaining rungs? Based on this, one must also have a much higher purpose, much more majestic and sublime responsibility and duty, which is not within his consciousness yet.

Man believes in the existence of God, but this is simply a belief and not true faith, mainly because he can not experience God with his five senses. For man, God is an unseeable, unknowable, unattainable, uncomprehensible, infinite, omnipotent, omnipresent Singularity. Despite all of

this, man believes that God does exist, simply because he is told so. Undoubtedly there are those who are not satisfied just by what they are told by others and do not believe in the existence of God. They do not believe, mainly because they do not have any proof obtained through personal experience. They only believe in what is within their own experience. Even some that profess believing in the existence of God do not express a life style that corresponds to their beliefs. Some, despite believing, at times express doubts. There are also those that truly, and with great and definite conviction, heartily believe in God, but in reality they do not know what or who they believe in. They believe in a mental image that they have created for themselves in their minds. The purpose of the path of perfection is to give men that personal experiential knowledge so that the “belief” turns to “faith”.

Above, it was indicated that in addition to his worldly duties, man was given a more sublime and majestic responsibility and duty as well. What is this responsibility and duty? Before understanding the answer to this question, first we should understand the purpose of the Creation.

The purpose of the Creation is God-revelation. If we believe our teacher, the Christ who has said: “I am the Truth” then it should be easy for us to understand the purpose of the Creation.

“I am the way and the truth and the life”. (John 14:6)

There are many, who constantly repeat the statement: “the only truth is God”, without truly understanding the meaning of it. If the only truth is God, then what are all that exists within the Creation and that every person experiences in his existence? This question can have two possible answers. If the only truth is God, then the first logical answer would be that they are not truth, they do not exist and their presence is only an illusion, a dream. The second answer, just as logical, would be that they are nothing but the same Truth (God) appearing in different forms. In reality both answers

are correct and this “correctness” depends on the perspective from which it is all “seen”. From God’s perspective, they are all a dream, an illusion, but from man’s perspective they are all various appearances (expressions) of the same-and-one God. Both these views run parallel. Is it not true that, when we go to sleep at night and dream during sleep, we are in our dreams and in everything in the dream? Despite being in our dreams, knowing everything that goes on in the dream, experiencing all the pleasant and unpleasant situations, even suffering, we can not be seen there in our dreams. To be able to see the dreamer, one has to wake up. Even if within the dream, as a result of an accident, we end up having one leg amputated, upon awakening, we see that the dreamer is not affected and has both legs healthily attached. In the same way, all of Creation is the dream of our heavenly Father (God the Father) and He is everywhere within the dream and in everything. Don’t we say: “God is everywhere”? He is not affected by the ongoing things within the dream. On the other hand, each individual’s life is the dream of our true being, the Christ within (the Son of God). Christ is also not affected by the various happenings in our lives. If we want to see the dreamer, the Christ within, we need to wake up from our “sleep” (spiritual slumber or just simply ignorance). And this is the purpose of the path of perfection, so that we make ourselves worthy to receive His blessings which are a higher level of consciousness, so that we become able to see the Truth, the real “reality” and to also personally experience It.

Previously it was indicated that the purpose of the creation was God-revelation. God sees Himself through man’s eyes, He hears Himself through man’s ears, He touches Himself through man’s hands and also smells and tastes through man’s nose and tongue. God’s creation, the entire universe is God’s Son, the Christ. Is it not written: “your bodies are the temple of God” as well as “the spirit of

God lives within you”? Did not Christ also say: “I am the vine and you are the branches”?

“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ... Therefore honor God with your body (In the English translation the following words are omitted) (...body and spirit which belong to God”).
(1st Corinthians 6:19-20)

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

“I am the true vine, and my Father is the gardener”.
(John 15:1)

“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)

We also should not forget that the one who is taking care of the “vine” is God the Father. The vine is one, but it has many branches. Christ is one, but His expressions within the Creation (the multiplicity we all see) are many.

The true being of every individual is the Christ. It is Christ that gives man his life and consciousness. Did not Christ say: “I am the life” and again “I am the Light of the world”?

“I am the way and the truth and the life”. (John 14:6)

“I am the light of the world”. (John 8:12)

As previously indicated, if the purpose of the Creation is God-revelation, don't we think that, as indicated above as well, the added responsibility and duty given to man should be the realization of this revelation? Is not God-revelation also the same as revealing Christ within us? The path of perfection is the means to realize the Christ-revelation within us. Jesus succeeded in revealing Christ within Himself and He recommended that we be like Him and to do as He has done. Why don't we do it? The answer to this question is self-evident from the general behaviour of all of humanity. The great majority of humanity, including those who consider themselves to be Christians, do not believe in Jesus'

teachings; hence, they do not implement them in their lives. They prefer to follow a religion of their own creation which corresponds to their way of life, which is very far from the teachings of Jesus regarding the path of perfection. Paying lip service, they keep repeating that they believe in the existence of God and worship Him, but the truth is that attached to their “Egos”, they actually worship it and they put their “Egos” on the throne of God that is within the temple, instead of allowing the Son of God, the Christ within, to sit on that throne.

“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)

How you have fallen from heaven, O morning star, son of the dawn! You have been cast down to the earth, you who once laid low the nations! You said in your heart, "I will ascend to heaven; I will raise my throne above the stars of God"; (Isaiah 14:12-13)

Just because of this, they constantly repeat: “I believe in Jesus Christ, therefore I am saved”. What is it that will be saved? Whether they believe it or not, each individual’s true Self is his Spirit, the Christ within, which is immortal. They want to save their “Egos”. This is an indication that they are still attached to their “Ego”s and it is the “Ego” that is sitting on the throne of God within the temple, which is their bodies. It is exactly because of this that Jesus has said: “those who want to be saved will never be saved”.

“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)

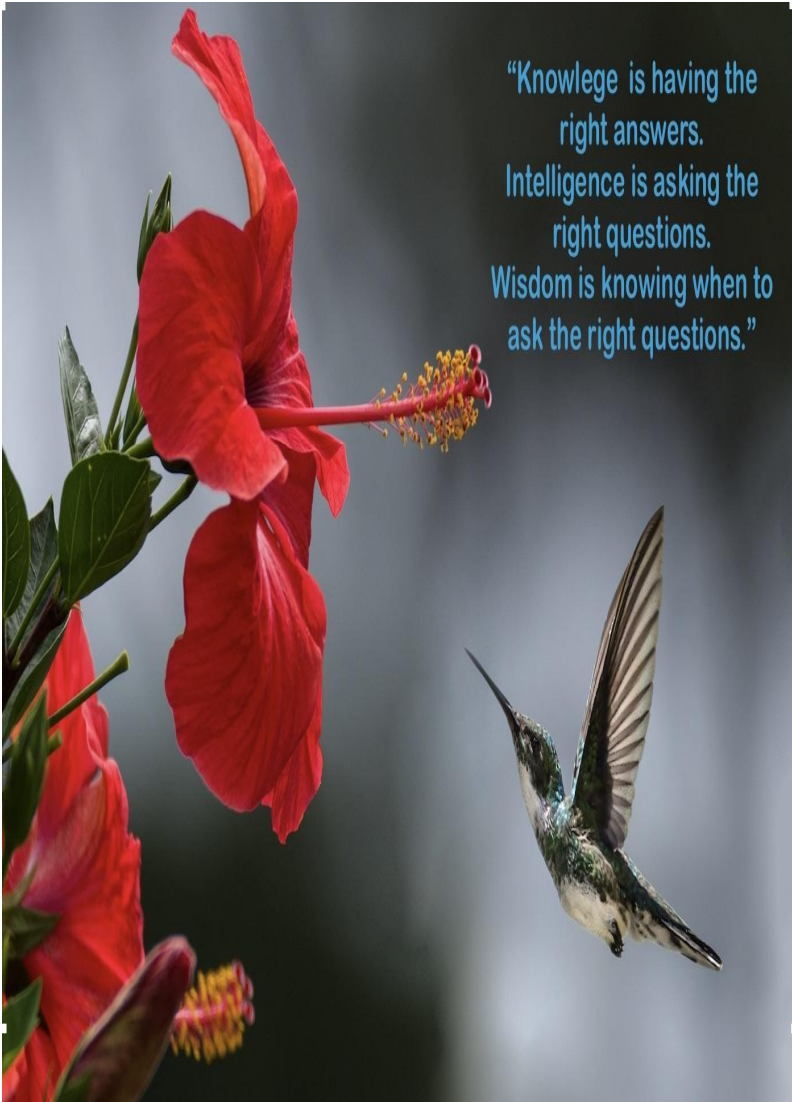
(Once again, in both of these verses, in the English translation, the word “life” is used instead of “self” or “individuality” meaning “Ego”)

Salvation is a gift, given by God, to those who succeed in fully accomplishing both their worldly and spiritual responsibilities and duties during their earthly life. And, it is

exactly this, the meaning of the following verse.

“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 ...” (Revelation 3:12)

To overcome is to overcome the “Ego” and ignore it.





- III -

GOD-WORSHIP
FAITH, HOPE and LOVE



GOD-WORSHIP FAITH, HOPE and LOVE

The first “rung of the ladder” of the path of perfection is very easy. Many have tried it and remain at that same level. At that level, it is even possible to find those who do not believe in God. In reality, our journey on the path of perfection starts during our childhood when our parents take us to church or temple. There are many that go to church or temple even though they do not believe in God. I personally know of someone who in fact has confessed that he does not believe in the presence of God and yet he has served on the altar as a deacon.

Without a doubt, the true church is the God-worship of the congregation of the faithful. Many are satisfied with this worship alone. But true God-worship is much more than that. If we truly understand the “hidden” meanings of the church services and the Holy Mass, they gradually, “rung by rung”, advance us up the ladder on the path to perfection.

If the individual truly has faith in Jesus Christ, then he will also believe in Jesus’ teachings and will wish to implement these teachings in his own life. He would never be fully satisfied with just believing that He is the Son of God and that He died for our sins.

“I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these, because I am going to the Father”.(John 14:12)

Hence, the first stage is to have true faith. It does not matter that at this stage it is still only a belief. Out of faith comes forth love, worship and gratitude. Does not an infant love the mother that cares for him? Is he not grateful to his mother? Does he not “worship” his mother? If not, then why does he start crying when left alone in a market and loses sight of his mother? Without faith, it is not possible to love.

Without love it is not possible to worship and without worship it is not possible to be grateful. It is difficult to have faith in someone we have never seen and do not know. Don't we say: "God is inconceivable, unattainable, unintelligible, invisible and incomprehensible?" It was just because of this that Christ revealed Himself in-and-through Jesus. As a result, in Jesus, He became visible, conceivable, intelligible and comprehensible. The vision gave us the faith. The comprehension gave us gratitude and love, and from love comes forth true worship. When Jesus said: "The student should be like his teacher",

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

He also gave us the comprehension of attainability, which is hope. Was it not Paul who said the three most important qualities to have are faith, hope and love?

And now these three remain: faith, hope and love. But the greatest of these is love". (1st Corinthians 13:13)

At this stage, true "worship" is the most important undertaking because it reflects the degree of the individual's faith and love. But what do we understand when we say worship or God-worship? Do we think God-worship is simply going to church or a temple, to pray there and sing the hymns? Undoubtedly they are the initial steps in worshipping, but true worship is much much more. If we believe that the only Truth is God, then we must also believe that everything, the entire multiplicity we are privy to, is nothing but God appearing in different forms. Based on such an understanding, should we not love all and worship all? Man can not be nasty and hurt the one he loves and worships. Was it not just because of this that Jesus told us to love our enemies?

"You have heard that it was said, 'Love your neighbor and hate your enemy. 'But I tell you: Love your enemies and pray for those who persecute you", (Matthew 5:43-44)

And what do we do? For a bit more profit, we

ruthlessly cut all the forests of trees, we torture poor animals and we pollute the air and the waters of the earth, as if we have declared war against nature. This type of behaviour appears to have declared war against God. According to verse 26 in Genesis chapter 1, God appears to give man dominion over all other animals. But, as a result of the wrong understanding of the intent of this verse, man uses them, tortures them, kills them and abuses them... God has also given man an intellect and an individuality, so that he can have dominion over his animalistic nature and control it fully, so that he can succeed in revealing his divine nature, as Jesus did. According to our "Credo" we say that Jesus was a perfect man. In other words, He had a human nature. But Jesus also had a Divine nature. We also have two natures, human and animalistic. Animals eat, drink, sleep, fight, procreate and they work for their food, they hunt... What does the majority of humanity do? Don't we all do the same things as the animals? It is true that sometimes some do show compassion; we become educated, we help others; all these come from our human nature. But Jesus taught us that we can not serve two masters.

"No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and Money". (Matthew 6:24)

Thus, man and his human nature can not also reveal his Divine nature without completely and totally disregarding his animalistic nature. The path of perfection is also the way to realize this change within us.

When one succeeds in progressing within the path of perfection, slowly his original beliefs turn into unshakeable faith. It is just at such a time that his entire life also becomes a continuous God-worship and one may also say that such a life represents a continuous prayer. He sees Christ, God in every person, in every animal, in every plant and in

everything and his relationship with all becomes that which would have been if in fact he were to be face to face with Jesus Christ in person.

To reach such a level, one should first realize that he, in fact, is ignorant and is in need of wisdom, so that he can comprehend the Truth much better. He also has to realize that he has a great treasure within himself. That treasure within is the presence of Christ in him, and as a human being with a human nature, he has the ability to reveal that treasure that is in himself.

**Treasure of mercy ,
Of thy hidden wealth
Make me a finder**

(From the “Nocturn Service” of Armenian apostolic church, third stanza of the hymn “Aravod Luso” {Morning of Light})

“Blessed are the poor in spirit, for theirs is the kingdom of heaven”. (Matthew 5:3)

The individual's realization of the presence of a treasure within himself depends on the realization that he is spiritually poor. He is “poor in spirit” because that treasure is not revealed to him. That spiritual poverty also reflects his ignorance. How sad does one become or how much does one mourn that he has lost that treasure and can not reveal it? When one loses a family member, one sheds “rivers” of tears. How many tear drops do we shed because we have lost the experience, consciousness of the inner treasure? Did not Jesus try to exactly teach us this point in the Sermon on the Mount?

“Blessed are those who mourn, for they will be comforted. ... Blessed are those who hunger and thirst for righteousness, for they will be filled”.(Matthew 5:4 & 6)

The individual will be comforted only when he realizes his loss and truly mourns for that loss, and that loss is the experience of the presence of Christ within himself. The comforting is the step-by-step slow revelation of Christ in himself. This revelation reflects the increased level of

consciousness, which gives the individual higher wisdom and the ability to see and to truly understand reality. Is it not true that man's life and consciousness is nothing but the presence of God in him? For this revelation to take place, the individual should yearn for this realization with all of his being, disregarding all other multiple worldly desires that often preoccupy his consciousness. The level of this yearning or desire should be equal to the craving of a man lost in a desert, hungry and thirsty, craving for nothing but a piece of bread and a glass of water. Only God is just; to crave or yearn for justice is to yearn for God. Because God is just, should we not accept all situations in our lives, be they good or bad, as the will of God? It is just because of this that Jesus has said that the sins committed against the Holy Spirit are unforgiveable.

"I tell you the truth, all the sins and blasphemies of men will be forgiven them. But whoever blasphemes against the Holy Spirit will never be forgiven; he is guilty of an eternal sin". (Mark 3:28-29)

"And everyone who speaks a word against the Son of Man will be forgiven, but anyone who blasphemes against the Holy Spirit will not be forgiven". (Luke 12:10)

"And so I tell you, every sin and blasphemy will be forgiven men, but the blasphemy against the Spirit will not be forgiven". (Matthew 12:31)

God is never unjust. God is loving, compassionate, forgiving and just. As Christ reveals more and more within an individual, he also becomes more and more just in his life and in dealings with others. The yearning for Christ is also presented within the Old Testament in the Book of "Song of Songs", also known as "Song of Solomon". With a superficial understanding, this appears to be a love story between a man and a woman. The truth is that it is a metaphor for the love between God and men. Without a doubt, the love that God has is infinite and it is presented in the story in a very apropos way as the love the man has for

the woman. But does our, in other words, man's love for Christ correspond to the love the woman in the story expresses? In the Bible, man has frequently been presented as the bride of Christ and of course, Christ as the groom. Did not Jesus also exemplify this with the parable of the 10 virgins? The five foolish virgins represent ignorant men, and the five wise virgins represent those men who are "awakened". It is likely that St. Nerses the Graceful, having understood the true meaning of the "Song of Solomon" story, had written the last verse of the hymn "Norasdeghdzial" (Newly-created), "Children of Zion" (*see my book titled "Meditation" pages 84-85*). In the story of the "Song of Solomon", the woman loses her love, then goes out to search for him in the darkness of the night. This occurs twice within the story. The first time she succeeds in finding him. The darkness of the night represents man's ignorance. It is imperative that man starts early searching for his "groom", the Christ within. But the second time, she fails to find him and she is beaten up and injured. This corresponds to what Jesus has said, presented in the following quotation.

"Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you". (Matthew 5:11-12)

Therefore, to be able to advance within the path of perfection, one should have a purpose, and that purpose should be the realization of God-revelation within ourselves. We should also have faith and hope that it is possible for us to succeed.

"I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these, because I am going to the Father",(John 14:12)

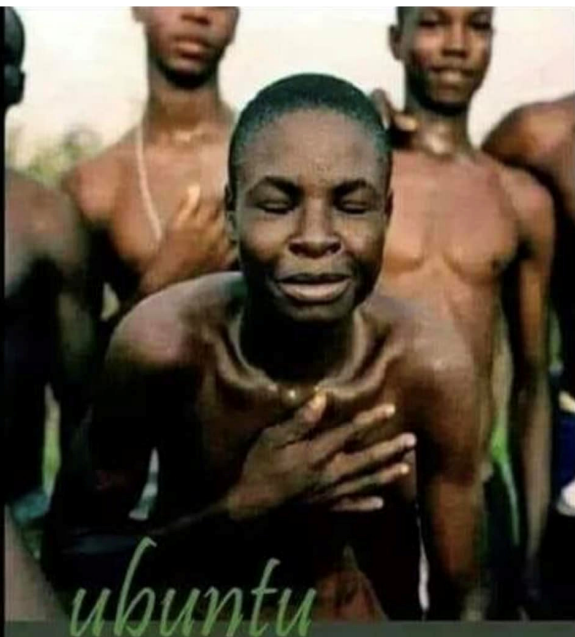
This faith comes from love and hope as a result of patience and perseverance. And these last two depend on the degree of yearning one may have for the experience of the

Truth, not the simple believing, but the strong and infinite faith that is in itself, God worship. If true faith is God worship, then God worship becomes possible only with perfect and complete surrender. To surrender to God is to trust God; hence, not to divert from the path of perfection, because that path is to think, to speak and to act according to God's will. Such a life attitude opens the mind and increases knowledge, so that the individual gets to know how to advance on the path of perfection and "climb up", rung by rung.

For the individual, the purpose should not be to present himself as a "saint" and try to impress God, but simply to worship him with his life.

With regards to "knowledge", additional information will be given in the fifth chapter of this book.





In certain regions of South Africa, when someone does something wrong, he is taken to the center of the village and surrounded by his tribe for two days while they speak of all the good he has done. They believe each person is good, yet sometimes we make mistakes, which is really a cry for help. They unite in this ritual to encourage the person to reconnect with his true nature. The belief is that unity and affirmation have more power to change behavior than shame and punishment. This is known as Ubuntu - humanity towards others.



- IV -

EMANCIPATION



EMANCIPATION

God created man to have a free will. Compared to all other animals, man is also blessed with an individuality, a free will as well as the ability to judge and to choose thanks to the added intellect he is given. Man thinks that all the decisions he makes are according to his free will. As a simple example, let us consider the suit he is to wear; he chooses one of the three that he was considering. Or as another example, he goes shopping for a pair of shoes and out of two pairs, he chooses one. In general, he thinks that he has made these choices, as well as many other decisions in his life, with his free will. Today, as a result of brain wave recordings, it has been proven that approximately 300msec. before the person actually makes such a decision, the brain had already started acting on it. Hence, if the decision does not belong to the individual, then who is making all these decisions for us? It appears as if the individual does not have a free will. All these decisions and choices correspond to information that is present within the subconscious mind of the person, in other words they all correspond to his nature. The individual thinks that he has made a choice with his free will, but the reality is that all the decisions belong to his nature. It appears as if man does not have a free will. Then what happens to our “so called” free will, of what use is it to us? The answer to this question will be given below and it will be appropriately discussed. Because the problem is complicated, it is appropriate to first consider the following.

What is man’s nature?

The nature of man has a strong connection with his mind. The quality of one’s mind, as well as the characteristics of the physical body, are the result of memory of destiny, which is the result of thoughts, words and deeds accumulated in previous incarnations that are “registered” in

his soul. In addition to the quality of one's mind, the nature is also formed by all types of information, beliefs ... put in the subconscious mind by others, starting from childhood. Without a doubt, it appears as if all that information and beliefs that are put into the subconscious mind, man had accomplished it using his free will. But, as was indicated above, man does not appear to have a free will. Hence, if man has not determined his own nature with his free will, then who has? Man's nature is also dependent on the fact as to who or what controls his mind and his intellect. The individual's nature will definitely correspond to the will of the controller.

Before considering and finding out who or what controls the human mind, we should understand as to how many natures one has.

The entire creation progresses according to the law of evolution put there by God. Just because of this, in the mother's womb, the growing foetus first looks like a fish, then looks like a bird and subsequently like a four-legged animal. It is only by the end of the first trimester that it starts looking human. Therefore, left over from his past evolutions, man has an animalistic nature. Without a doubt, man also has a human nature as well. Because man's true Being is his Spirit, the Christ within, man also has the ability to reveal a divine nature, just as Jesus had done and He told us to do the same. This is the real meaning of Jesus' life, of all His teachings and of religion. It is a tragedy that today almost all of humanity is not even aware that it possesses such ability; hence, it does not even make any effort in that direction.

Before continuing our analysis, let us consider a few characteristic sayings, information and truths that Jesus has given us.

- "Your body is God's temple".
- "The Kingdom of God is within you".
- "The Spirit of God lives in you".
- "You are all children of God".

“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ...Therefore honor God with your body”. (1st Corinthians 6:19-20)

“The kingdom of God does not come with your careful observation, nor will people say, 'Here it is,' or 'There it is,' because the kingdom of God is within you.” (Luke 17:20-21)

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

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

If our bodies are temples of God, should not God also be in His temple? God is also in His Kingdom and that Kingdom is within us. Is it not true that the true being of every person is the presence of Christ in him? It is just because of this that Jesus had said: “The Spirit of God lives in you”. Is Christ not the Son of God?

Therefore, what is the difference between us and Jesus? Jesus was His Son in Whom He was pleased. On the other hand, we also, despite being God's sons and daughters, as a result of our lifestyle and behaviour, are not pleasing to Him. Jesus succeeded in revealing Christ within Himself, and we, despite having Christ as our true Being, ignore Him and do not allow His revelation in us.

What is the reason for the existence of this difference between us and Jesus?

The entire creation is based on duality, because it is not a reality but an illusory dream. God is singularity and is not subject to time. Time also has past and future. God is present only in the present. The present is eternal. Man's individuality is also part of the Creation; hence, it is also subject to duality and has two poles. The individuality's negative pole represents man's “Ego”. On the other hand, the positive pole is in communion with his true Self, his Spirit, the Christ within. Despite the fact that man lives his entire

physical life only in the present, he lives his mental life in the “shadow” of this duality. His mind is constantly preoccupied by memories of the past or expectations for the future and thus he disregards the eternal present.

At this juncture, let us consider the two questions posed above and try to sort out their answers.

First let us understand as to whose will it is that forms man’s nature. Man, early on, even as a child, becomes aware of his “Ego”. This tends to occur around age two. Very quickly the “Ego” takes “the reins of the chariot in its hands”. As a result of this, in the pursuing years, man’s nature gets formed according to the will of his “Ego” and not according to his free will. Man, before his intellect is fully developed and he is able to logically think and properly judge and choose, without realizing, selects his “Ego” to run his life. He puts his “Ego” on the throne of God within the temple. This is the meaning of the angel Lucifer wanting to sit on God’s throne. The “Ego” is selfish and promotes all types of self gratifying ideas, tendencies and thus behaviours as well as all those qualities known to us as the seven deadly sins.

It may now be appropriate to try to answer the first question that was posed above. If all decisions that appear to be made by man are in fact made by his nature, in other words according to the will of his “Ego”, then what is the use of his free will? Man, using his free will, decides as to who is going to “sit on the throne within the temple”, his “Ego”, the devil or his true Self, the Christ-God? Such a decision is not a simple undertaking and it requires a lengthy struggle with perseverance. The “Ego” is extremely cunning, crafty, clever, skillful and deceitful. It does not want to come down off the “throne” and lose its control over the individuality of the person. As a result, it is imperative for man to be alert and vigilant not to give in. When man succeeds in ignoring his “Ego”, his individuality is also freed from the “Ego’s”

hold. When the individual completely ignores the negative pole of his individuality, he becomes emancipated from his “Ego”. It is only then that his true Self, the Christ within that sits on “God’s throne that is within the temple, which is man’s own body”. Despite the fact that God is omnipotent, unlike the “Ego”, He does not force His will on man; otherwise man would not have free will. Instead God waits for man to make his decisions using his free will. When man succeeds in ignoring his “Ego” and making the right choices using his free will, the information in his subconscious mind slowly starts changing and thus he also changes his nature and thus all decisions made automatically by his new nature become harmonious with God’s will. Hence; man’s free will has the duty and its “raison d’etre”, the reason for existence is to remove all the wrong informations, beliefs from the subconscious mind as well as the seven deadly sins which are: pride, greed, gluttony, envy, anger, lust and sloth (laziness). Using the free will, he also has to replace these with virtues, which are: meekness, mercifulness, truthfulness, love for all, forgiveness, chastity and service. For the individual to succeed in this undertaking, he needs God’s grace. When it is Christ sitting on God’s throne, the blessings of the Holy Spirit freely flow into the individual. Did not Christ say: “I am the door”?

“I am the gate; whoever enters through me will be saved. He will come in and go out, and find pasture.”

(John 10:9)

The blessings of the Holy Spirit are: faith, wisdom, knowledge, piety, prudence and to be conscientious and resolute. One should not think that it is easy to change his nature that has been controlling him for many decades. It requires long lasting patience and perseverance. It becomes possible only with constant God-worship. Are not faith and piety part of God worship?

The second duty of the free will is to completely ignore

the animalistic nature of the individual and to tend towards the divine nature, that which Jesus had done. In general, man “swings” back and forth between his human nature and his animalistic nature. The animalistic nature is governed by the “Ego”. Hence, if the individual has succeeded in emancipating himself from the “claws” of his “Ego”, then he should also be able to ignore his animalistic nature. It was exactly this that Jesus taught us when in the wilderness He confronted the three temptations and resisted them, overcoming His “Ego”, the devil, also known as Satan. Did not Jesus say: “man can not serve two masters”. Hence, man can not serve his “Ego” and also serve God, the Christ within. Also without totally ignoring his animalistic nature, man can not reveal the divine nature within himself. Such a successful undertaking represents a total change in behaviour and outlook in life and thus to some degree also the revelation of Christ through him. He finds equanimity and without any hesitation accepts all that occurs in his life as the will of God.

The third purpose of free will is to make him aware of the fact that all the information received through the five senses belong to the illusion and do not represent the Truth, the reality. Did not Christ say: “I am the Truth”? Hence, the worldly life, with which we are so familiar with, is illusory and nothing but a dream; therefore, the individual should yearn to wake up so that he can see the one who is dreaming his life, the Christ within. Man, thinking that this illusory dream is reality is strongly attached to it and pursues worldly pleasures and desires, mainly because they give him a temporary happiness. Man has not yet experienced the infinite bliss that eternal life can give him, therefore, he does not want to give up or emancipate himself from the minor worldly happinesses. Such emancipation is possible only through knowledge granted to him by God. This type of

knowledge reveals to him the reality. Today, even scientists of quantum physics speculate that the entire cosmos, including the world and us, is nothing but a holograph and not a reality. When an individual does all his worldly duties impeccably without owning their results and disregards the illusory, he receives divine knowledge, which is wisdom and a much higher level of consciousness. A higher level of consciousness gives him the ability to differentiate the illusion from reality. This becomes possible when his individuality has communion with the Christ within and they both become one. Only then does he experience the unity, the singularity of all that he previously had seen as multiplicity and he understands that that singularity is the only reality. The above mentioned attachment to the worldly desires and pleasures and salvation oppose each other. Unfortunately, there are sects in which their members continuously repeat that they are saved because of their beliefs, but their lifestyles show that they are still attached to their “Egos” (In the Old Testament this is indicated as another God). They still pursue worldly desires, riches, possessions... (In the Old Testament, this is indicated as making idols).

“You shall have no other gods before me. You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below.” (Exodus 20:3-4)

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

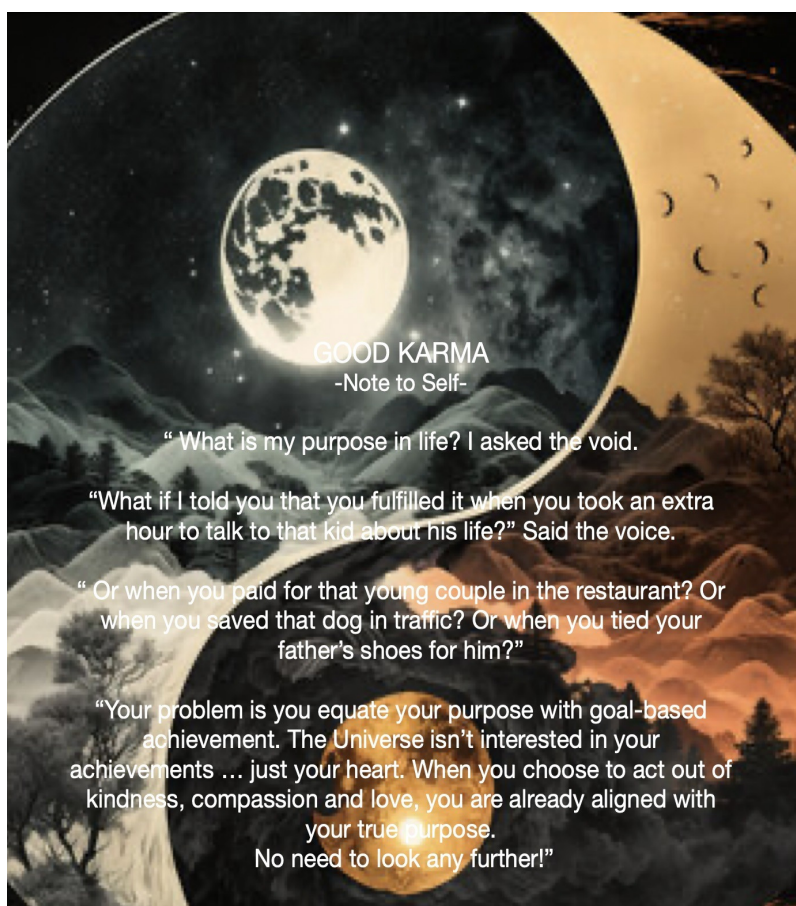
“Whoever tries to keep his life will lose it, and whoever loses his life will preserve it.” (Luke 17:33) (*Unfortunately and wrongly in the English translations, the word “life” is used instead of “self”*)

Just to summarize, for successful progression on the path of perfection, one has to make proper use of the free will he has been given. The purpose of free will is the realization of the following four indispensable necessities:

- Emancipation from the “Ego”.
- Emancipation from one’s animalistic nature.
- Appropriately changing his human nature.
- Being emancipated from the illusion and attachments thereof.

Further information will be given in the following chapters about the following two points:

- Emancipation from all thoughts.
- Emancipation from all emotions.





- V -

WISDOM AND KNOWLEDGE



WISDOM AND KNOWLEDGE

According to the Old Testament, before God started the Creation, the first “thing” that was present was wisdom, even before time and space.

“I, wisdom, dwell together with prudence; I possess knowledge and discretion.” (Proverbs 8:12)

“The Lord brought me forth as the first of his works, , before his deeds of old; I was appointed from eternity, from the beginning, before the world began.” (Proverbs 8:22-23)

Hence, the entire creation is formed through wisdom. Wisdom is the result of God’s consciousness. In the entire cosmos there is only one single consciousness, which is God’s infinite consciousness. Within Creation all things, matter, plant, animals and of course man, express that same consciousness in various degrees, and according to the degree of expression of consciousness, comprehends his environment and his life. Except for man, namely as far as matter, plant and animals are concerned, the level of consciousness expressed by them is predetermined, fixed and not changeable. Man has the ability to increase his level of consciousness to a much higher level from what he considers to be his waking level. This is what Jesus had succeeded and accomplished in doing. The level of consciousness, which we call the waking level and which is a higher level than dream level and also deep sleep level, is subject to minor variations during the day and may also vary to minor degrees between different persons. The higher the expressed consciousness of an individual, the wiser he becomes. Wisdom gives the individual the ability to better understand the Truth, the reality and also gives him the ability to have better and proper judgements and thus also make better choices. Wisdom is an absolute necessity for proper advancement within the path of perfection. For an individual, it is not

possible to become wise just by wanting to be wise. Undoubtedly some in their old age become much wiser as a result of all the knowledge they accumulate over the years from their life experiences. But, a high level of wisdom, which is the effect of a much higher level of expression of God's consciousness within the person, is one of the graces of the Holy Spirit. To be able to receive this blessing, one has to make himself worthy of it. How to become worthy is explained in the previous chapters of this book. Our true Being is the Christ, the "door" through Him that allows us to receive the graces of the Holy Spirit.

"I am the gate; whoever enters through me will be saved. He will come in and go out, and find pasture."
(John 10:9)

In this life on earth, if we get attached to our "Ego" and ignore our true Self, can it ever be possible for us to receive the graces, the blessings of the Holy Spirit? But if we make ourselves worthy, The Christ within, who is our only and true teacher, ...

"But you are not to be called 'Rabbi,' for you have only one Master and you are all brothers." ... "Nor are you to be called 'teacher,' for you have one Teacher, the Christ."
(Matthew 23:8 & 10)

... He will give us understanding and special knowledge regarding spiritual life, so that we succeed in accomplishing the true purpose of our lives, which is His revelation in and through us.

"... how much more will your Father in heaven give the Holy Spirit to those who ask him!" (Luke 11:13)

"When the Counselor comes, whom I will send to you from the Father, the Spirit of truth who goes out from the Father, he will testify about me." (John 15:26)

"Therefore, he who rejects this instruction does not reject man but God, who gives you his Holy Spirit."
(1st Thessalonians 4:8)

Man is constantly looking for and searching for God. He desires to have knowledge of God and for this purpose, as a result of his self-confidence, follows various religions, becomes a

member of various organizations, visits “holy places”, but alas! he never finds what he truly is searching for. First, he should not be self-confident. To succeed, he needs a real teacher and to find an appropriate teacher he goes all the way to the Himalayas. He has not really understood the meanings of Jesus’ teachings. According to the Gospels, the teacher he is looking for is his own true Self, the Christ within, which he has been completely ignoring because of, and as a result of, his attachment to his “Ego”. The knowledge he is seeking is God’s gift given to him by the Christ within only when he makes himself worthy to receive it. It is a universal truth that God is everywhere, hence, why should not God also be in him? Unless and until he does not develop a “pure heart” it will be impossible for him to succeed.

Blessed are the pure in heart, for they will see God.

(Matthew 5: 8)

Man can have many types of knowledge. He may go to school and with all the knowledge he gathers may become a genius. He may get all types of knowledge by reading many books. But for appropriate progress within the spiritual life he is fully dependent on the blessings and graces bestowed on him by his teacher. Only those, who fully, physically, mentally and intellectually surrender to their teacher, to the Christ, become worthy to receive a higher level of consciousness and wisdom, which give him the ability to properly understand; hence, knowledge. All this becomes impossible if the individual has not completely ignored his “Ego” and does not have infinite faith in his teacher. But when he fully trusts his teacher, then whatever he wishes always comes true for him. It was exactly this that Jesus Christ had said:

“And I will do whatever you ask in my name, so that the Son may bring glory to the Father.” (John 14:13)

But in general what do men do? They pray asking for fulfillment of “Ego’s” desires and end the prayer by saying “in the

name of Jesus Christ”, and they think that their desires will be fulfilled. This also is an example of wrong understanding and also of self-deception.

Our teacher, the Christ, often tests us. He tests our faith, the degree of trust we have, our patience and also our perseverance. He gives the individual not even an iota of knowledge for success within the spiritual path until the individual fully emancipates himself from his “Ego”. The individual needs to be alert and vigilant. The “Ego” is extremely smart and an expert manipulator. The individual will succeed only when he sees his true Being, the Christ within.

Blessed are the pure in heart, for they will see God.

(Matthew 5: 8)

This in fact is the fulfillment of the ancient dictum: “Know Thyself”. How can one see himself in a mirror when the mirror is dirty and covered with soot? First he should clean the mirror, so that he can see himself. The mirror is his mind. When that “mirror” is covered by the “soot” created by his useless thoughts, feelings, emotions, memories and desires, it becomes impossible for the individual to see his true picture, his Self. It was exactly this that Paul was alluding to when he said:

“Now we see but a poor reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.” (1st Corinthians 13:12)

When the consciousness of the individual is constantly preoccupied with his thoughts and emotions, how can he become aware of the infinite nature of his consciousness and also become aware of his true Self, in other words having experiential awareness of the Christ within? Without a doubt, all those who believe in God and especially those who believe that Christ is their true Being, have to some degree this knowledge. Unfortunately this knowledge is only an intellectual knowledge. The real purpose of man’s life is to gain experiential knowledge. The result of such a knowledge is clearly depicted in the following verse.

“Dear friends, now we are children of God, and what we will be has not yet been made known. But we know that when he appears, we shall be like him, for we shall see him as he is.” (1st John 3:2)

Further information regarding knowledge is well presented in the epilogue of one of my books titled *“Mystical Interpretation of the Gospels – Part IV Gospels of John & Thomas”*. It is appropriate to present it here as well.

With regards to the path of perfection, the points to be considered are the following:

- a- To understand knowledge and its importance.
- b- To understand God’s will
- c- To understand what a true prayer is and its importance.

Within the Bible, both in the Old Testament as well as in the New Testament, there are many verses regarding knowledge and also regarding wisdom. It is interesting to note that some of these verses appear to contradict each other. At this juncture, it would be appropriate to present two verses that appear to contradict each other. The following two verses from the Old Testament are clearly contradictory.

“And the Lord God commanded the man, “You are free to eat from any tree in the garden; but you must not eat from the tree of the knowledge of good and evil, for when you eat of it you will surely die.” (Genesis 2: 16-17)

“Then the Lord said to Moses, ... and I have filled him with the Spirit of God, with skill, ability and knowledge in all kinds of crafts-” (Exodus 31: 1-3)

The above quotation from the Book of Genesis clearly cautions man against knowledge, because knowledge will take him to his death. On the other hand, the quotation from Exodus shows that God gives knowledge to man. We find similar contradictory verses within the New Testament as well.

“At that time Jesus said, “I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children.” (Matthew 11: 25) (Also see Luke 10: 21)

“To one there is given through the Spirit the message of wisdom, to another the message of knowledge by means of the same Spirit,” (1st Corinthians 12: 8)

These two above quotations from the New Testament also appear to contradict each other. In the first one, Jesus praises His Father because God revealed the secrets of eternal life to little children and hid them from the learned, knowledgeable men. Whereas within the second quotation it appears that both wisdom and knowledge are graces given by the Holy Spirit. If knowledge is not beneficial and a good thing and distances man from eternal life, why does God give the graces of knowledge? Before answering this question, we should first understand that there is a strong association between wisdom and knowledge.

Within the Bible, there appear to be present many verses that are contradictory. Nothing in the Bible is contradictory. From this we should deduce that the word “knowledge” that is used must have two different meanings. Perhaps it would be more appropriate to say, there must be two different types of knowledge. If there are two different types of knowledge, then what are their differences? Let us first consider these differences.

How does one receive some knowledge? There is the knowledge that we get in school. This is given to us by our teachers. To assimilate such knowledge, one should have a certain degree of intellect. Those whose intellect is insufficient to grasp that knowledge do not continue formal education and work physically to earn their living. That also requires getting some knowledge. In either case, the knowledge that the individual receives comes to him through his five senses. He attains the knowledge from what he has seen and heard, and why not also through the other remaining three senses. This knowledge that he gets pertains to the external world, because it is the result of his five senses. We should not forget that all five senses give man only

information about the external world. Man also makes use of his mind and intellect to be able to get and keep that knowledge. Even the knowledge of the foremost genius in the whole world is nothing but a miniscule amount of knowledge when compared to the Truth; mainly because that knowledge is acquired only from one tiny perspective. In the same way various animals, such as insects, fish and reptiles see and comprehend the world differently from each other and also differently than man, because all their senses differ from each other; hence, their views also differ. Man, in general, as a result of all the knowledge he amasses, thinks that he knows everything. The meaning of the following verse is just this:

“...Knowledge puffs up, but love builds up.” (1st

Corinthians 8: 1) (*“puffs up” actually should have been translated as “causes pride”*)

We also should not forget that pride is one of the deadly sins. Within the Bible, the verses regarding knowledge that give it a negative connotation are for this type of limited knowledge that makes the individual proud. Without a doubt, even this limited knowledge is also the grace of God. But man is incapable of knowing the totality of the Truth with the limited knowledge that he acquires. As a result of this knowledge regarding the external world, he also thinks that he is his body and his mind and does not understand that he is only the user of them.

“For the Lord gives wisdom, and from his mouth come knowledge and understanding ... For wisdom will enter your heart, and knowledge will be pleasant to your soul. Discretion will protect you, and understanding will guard you.” (Proverbs 2: 6, 10-11)

The knowledge that is presented in the Bible as being a positive thing is also the gift of God, but it is not received through the senses, through the mind nor through the intellect, and it does not pertain to the world outside. This knowledge is the knowledge of the internal “world”. It is the knowledge of one’s true Being. It is the knowledge of the one using the

mind and the body. No sensory organ, no mind and no intellect can give this knowledge to man. This knowledge is an experiential knowledge. The individual can have this knowledge only through personal experience. Man can not force such knowledge, no matter how strongly he tries. It is the grace of God that becomes revealed to the individual without any effort and only according to God's will. But this does not mean that one should not make a lot of effort not to diverge from the path of perfection and of righteousness to become worthy to receive such a grace. This knowledge is the result of a higher level of consciousness attained. A higher level of consciousness allows the individual to see the Truth, not just from one point but through "360". It is only then that one understands the unity, the singularity of all that he previously had considered to be the multiplicity, all apart and different from one another. Does not one love himself? When he experiences the unity, the singularity of all, he sees himself in all things and all people. He forgets his "Ego", his individuality and becomes one with his true Self, with the Christ within and this knowledge that he acquires presents to him as love towards all. This love is the divine love. The multiplicity that is the experience of all of humanity and taken as being reality, is nothing but an illusion. The fact that man makes the mistake of believing this illusion to be real, he blocks the expression of true love through himself. The unfortunate man thinks that he has love and he falls in love "head over heels" without knowing the bliss that he can experience through the true, divine love. He appears to be satisfied with a miniscule expression of that love. He thinks that a minute degree of love that he expresses gives him happiness and thus feels satisfied, mainly because he does not know, and has never experienced, the divine bliss.

This divine knowledge and divine love appear to be the same thing. It is even wrong to say "having the experience",

mainly because man is already That, but he himself blocks the expression of this knowledge of the Truth. Where the word “experience” is used, in fact what we should really be saying is “realization”.

“If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing.”

(1st Corinthians 13: 2)

Therefore how should one become worthy to receive this divine knowledge, which also is love. Throughout his life, one should stay on the path of perfection and of righteousness. This entails doing only the will of God and to live in a constant prayer. The purpose of these two is to increase one’s level of consciousness. Some may say: “How can I pray incessantly, I have duties, responsibilities, I have a family, I have to provide for them, I have to go to work”? They may also say: “How should I know God’s will”? Both of these are closely related to each other. Let us consider them.

Let us first understand the meaning of God’s will. Man in general thinks that God, in the image of man, “as an old man”, is a being that somewhere up in the “sky”, in “heaven” is sitting and watching the world and wills certain desires that He wants man to carry out. When they succeed, God rewards them and when they ignore them and carry out their own wills, God punishes them. Undoubtedly, this view is totally incorrect. God is neither sitting “up there” somewhere, nor is He watching the world, nor does he reward or punish anybody. Then, what is the meaning of God’s rewards and punishments that we constantly seem to be talking about and within the Bible, both in the Old as well as the New Testaments that we constantly read about? The answer to this was given by Jesus:

“And everyone who speaks a word against the Son of Man will be forgiven, but anyone who blasphemes against the Holy Spirit will not be forgiven.” (Luke 12: 10)

The Holy Spirit is the “energy of God” that poured forth from the Father. Every type of energy has its laws that govern it. The energy of God also functions according to the laws that God has preordained. These laws then become God’s will, because all the universal laws that govern the universe in its totality, the laws governing the Holy Spirit, were put there by God. When one acts harmoniously with the universal laws of the Holy Spirit, all goes well and we say God rewarded him. He has carried out God’s will. When the individual acts disharmoniously to the universal laws of the Holy Spirit, then nothing goes well and we say that God has punished him. He has acted against God’s will. The tragedy is that humanity, as a result of its ignorance, usually is unaware of most of these universal laws. Therefore, he at times acts harmoniously and all goes well and he is happy and other times he acts disharmoniously and suffers the consequences (*See also the book titled “Spiritual Reflections” the section on “God’s will and fate” Pages 319-321*). If living in accordance to God’s will is to live harmoniously with the universal laws, then how should we get to know those laws? These laws are revealed to those who are able to increase their level of consciousness. One should not forget that an individual’s consciousness is the presence of God, the Christ within himself. The high level of consciousness is the revelation of Christ within and through himself. Did not Jesus say?

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

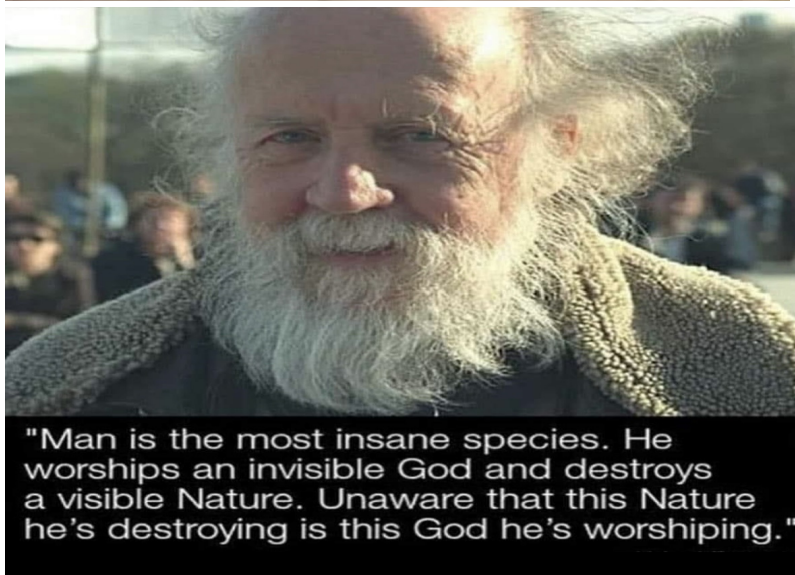
“Be perfect, therefore, as your heavenly Father is perfect.” (Matthew 5: 48)

Therefore our duty is to be like our teacher Jesus Christ and be perfect as our heavenly Father is perfect. This is possible only through a much higher level of consciousness. The means to be privy to a high level of consciousness is to perpetually pray and not to deviate from the path of perfection and of righteousness. These two means that appear

to be completely different and separate from each other, in fact are exactly the same thing.

Let us first understand as to what prayer is (*See also my book titled "From Light to Light (I)" seventh chapter titled "What is prayer?" Page 125, and also my book titled "Meditation"*). The true prayer is not sitting or kneeling for a few minutes with our hands together asking God for this or that. It also is not in the attendance of church services. Without a doubt, all of these do have their values to shape us to be better individuals and to put us onto the path. The true prayer is an attitude; it is a way of life; it is a way of thinking; it is to have only positive thoughts; it is to desire the well-being of every person, friend or foe; it is the expression of love given to a friend or stranger; it is the act of cooking a meal with love to feed a family member or a stranger; it is to wish a safe trip to a traveler; it is to give a helping hand to the needy; it is to be compassionate towards all; it is to minimize someone's sorrow or multiply their happiness; it is completely and without reservation in being forgiving. Prayer is the frequency of your "energy body". It is a feeling and it is a thought. It is the voice of love. It is the voice of sincerity. Prayer is the expression of our silent Being. When we see Christ in all beings as their true Selves, including in our enemies, then our conduct with them becomes our prayer.

Was it not just this that Jesus taught us? Is it not true that prayer and the path of perfection and of righteousness are the same? If we live our lives with such an understanding, then our entire life becomes a perpetual prayer. Man is capable of performing miracles; therefore he also is capable of working and carrying out all his worldly responsibilities and is also capable of turning all those into a perpetual prayer. The mind that is constantly introspective, centered on the Christ within, meditating, succeeds in attaining a higher level of consciousness.





- VI -

PROGRESS ON THE PATH



PROGRESS ON THE PATH

In this chapter, there will be repetitions taken from the previous chapters of this book as well as from books published in the past.

As was previously indicated, there are many people on the first “rung” of the path of perfection. The important part is to reach the last “rung” of the path. Without a doubt, such success will be the result of steady progress on the path. Even in the initial parts of this progression, the individual needs to contemplate and ask himself some basic questions:

a- Why was I born?

b- What is the meaning and purpose of my life?

c- How can I serve?

To seriously find the answers to these questions, one needs to first make some changes within himself. It is possible to succeed in making such a change only when one mentally appropriates and works hard towards the realization in his life, the following:

a- Self-examination- Without self-examination, it is not possible to identify faults and correct them. It is only as a result of self-examination that one may eventually develop modesty, decency, honour, reverence, honesty, integrity, respect, dignity, be agreeable and harmonious as well as have patience and perseverance. One may notice that all these are the graces of the Holy Spirit. Self-examination is one’s accountability to his Spirit, the Christ within.

b- Prayer- Prayer is the key for the individual for successful “communication” or communion with his Spirit, the Christ within. Prayer puts the individual in touch with the “energy field”. Prayer is not parrot-like repetition of previously memorized words, but rather it is the heartfelt yearning to get to know the Self and experience the presence of God. Prayer should emancipate us from all external influences. It should bring about a change in one’s level of

consciousness. Prayer should captivate the one praying in such a way that his total life becomes a constant prayer. A prayer should contain an analysis of the thoughts, words and events lived that day. The true prayer is not asking for this or that with a spoken voice, but rather it should occur in complete silence. It is only in silence and peace that one can become aware of the graces he receives from God, and again it is only in that silence that he can have communion with Christ and become One with Him.

c- Meditation- Meditation is centering the mind on one's true Self, the Christ within, on God. This can occur only as a result of true repentance and emancipation from worldly pursuits. This does not mean ignoring all responsibilities and sitting in a "lotus" position; instead it requires that all responsibilities be done with utmost diligence and impeccably, but to not be attached to their results. To be centered on God actually means to see Him everywhere in every individual and hence, deal with them with such a relationship, as if you were dealing with God, as if Jesus Christ was standing in front of you.

d- Discipline- For the success of any undertaking, discipline is essential. One also needs to have discipline in his spiritual life as well. In this case, the discipline demands that one controls his worldly desires, longings, wishes and expectations, rather than try to fulfill them as a priority. Without such discipline, these desires and wishes quickly multiply, and taking hold of the individual's mind, prevent success in progression on the path.

e- Love- Love is the presence of God and through the individual, His revelation. The presence of love becomes apparent through the service one provides, through the kindness, mercy and compassion one shows, through one's piety, love for God and also God-worship. These last two characteristics are possible only when one loves the entire creation, including his enemies, those belonging to different

religions and the sinful. To love God or to worship God is not simply saying: "I love Jesus Christ". Undoubtedly we love Jesus Christ. Is it ever possible not to love our teacher and master? Without a doubt, Christ is our God; how can we not love our God? But if we even not love a single person, then our so called love for God would be a falsehood, because Christ is in that person also.

For the success of all that was presented above, one needs to be "born again". Was it not just this that Jesus told Nicodemus? To be "born again" is the change of direction of the mind. For the success of being "born again" the individual should first understand and know that he has two "beings".

a- Man has both an "external" being as well as an "inner" Being.

b- The "inner" Being is eternal.

c- The "inner" Being is the "Mystery of mysteries".

d- The "inner" Being is the Son of God.

e- Hell is in identifying with the "external" being.

f- Heaven is in finding and revealing the "inner" Being.

g- The Son of God, the Christ, despite being our Spirit is one with the Father.

Therefore, the individual has the responsibility to shift the direction of attention of his mind from his "external" being to the "inner" Being, the Christ within. All this so far represents one's preparation for progress on the path of perfection. The path reveals itself to us when we:

a- Receive wisdom, which is divine knowledge.

b- When we can properly discern right from wrong.

c- We become aware of all the mistakes we have committed.

d- We regret having committed all those mistakes.

e- Through repentance we cleanse our hearts and our minds.

f- Henceforth we live according to God's "will", a life that is pleasing to God.

g- We are not satisfied only by hearing God's words, teachings, but rather by implementing them in our lives and living them.

When we succeed in doing all this, we become ready to have communion with our true Self, the Christ within through the highest form of prayer, which is meditation. The fruits of successful meditation are the following:

a- A peace that is not subject to time or change. Jesus Christ had said:

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." (John 14:27)

b- A contentment that is unequalled. It is the contentment of finding the inner Being, the "lost treasure".

c- Experience of bliss which is eternal "happiness".

The following represent the degree of success in the progress within the path.

a- To be aware of all physical and emotional feelings with sagacity.

b- The decrease of the flood of thoughts and of desires is an indication of some degree of success.

c- To be accepting of all that life "dishes out" to us.

d- To be aware of the fact that life is also present in each and every single cell of the body, hence, avoiding all undertakings, addictions that are harmful to life, such as gluttony, smoking, alcohol, etc...

In addition to all that was presented, one should not forget that the path of perfection is full of difficulties, "thorns". Just because of this, it is presented as the "narrow road". All the "thorns" are deliberate and purposeful to test the individual's faith, determination, patience, perseverance, sincerity and acceptance of all (acceptance of God's will). Sometimes negative situations in our lives become cause for

doubt and despair. In such a situation there may appear many causes that promote failure. If that had not been the case, today all of humanity would have become saintly. Even those who reach the final few “rungs” of the path may still fail.

During meditation many obstacles appear to prevent the mind from becoming pure and at peace. The following are the most important of these. The first two, in fact, may even prevent the individual from even starting to meditate.

a- Doubt about self-examination- This probably is the most important obstacle at the onset of the path. Man tries to avoid self-examination, because he does not like to confront his own shortcomings.

b- Being subjected to ridicule and insults- Those who do not believe as he does may ridicule him and sometimes even insult or hurt him. Is it not true that the world renowned Lebanese writer Khalil Gibran was excommunicated from the church he belonged to for his writings?

c- Sleep- It is true that in deep sleep all thoughts cease, but to what use? The individual is not awake to be aware of the experience of “reality”, the “Truth”.

d- Disturbed mind- A mind with a flood of thoughts that can not be controlled. The individual may have troubles, tribulations and anguish as well as many desires and expectations.

e- Mental tendencies- Tendencies that were present in the past and were put on the “back burner” but not totally annihilated. Unfortunately, these tendencies suddenly reappear during meditation.

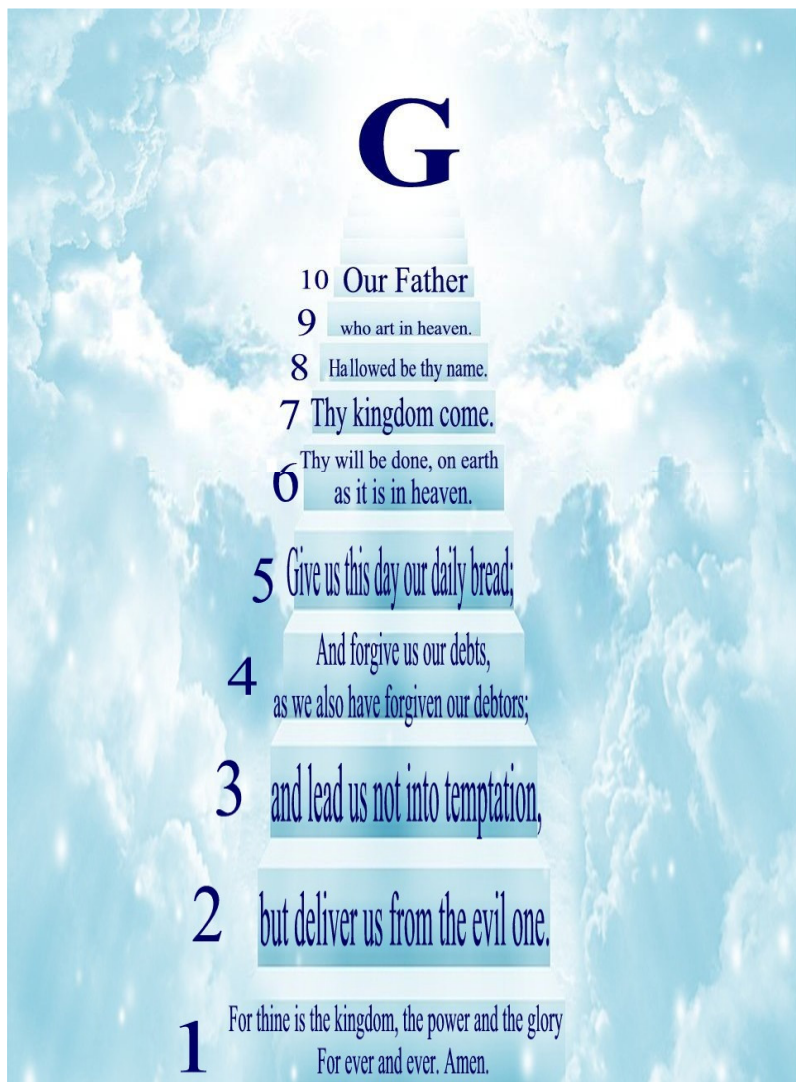
f- Lack of perseverance- The individual thinks that he is going to reach his goal in a short time, and when he does not get the expected result after a short time, he despairs and quits. To purify the mind is a life-long undertaking. To reach His level, Jesus worked at it for thirty years.

g- Super-human abilities- When the mind is controlled, it is possible for the individual to be privy to certain abilities

which he was unable to perform previously, such as reading minds, telekinesis etc. These abilities in turn may become obstacles in accomplishing the development of a “pure heart”, a pure mind. The individual should not be swayed by such abilities and should continue to keep the mind centered on the one proper purpose.

h- Objectifying the experience- At the very end of the path of perfection, this is the one and most important obstacle in realizing one’s goal. When the individual objectifies the peace and bliss he experiences, once again he creates duality. As a result of this duality, the “Ego” gives him the pride of having succeeded. The individual should always be alert and vigilant so that no experience is ever objectified.

As previously indicated, for proper progress in the path of perfection, constant prayer is a must. This prayer is the individual’s conduct in life, his thoughts, his words and his deeds. For this conduct to be pleasing to God, Jesus taught us what to do and the way to pray. The picture on the next page is the summary of what one needs to do for successful step-by-step (or rung-by-rung) progression on the path, emphasizing each successive “station” (or rung) that Jesus taught. Jesus Christ taught us the way to pray, that which we call the “Lord’s Prayer” and we constantly repeat it in all occasions. It would be much better, instead of constantly repeating it, if we live it and realize it. The first four “rungs” represent the individual’s self-preparation. The next three “rungs”, as a result of successful self-preparation, self-discipline, represent the graces of the Holy Spirit that the individual receives as well as the understanding, comprehension and experiences that a higher level of consciousness bestows on him. The remaining three “rungs” represent consciously becoming part of the Singularity, to dissolve into God and to be one with Him.



Appropriate information and explanation will be given regarding each “station” (“rung”). This information was previously published in another book, but it is appropriate to present it here as well. It was exactly this that Jesus Christ taught us with His “Sermon on the Mount”.

What were the teachings of the “Sermon on the Mount”?

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 to mean both “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, that which we call the “Lord’s prayer”. Instead of constantly repeating what is called the “Lord’s prayer”, instead one should 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.

First Rung-

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".

Second Rung-

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".

Third Rung-

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.

Fourth Rung-

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 the bad, 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.

Fifth Rung-

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 his body. When the individual receives added energy, then his level of consciousness also increases.

Sixth Rung-

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.

Seventh Rung-

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”?

Eighth Rung-

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.

Ninth Rung-

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” in Him.

Tenth Rung-

It is then that with absolute faith he prostrates at the feet of his Father and says: “I and the Father are one”.

AMEN.





- VII -
BLISS



BLISS

Experience of bliss is the purpose of the path of perfection. A large portion of this chapter is a repetition taken from the book titled "*The Bliss of Death*".

Could it ever be possible for someone not to be blissful when he has the experience of being with God, in dissolving in Him?

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 were 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 a 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, and 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 feelings 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. These were presented in the previous chapter.

As a summary, the following points represent the means to achieve a state of bliss, only if the individual makes use of them and realizes them in his life.

a- One’s morals should be positive. One should develop virtues and they should become habitual. In other words be part of their subconscious mind. Hence, one should change his nature.

b- One should care for the entire nature. This includes not polluting the soil, the air and the waters. One needs to be compassionate, loving and merciful towards all plants, animals and of course towards all humanity.

c- Through meditation one should develop such an outlook in life, that through wisdom he recognizes the Truth, the reality and sees it within nature and everywhere and realizes the unity of all and the Singularity of God and thus sees the presence of God in everything.

Bliss is to have the experience of the presence of God.





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



- VIII -

WHAT IS EVIL?



WHAT IS EVIL?

What is evil? Does evil exist? Especially, as an answer to the second question, the great majority of people will give a positive answer. They will justify their view by showing the present condition of the world, where theft, treachery, fraud, hatred, murder ... and most terrible, the wars and genocides that cause the death and suffering of millions of people. If all these are not evil, then what are they? During the last 110 years there have been at least five genocides.

Is it possible that this question could actually have a different answer as well? To better understand the problem, let us consider the following short story.

A man working in his house ends up needing a tool to best finish his work and starts looking for it. His wife tells him that the tool he is looking for is in that small storage room in the attic. The man goes up to the top floor, opens the door and enters the room. Unfortunately in this room there is no electrical light. There is a small window, but the window was completely covered by a piece of furniture put in front of it. Again unfortunately, after the man enters the room, the door automatically closes behind him. The room is suddenly in complete darkness. He takes a step and his hip hits the corner of a table. It causes severe pain. After uttering a few swear words, he decides to light a match. With the light of the match, he sees the tool he wanted sitting on a table. As he advances towards the table, on the floor he sees what appears to be a snake. Scared, he turns around and rushes out of the room. During all the rushing the match blows out, he trips on one of the table legs and falls, hitting his head against the wall. Finally he reaches the door and gets out of the room. He notices that his pants were bloody. When he goes down the stairs, his wife asks him as to why his forehead was black and blue. He tells her that there was a large snake in the

room and in his rush to escape, he had fallen and hit his head against the wall. His wife tells him that there is no snake up there, that what he saw was a thick rope on the floor. After doing all the necessary treatments, he decides to go up again, but this time he takes a flashlight with him.

Let us consider all that happened to this man. He hurt his hip and it was bleeding, he soiled his pants with blood, he swore, he hit his head on the wall and bruised it. Fortunately he did not die, nor was he much more seriously hurt. If all these negativities were inflicted on him by another person, he would have considered that person to be evil. But in his situation, who or where was the evil? Evil did not exist, but despite this he was subjected to suffering. Who was the guilty one causing the suffering? It is possible that he may say that the fault was the darkness in the room. Such a view creates a much more serious and much more complicated problem. In fact, does “darkness” exist? Undoubtedly everyone will answer: “Yes, it exists”. But if we really think about it, darkness by itself does not exist; it is only the absence of light. Light has a positive existence, but not darkness. Based on this, darkness is a negative existence, which means non-existent. It is impossible for darkness to show itself when light is present. Therefore, why did all that happen to the man presented in the above story? It happened only because the man had not taken any source of light (flashlight) with him. But as a result of all that happened to him, he learned his lesson and subsequently, he decided to take a flashlight with him. Where did all his suffering come from? Is it possible to say that the table, the rope or other furniture that were present there are evil? I hope no one thinks that to be true.

Based on the facts and knowledge learned from the above story, let us get back to the original question. What is evil and does evil exist? As darkness itself does not exist and it is only the absence of light, in the same way, evil does not

exist and it is simply the absence of love. Is it ever possible for someone to harm in any way someone else that he loves? Love is the “positive”, evil is the “negative”. The real question should in fact be as to why people lack love. And the answer is only because man does not have with him a “flashlight” spreading light. In this situation, the flashlight represents man’s level of consciousness. The low level of consciousness expressed also represents man’s ignorance. When it is “dark” are we not ignorant of our environment? Did not Jesus teach us that “God is love”? Did not Christ say: “I am the light of the world”? The Light that Jesus Christ had indicated is man’s consciousness. To what extent do we express God’s love and the consciousness He bestows on us? Do we just light a match or do we turn on a flashlight for strong light? The latter represents a high level of consciousness, so that we do not mistake the rope for a snake, or mistake the illusion thinking it to be reality. If we, as the man presented in the above story, also have thoughts, words and deeds through ignorance, is it surprising that we are subjected to negativities in our lives? Man is the architect of his own fate. Did not Jesus say: “you reap what you sow”? As the causes of suffering for the man in the story were table, furniture or a rope, in the same way, the causes of our suffering can also be an accident, a natural disaster or some other person’s enmity. Was it not just because of this that Jesus said: “love your enemy”? Jesus, on the cross, did not blame those crucifying Him; instead, because of their ignorance, He prayed and said: “Father, forgive them for they know not what they are doing”.

A similar explanation is not just for individuals but also for collectives, such as nations, races etc. When such a collective is subjected to genocide, should one question as to why? Within the Creation all have come about with the energy of the Holy Spirit. The scientists of quantum physics

have proven that matter has come forth from energy, and because they do not know the nature of that energy, they have called it “dark energy”. Jesus taught us that that energy was God’s energy and called it the “Holy Spirit”. Every type of energy has rules governing it. It is the same for the Holy Spirit as well. The laws governing the energy of the Holy Spirit are the rules put there by God. God does not act against his own rules. To act against any of the laws governing any type of energy means to make yourself the subject of their reactions. We are the architects of all those “reactions”, but unfortunately in general we think that we have been subjected to someone else’s evil act or that we are being punished. Being within the same creation, we are also the result of the same energy. All energies have and represent some type of vibration with certain and various frequencies. The “blessings”, the graces of the Holy Spirit freely flow for all without discrimination, on the good as well as on the evil (sinner). Every one, without exception, benefits from this energy. If the energy of the Holy Spirit does not enter us, we definitely die. But to what degree and what frequency of energy do we allow to enter and enliven us? Do we allow only low level and low frequency energy which is sufficient to keep the body living, or do we allow a high level and a high frequency of energy that also gives us all the “graces” noted in the Gospels. When one is able to receive and express a high level of consciousness, he also gets wisdom and all his thoughts, words and deeds become harmonious with the laws governing the Holy Spirit, and this means they become according to God’s will. In such a situation it becomes impossible for such a person to experience negative “reactions”.

According to the Book of Proverbs the Creation started with wisdom.

“I, wisdom, dwell together with prudence; I possess knowledge and discretion.” (Proverb *:12)

**“The Lord brought me forth as the first of his works, ,
before his deeds of old; I was appointed from eternity,
from the beginning, before the world began.”** (Proverb
8:22-23)

Wisdom was present before the Creation. All of Creation is based on duality. Without duality, the Creation could not exist. The Chinese Taoist religion also says the same indicating the “Yin” and the “Yang”. Physics also says the same, when the first matter was formed, along with it antimatter was also formed. When the two come together, they both annihilate each other and they both disappear. The only singularity is God and the duality which we take to be a reality is actually nothing but a dream, nothing but an illusion. It is just because of this that physics has said that the entire creation, the cosmos, is nothing but a holograph. As a result, within the creation duality reigns: male & female, large & small, happy & sad, fat & skinny, beautiful & ugly ... coming back to our topic at hand it is possible to also add to this list: Good & evil, recompense & punishment and love & hatred. Hence, where do evil, punishment and hatred come from?

To best understand the answer to this question let us once again consider the man presented above that was hurt in the attic. That same night, when he was sleeping in his bed, he “sees” a nightmare. In his dream, he had fallen into a pit full of vipers and he was constantly being bitten by the snakes. He was trying to get out of the pit. He suddenly wakes up screaming. The noise wakes his wife as well and she asks as to what was going on. It is highly likely, that as a result of previously having mistaken the rope for a snake, he had such a dream. Who created that nightmare? He was the architect of the dream. The dream was the result of information present in his subconscious mind. Only when he woke up did he realize that the entire unfortunate event causing his suffering was only a dream and not reality. God

created man according to His own “image”: hence, man also in his right is creative. As he creates the dream he experiences at night during his sleep, he also creates the life he lives which he considers to be his waking period and a reality. This so called waking life is also a dream. Is it not written in the Bible: “The only truth is God”? God has given man a free will to live and act freely according to his free will. Man, also being within the creation, just like everything else, is also subject to duality. Man’s individuality has two poles; one the positive, which is in communion with his true Being, the Christ, and the other pole, the negative, which is his “Ego”. When he acts according to the will of his “Ego”, all his thoughts, words and deeds become disharmonious with all the laws that govern the energy of the Holy Spirit. Should we be surprised that he becomes the recipient of all the negative reactions? Did not Jesus teach us that the sins committed against the Holy Spirit are not forgivable? Therefore, based on this understanding, who or where is the “evil” one? Don’t we think it is appropriate to say that the creator of evil is the person himself?

Undoubtedly, some will say that even good people are subjected to evil acts; hence, the above explanation must be wrong. Definitely, such a view requires an appropriate answer. Let us consider what the crowd said as they were yelling: “crucify Him” at the time of Jesus’ trial.

“All the people answered, “Let his blood be on us and on our children!” (Matthew 27:25)

Do we think it to be fair for someone to be punished and suffer for “sins” committed by his father or grandfather even before he was born? Could it be that the word “children” in this verse is a metaphor for their future reincarnations? Is it not true that the Hebrew nation, after 70 AD, lost their lands and were spread all over the world and even became the subject of genocide? Were they not being subjected to the “reaction” of what they had done and the

curse they had uttered?

The following is taken from Dr. Andrew Newberg's lecture. He has studied brain function during prayer or meditation. The following information, being of interest, is presented here. He has studied the effect on the brain of "Kirtan Kriya Kundalini Yoga" type meditation. For our purpose, the results of his findings are not important; instead his explanation as to what this meditation entails is of value. According to Dr. Newberg, the individual first loudly utters four words in the Sanskrit language, then he murmurs the same words and then he says them only mentally and repeats the sequence. For our purpose, this also is not important, but what is important are the words uttered. They are: "Sa", "Ta", "Na" & "Ma". What is important are the meanings of the words: "Sa"= Birth, "Ta"= Life, "Na"= Death and "Ma"= Born again. The interesting fact is that, when the last word is taken out of the list and the other three words are joined together we get the word "satana". In the Armenian language, this entire word including the end "a", means "Satan". Is not Satan known as the evil one? When we consider the last word "Ma" meaning "born again", does it not represent what Jesus said to Nicodemus: "Unless you are born again, can not see the kingdom of God (John 3:3); as well, "Unless one is born of water and Spirit can not enter the kingdom of God" (John 3:5). Water is a metaphor and represents the Holy Spirit, and the Spirit of man is the presence of the Son of God, of Christ within the individual and his true Being. Had not Christ said: "I am the gate"? Therefore, based on all this, evil is the result of us preventing or refusing or not allowing the graces of the Holy Spirit from entering us. As indicated above, God has given man a free will and hence, the ability to judge and to choose. When man ignores the treasure that is within himself and gets attached to the external world's dazzling "this" and "that" he creates

the evil within himself and thus becomes “Satan”. (*Interesting to note that within the Armenian language there are three words, demonstrative pronouns instead of the two indicated in English. “This”= “Sa”, “That”, which is a bit further away but can still be seen, = “Ta” and “That” which is much further away and may not even be in the immediate vicinity = “Na”. Therefore when one says “this and that” in Armenian would say “Sa, Ta & Na” and surprisingly when joined together once again spells “Satana”).* Based on such an understanding, one should never blame another of being evil. Without a doubt, all the evil that we bring upon ourselves must be carried out either by nature or by some other animal or person. We are the architect of all the negativity and evil that we are subjected to.

It is highly possible that such an explanation or view may trouble and upset a lot of people. They may say that Jesus was also subjected to horrendous suffering, so what was His sin? Was Jesus a Sinner? It is true that Jesus had no sins, but he brought all that suffering unto Himself, not like us unknowingly, but rather knowingly. Just because of this, several times He had foretold about His suffering and death. Whenever He had cured the sick he always used to tell them: “Your sins are forgiven”. But Jesus himself had said that the sin against the Holy Spirit is not forgivable. Jesus was being merciful and He took all their sins upon himself, and He paid their “debts”. It is true that for those who were cured, the “sins” or “debts” were paid off, but they had not disappeared nor had been annihilated. What Judas and the high priests did and with the crowd yelling “Crucify Him”, were they not all evil acts? They were only the intermediaries to carry out what was to be. Did not Jesus, in the Garden of Gethesemane, pray to His Father saying: “your will be done and not mine”? But regardless, the intermediaries also will have to answer and “pay back” for what they have done. What happened to Judas and what happened to the Hebrew nation?

As a conclusion, we can say that outside of the individual himself, “evil” does not exist. The individual is his own ‘Evil’. Using his free will, he decides to be good or to be evil to himself. When one deviates from the “path of perfection”, he tends towards evil. This deviation is the result of his ignorance and hence, poor and wrong judgement and decision-making as well as his erroneously misformed nature. The cause of such an undesirable nature is the absence of proper faith, is the lack of full surrender to God’s will, is the lack of full trust in God’s abilities, is the lack of acceptance of all that he experiences in life, good or bad, as being God’s will, is fear and considering what has happened as a tragedy, as well as it is his false belief that he knows the truth. The greatest wisdom is to know that we know absolutely nothing. And if we do not know, should we not be asking what the purpose of life is? The purpose of one’s life should be to find the answer to this question. A life lived for finding the answer to this question requires immense courage. Those who think that they are wise seem to fear death and consider it to be a negative and an evil event in one’s life. It is highly possible that death may be a very blissful event in one’s “life”.

Man’s life is a spiritual journey. Difficulties and sufferings are life lessons. Hence, it is our duty to learn diligently and not to repeat the same mistakes over and over again. Based on this, one should give thanks for his fate, be it good or bad, because he has only one judge and that judge is himself. Should not the judge look for justice? Hence, the individual first has to be just to his life, then to his individuality and also to society. Justice is its own reward. Unfortunately, man thinks that he is his body and seeks its desires, attaches himself to the material world, all that is external, and some day the body dies and along with it also his individuality. But when he becomes one with his Spirit,

which is internal, even when so called death comes, he willingly departs from the body and only his “Ego” dies and his individuality without any polarization resurrects and joins and becomes one with his true Self, the Christ within.

The following teachings of the Gospels are of great significance: “The only Truth is God”, “God is the Light of the world”, “God is Love” and “God is good”. Was it not Jesus who said: “Why do you call me “good”, there is only one good and that is God”. When we properly understand and analyze these points, there can be only one conclusion. There is only one Truth that is good, that is love and gives man his life and consciousness. Hence, God is both our lives and our consciousness. Therefore both our lives and consciousness are realities that exist and represent both the good and also love. Based on this, all evil that man experiences must be an illusion and man’s his own creation for himself.



EPILOGUE

It appears that providence has divided this book into two subjects. One, being “The Path of Perfection”, the positive and the other “What is Evil?”, the negative. In general, man “oscillates” between these two. But Jesus has taught us that we can not serve two masters. Hence, what is the foremost question one has to ask and answer? The answer to this question must also be a question: what is the purpose of human life? Therefore one needs to have some concrete understanding regarding the purpose of his life.

The ancient Greek philosophy and mythologies tend to suggest that the purpose of human life is to be a hero. All of their stories are about the adventures of their Heros. Based on their accomplishments, their names have also been immortalized, such as: Achilles, Heracles, Ulysses, Jason, Orpheus ... Their struggles all have been with an external adversary.

Similar heroic adventures are also part of the mythologies of the Middle Ages. In general the struggle of these knights was against a dragon that was blocking the entrance to a cave where a great treasure was hidden. Without a doubt, the dragon represents the negative and the knight the positive. For the knight to reach and obtain the treasure, he had to conquer and kill the dragon which was blocking the entrance to the cave. Also in a similar, way the knight would have to kill a dragon to be able to reach his sweetheart, his beloved.

Jesus also taught us the purpose of our lives, which is to be meek, humble and to be “saintly”. Within the Armenian language, the word for Holy or saintly is “Surp” which comes from the verb “srpel” which means to wipe clean. Hence, to be a saint is to wipe out all general human useless and unnecessary thoughts, words and deeds as well

as all negative tendencies. Is not the purpose of the greatest form of prayer, namely meditation, the same as developing a “pure heart”, a pure mind cleansed of all thoughts and emotions?

When we see the present condition of humanity, it appears that everyone wants to be a hero. Without a doubt, there are many acts of heroisms. Some think that to achieve monetary richness is heroism, others the accumulation of knowledge, for some others reaching a high position in a government or just simply to succeed in becoming a renowned actor or actress...

These two, to become saintly and to become a hero, appear to contradict each other and present a polarization. On the other hand, we frequently hear the phrase that life is a struggle. The truth is that without becoming a hero, one can not become a saint. But this heroism is not a struggle with an external adversary; instead it is an internal struggle. It is also said that to become a saint, one needs a teacher. Some, to find a teacher, a “guru”, go all way to the Himalayas. One need not look for a teacher here and there. According to the teachings of Jesus, we should not consider anybody as our teacher. We only have one teacher and that is the Christ. Jesus did not even say that He was our teacher, but rather only Christ. Every single individual's teacher is within himself, his true Being. All one needs to do is listen to the internal silent voice. The teacher teaches the student only when the student is ready to learn and also worthy to be taught. It is just because of this that the student first has to conquer his “Ego” and this is his necessary heroism. When the individual is ready and worthy, he need not look for a teacher, the appropriate teacher will find him. One should not forget that Christ is the Spirit of everyone and teaches through anybody. If we consider the metaphorical meanings of the above discussed mythologies of the Middle Ages, we

will understand that in reality, their struggle is not an external one but rather an internal one. The treasure represents one's true Being, the Christ within. The dragon blocks the individual's access to this treasure. The dragon actually is a metaphor for the individual's "Ego". In the same way, the sweetheart of the knight represents the Christ within.

Let us get back to the original question: "What is the purpose of human life"? We should understand that as the pinnacle of creation, man's purpose should also be the purpose of the entire creation. The purpose of creation is God revelation. If we believe that the only Truth is God, we should also believe and understand that the entire creation is nothing but God's revelation, God appearing in different forms and all that multiplicity which we consider to be reality is only an illusion, a dream. Hence, every single individual is an expression of God. Based on this, what do we mean when we say that we should reveal God within ourselves? God created man with a free will and with the ability to judge and to choose. To reveal God within ourselves means to annihilate the evil in ourselves. But the last chapter of this book was suggesting that evil does not exist and it is only the absence of love. Man's purpose in life is to reveal all of God's qualities and this is what revealing God in ourselves means. These qualities are: infinite love, to be merciful and compassionate, to be meek and humble and also to be forgiving even to the degree of self-sacrificing. Was it not exactly this that Jesus taught us with His life? Jesus first became a hero when He resisted His "Ego" in the wilderness after His baptism. A second time as a final deed, when He was most vulnerable suffering horrendous pain on the cross, He ignored what the crucified prisoner on His left side said and finally "killed" His "Ego" on the Cross. He also showed his heroism when, with whip in hand he cleared the temple grounds from all the vendors who were defiling

the temple. With this act, Jesus showed us that the only “war” that is allowed for us to partake in is to fight against those who are defiling the temple. The defiler of the temple is our “Ego”. Did not Jesus say: “your bodies are God’s temples”? When an individual reveals the divine characteristics within himself, do you think evil can exist there? The evil presents when the individual strays away, deviates from the path of perfection.

As a conclusion, when one desires to properly and fully fulfill the purpose of his life, he should never stray away from the path of perfection. The first part of the path represents fixing oneself and this is becoming a hero and the rest is for becoming a saint.

*When a cloud is transformed into rain,
it is not dying.*

A cloud can become rain or snow or ice.

A cloud cannot become nothing.

It is impossible for a cloud to die.

It is a continuation.

In the same way,

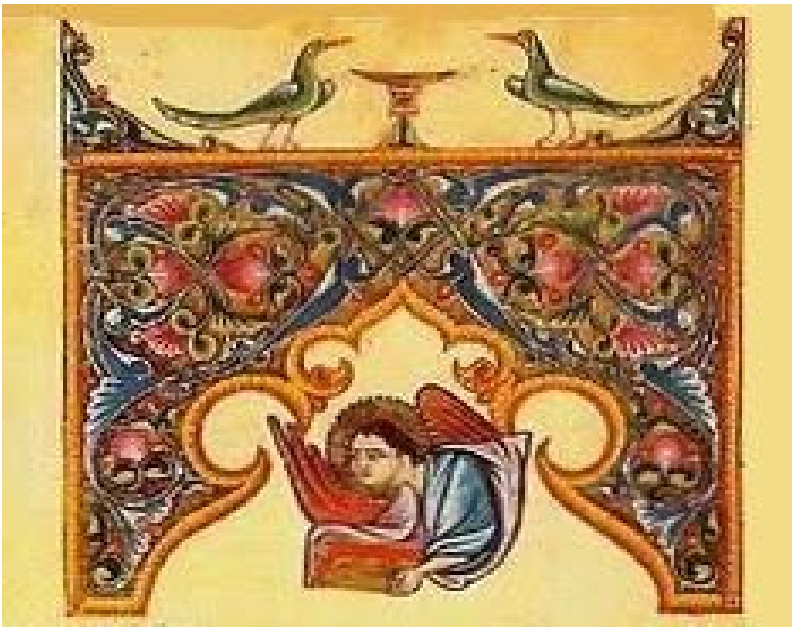
*it is impossible for you,
as a human being, to die.*

You are also a continuation.



— Thich Nhat Hanh





-IX- ADDENDUM

*

- A- Attitude**
- B- The Dash**
- C- My Soul Is In a Hurry**
- D- Perfection**

ATTITUDE

By: Pastor Charles Swindoll

The longer I live the more I realize the impact
of attitude on life.

Attitude to me is more important than facts.

It is more important than, the past, than
education, than money than circumstances
than failures, than successes, than what other
people think or say or do.

It is more important than appearance,
giftedness or skills.

It will make or break a company
a church ..a home.

The remarkable things is we have a choice
every day regarding the attitude we will
embrace for that day,

We cannot change our past.

We cannot change the fact that people will act
in a certain way.

We cannot change the inevitable.

The only thing we can do is play on the one
string we have,
and that is our ATTITUDE.

I am convinced that life is 10% what happens
to me and 90% how I react to it.

And so it is with you!

We are in charge of our ATTITUDES.



The Dash

By Linda Ellis

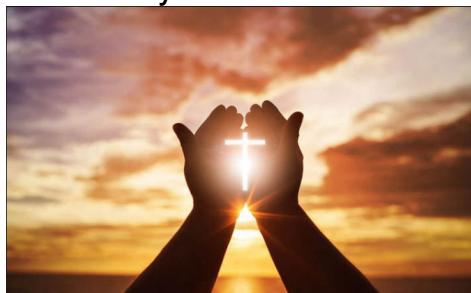
I read of a man who stood to speak at the funeral
of a friend.

He referred to the dates on the tombstone from
the
beginning ... to the end.

He noted that first come the date of birth and
spoke of the
following date with tears, but he said what
mattered most of
all was the dash between those years.

For the dash represents all the time they spent
alive on earth
and now only those who loved them know what
that little line
Is worth.

For it matters not, how much we own, the
cars...the houses...
the cash. What matters is how we live and love
and how we
spend our dash.
So think about this long and hard; are there
things you'd like
to change? For you never know how much time
is left
still can be rearranged.
To be less quick to anger and show appreciation
more and
love the people in our lives like we've never
loved before.
If we treat each other with respect and more
often wear a smile... remembering
If we treat each other with respect and more
often wear a smile... remembering
that this special dash might only last a
little while.
So when your eulogy is being read, with your
life's actions to rehash, would you be
proud of the things they say about how you lived
you dash?





My Soul is in a Hurry

I counted my years and realized that I have less time to live than the time I have lived so far.

I have more past than future. I feel like the child who had a bowl of cherries; At first, she gobbled them, but when she realized that there were only a few left, she began to taste them intensely and passionately.

I do not have time for endless gatherings where statutes, rules, processes, and internal regularities are discussed, knowing, that nothing will be achieved.

I don't have time anymore to bear absurd people, who despite their age have not grown.

I don't have time anymore to fight, justify myself and entertain bullies who hide cowardly behind jokes.

I don't want to participate in conversations, where inflated egos are parading.

I can't stand manipulators and opportunists.

I am annoyed by those envious people, who seek to discredit the most able, in an attempt to take over their position and seize their talent and success.

My time is too short to waste with nonsense and egoistic people.

I'm aiming for the essential, as my soul is in a hurry – not so many cherries left.

I want to live close to people who are "human" Humans who laugh at their own weaknesses and are not terribly conceited about their success. Humans, who do not consider themselves elected before their time.

And humans, who take responsibility. Humans, who

**defend human dignity and who are willing to stand for
truth and uprightness.**

It is this, that makes life worth living.

**I want to surround myself with people, who understand,
how to touch the hearts of others.**

**People who have learned through life's hard punches to
grow by tender touches of the soul.**

Yes, I am in a hurry.

**I am in a hurry to live with the intensity that only
maturity can give, I do not intend to waste any of the
remaining cherries, I am sure they will be exquisite,
much more than those eaten so far.**

My goal is to reach the end – contented.

**At peace with myself, my loved ones and my
conscience.**

**We have two lives, and the second one begins when
you realise that you only have one.**

Mario de Andrade



Open Heart Field



PERFECTION

Perfection is subjective measured against both personal and culturally changing criteria.

We are all born to be who we are, ""PERFECT"" in our own lives and purposes.

We set out to be the best version of ourselves possible:: we love, we forgive, we nurture.

A bird can never be a perfect fish, and a fish can never be a perfect bird, If you expect for the fish to fly, she will disappoint you, and to me that is perfection.

On the other hand;

Perfectionists people are powerful and focused, it comes in the mastery of their God-given obsessions.

They are challenging for themselves and others, yet they have the ability to bring such goodness into the world by virtue of their discoveries. And you are one of them. ****

WE ALL HAVE OUR PLACE IN NATURE! WE ALL ARE PART OF CREATION.

ONLY GOD IS PERFECT.



**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;**

