
THE DREAM & THE DREAMER



THE DREAM

&

THE DREAMER

VAHE SIVACIYAN



TORONTO

- 2024 -

To obtain a copy
Contact

V. Sivaciyan
sivaciyan@sympatico.ca

Feel free to forward to your friends, to reproduce
and to print and distribute free.
It is absolutely forbidden to change any part of the
book or to sell it.



THE RELIABLE PRINTER
PRINT ASSURED

15 – 2200 Markham Rd. Scarborough ON
M1B2W4
Tel : 416-292-9394

STORE HOURS
MONDAY • FRIDAY: 9 AM – 5 PM

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





ACKNOWLEDGEMENT

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

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

*

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



CONTENT

Page

3	- Publications of the author
4	- Note
5	- Acknowledgement
6	- Content
7	- Biography
8	- In Memory of
9	- Dedication
 11	 - Preface
 13	 - I - What is a Dream?
 25	 - II - “As Above, So Below”
 33	 - III - Man and His Waking Life
 37	 - IV - “I Am The Truth”
 57	 - Epilogue
 65	 - Addendum
67	- The Tiger and the Donkey
69	- The Beggar King
72	- The Donkey in the Well
74	- Spilled Coffee
75	- The Water Pot



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.

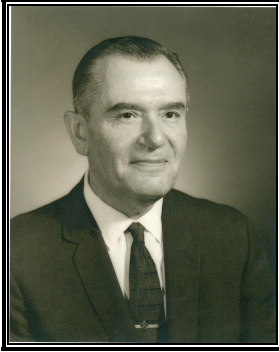


He immigrated to Toronto, Canada with his parents, where he completed his high school education. In 1968 received his Bachelor of Science degree from the University of Toronto, and in 1972, his Medical Doctorate degree from the same university. He specialized in Internal Medicine and in the sub-specialty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





Quotes have the power to transcend time and language, resonating with individuals across generations. They serve as concise expressions of profound truths and can act as guiding lights in our lives. Whether you seek motivation, wisdom, or inspiration, these powerful quotes are here to illuminate your path. So, let their words echo in your heart as you navigate the intricate tapestry of life.

PREFACE

A

A great portion of the content of this book does not provide new information. They were presented here-and-there in my various books previously published. Considering some of the sayings of Jesus Christ and their superlative or metaphorical meanings, I decided to collect, to summarize all that information in this book and added a bit more to it and present them as a single topic.

During one's life, one has the opportunity to learn a lot, and in fact this is the purpose of schooling and subsequent university education. Unfortunately this type of education teaches us only about the world outside, all that we objectify. The truth is that men in general know nothing about the subjective, his true Self. In general, his impression of himself is just a bunch of beliefs usually the result of wrong understanding. In fact, man has much greater learning to do from the conditions and the situations of his daily life. Of course, this could be possible only if he is a seeker, he is alert and he is receptive. It is just because of this that old people tend to be much wiser. They, even unknowingly, have learned from their life experiences. Would it not be better if man becomes more interested about the "subjective" in his youth and learned from life events knowingly? Even today medicine, which we consider to be well-advanced science, takes into consideration only man's body and brain, which in fact is part of the body. Without a doubt, doctors have discovered many causes of many various diseases. These causes can be the result of genes inherited from parents, the person's lifestyle, the invasion of the body by certain bacteria or viruses and/or lack of immunity. Then, what should we say about those who are born sick? I assume it would be considered normal to blame the mother. But why

is it that some get sick and others do not? Why is it that the same illness can cause catastrophic suffering in one individual and hardly any symptoms in another? Definitely doctors, using the medical scientific knowledge of today, can find excellent explanatory reasons for this difference. Today's medicine tries to correct things that have gone wrong, rather than or instead of preventing things from going wrong. As a newborn baby is at the threshold of his worldly life, in the same way today's medicine also is still in its infancy. When Jesus was curing the sick, did He use medications or performed surgical procedures? We still have a lot to learn.



B

The contents of chapter V 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.





- I -

WHAT IS A DREAM?



WHAT IS A DREAM?

Without any exception, dreaming is the experience of every individual. The content of each person's dream may differ from that of others; hence, the subject matter of every dream also differs from others. The purpose of this chapter is not the content of the dreams; of course, when appropriate, references to the contents will be presented. Has anyone ever thought about the properties and particularities of a dream? In this chapter we will consider the following properties:

- a- What is a dream and why it occurs only during sleep.
- b- Is the content of a dream a reality or not?
- c- The time (duration) and the space it takes place in.
- d- The relationship of the dream and the dreamer.
- e- What or where is the source of the dream.
- f- What is the purpose of the dream?

a- What is a dream and why it occurs only during sleep.

The following is written in the Book of Genesis as part of God's creation:

**So God created man in his own image, in the image of God he created him; male and female he created them.
(Genesis 1:27)**

This information does not indicate that man physically looks like God or God looks like man. Instead, the meaning of this passage is that man has certain qualities of God. God is creative; hence, man also in his right is also creative. Therefore the dream is man's creation. The "dream", or perhaps it would be more appropriate to say "dreaming", is possible only when man's mind is free and not preoccupied. When man's consciousness is at a higher level, namely the waking state, his mind is so busy with the world outside that it becomes impossible for him to dream, to create. In deep sleep, man's level of consciousness is so low that he is not aware of the world and even of his own existence. At that

stage, his mind is completely “wiped clean”. A mind that is not aware of anything can not have any thoughts or emotions, hence, also can not be creative. Therefore when one’s consciousness is not at a deep sleep level and also is not at the waking state level, but in between the two, the individual is dead to the external world. But, he still has some consciousness, which is no longer preoccupied by the events and information coming from the external world; therefore, he is able to have a dream as his creation. During one night’s approximately eight hours of sleep, one’s level of consciousness frequently changes, usually between deep sleep and dream levels. Sometimes the level of consciousness may even rise to the level of a waking state for a short period. During one night’s sleep, one may dream four or five times and each dream may differ from each other. Depending on the content of his dreams, we may say, fortunately or unfortunately, he does not even remember the contents of his dreams, his creations, except the one he may have had just before waking up.

b- Is the content of a dream a reality or not?

Undoubtedly, whomever we ask this question, they will respond with the negative answer. They will say: “No, it is just an illusory dream and it is not real”. Their answer appears to be convincing because when one wakes up, the dream as well as everything that was within the dream, disappears and they continue their usual waking life where that had left off the night before when they had gone to sleep. As a result, for them the waking life is reality but not the dream.

The answer to this question is not as simple; on the contrary, it is much more complicated and difficult to understand and grasp. To have a certain understanding, let us consider the following content of a dream: The individual in his dream goes for a walk in a forest; suddenly he comes face-to-face with a tiger and the tiger slowly moves towards

him. He starts running and he suddenly comes to a precipice. He looks down and at the bottom he sees a river flowing, looks back and sees the approaching tiger and decides to jump into the river hoping it would be deep enough and he would survive. As he jumps, he falls out of his bed and wakes up. He gives thanks to God that it was only a dream and slowly he calms down. The pyjama he was wearing, the bed sheets and the pillow were all wet from his sweat. He sensed the palpitation of his rapid heart beat and his panting was audible. Why did he have such a physiological reaction? Is it not true that the dream is an illusory, unreal, made up story? Most likely the answer to these questions will be as follows: “He had thought that it was real but only after waking up he realized it was not real but only a dream”. Is it possible that this question could have a different explanation or answer? Is it not possible that when the individual’s consciousness was at the dream level and he was in his dream, that the dream was an absolute reality, but not at the higher level of consciousness, which we call “the waking state”? Is it not possible that one’s reality also changes with the change of his level of consciousness? In deep sleep, the world outside, which he considers to be reality, might prompt the question “does it exist at all?” He may answer saying: “Yes”, because when he wakes up in the morning he continues where he left off the night before. Is it not possible that the following night he dreams again and once again he finds himself in the same jungle and in the presence of the same tiger? Therefore, as an answer to the original question, it may be more appropriate to say that when we are in the dream, the dream is a reality, but when we wake up it becomes only a memory of an illusion. Hence, whether a dream is a reality or an illusion is dependent on the person’s level of consciousness. Therefore one may say that a dream can be a reality or it can also be an illusion at the same time. This may depend on our perspective.

c- The time (duration) and the space it takes place in.

It is highly possible that everyone may have had the experience of a dream of being for a relatively long duration. Let us consider a dream involving a boat trip lasting several weeks, or a dream of a banquet lasting two or three hours. If we consider the frequency of the electroencephalographic recording corresponding to the dreams, the dreams have lasted only half a minute. Is it not true that the scientists of quantum physics have also proven the relativity of time? (With regards to this it is recommended that one should also read in one of my previous books titled "Universal Laws" chapter VII titled "Consciousness and Time" Pages 147-154). Based on this, "time" must be a creation of the human mind. The duration of the dream may last hours, days or weeks when the individual has become one with the dream, but for the one sleeping in bed, it has lasted but a short moment.

If once again we consider the two examples of dreams given above, we will see that the boat trip that lasted a few weeks and covered miles of distance, may have even gone from one continent to another and back. In the second example, the dreamer may have travelled ten to twenty meters of distance visiting various tables to greet the attendees. These distances are part of the "space" we live in. Space has three directions, dimensions; up-down, right-left and forward-and-backward that from ancient times have been presented by the "x, y & z" axes. These three have a 90° relationship to each other. During the last 100 years or so, time is also considered to be a fourth axis. We should consider the fact that the miles of distance covered by boat, or meters of distance walked, all took place in the mind of the dreamer, the one sleeping in bed. Hence, it appears that "space" is also a creation of the human mind. Certainly some will argue that the space and the time of the dream are not reality because the dream itself is an illusion.

d- The relationship of the dream and the dreamer.

The dreamer permeates everything within the dream. It is the consciousness of the dreamer that is aware of everything that goes on within the dream. Without a doubt, the dreamer is always within his dream and can have all kinds of experiences. He can be very happy, but at the same time if the dream is a nightmare, he can be miserable and severely suffering. Let us assume that the dreamer within his own dream has gone to war as a soldier, and he is taken as a prisoner by the enemy. To get some information from him, they torture him. First they beat him up, then one-by-one they cut off each one of his fingers and then they take out one of his eyes. The poor guy suffers a lot and finally they decide to kill him. Just as the killer blow was going to hit him, he wakes up screaming from his sleep and also the dream. He notices that all his fingers were intact and both of his eyes also could see normally. The dreamer, despite being in his dream, being fully aware of everything in the dream and having all kinds of experiences, is not affected by them. This does not mean he can not wake up in terror, but he quickly realizes it was all an illusory dream, and quickly settles down. There is one other important point regarding the relationship of the dreamer and his dream. As indicated above, despite the fact that the dreamer, being all pervading within the dream, becoming aware of everything within the dream and experiencing everything within the dream, he can not be seen in the dream. It is true that when the dreamer is speaking with another person within the dream, the actions of that other person are such that he is able to see the person he is talking to (the dreamer). On the other hand, the dreamer, despite knowing that other person's thoughts, in his consciousness, he has no knowledge regarding his own physical presence. The dreamer never sees himself in his own dreams. The dreamer sees himself only when he wakes

up from the dream, as the person who was sleeping, lying in bed, who now is awake.

The dream takes place in the mind of the dreamer and the dreamer penetrates all aspects of the dream; hence, it would be appropriate to say that the dream and the dreamer are one. As a prologue to the next paragraph, it may be appropriate to say that the dream is born out of the mind of the dreamer. The various people within the dream may be some of the loved ones of the dreamer or completely new characters. For the loved ones, we can not say that they are in the dream, because they are actually sleeping in their own beds; hence, the ones in the dream are but a picture of them. All the people within the dream are born from the mind of the dreamer; hence, it may even be appropriate to say that they are all his “children”.

e- What or where is the source of the dream.

The individual creates his dream when his level of consciousness is lower than that of his waking state. At that level of consciousness, the individual, having cut himself off from the external world and thus his consciousness somewhat “emancipated” from all the information pertaining to the external world, becomes conscious only of the information that is within the individual’s subconscious mind. The totality of all that information forms the person’s nature. Despite the fact that man has a free will, unfortunately the great majority of the information within the subconscious mind has been put there by others. Starting from childhood, various experiences, the influence of parents, teachers at school, the clergy at religious places, all information heard on the radio and the television etc. as well as books read, form the content of the subconscious mind without the knowledge of the individual. Undoubtedly, there is also some information that the person himself has knowingly put there. When one trains as an apprentice or tries to learn to drive a

car, he is knowingly and consciously putting that information into his subconscious mind willingly, using his free will. Unfortunately, one always thinks that all the decisions that he makes are a result of using his free will. In fact the truth is that all his decisions occur according to his nature. This truth has been scientifically proven. Approximately 300msec. before making his decision, his brain has already started implementing the decision that he makes. Hence, what is the meaning and purpose of a free will? The purpose of the free will is for the person to willingly clear the “garbage” within the subconscious mind and replace them with virtues and thus change his nature. In the past, one may have had a lot of desires and a lot of wishes that have never materialized. It is possible that as a result of the passage of time, he may have even forgotten such emotions, such as anger, hatred etc., they also form part of the information within the subconscious mind.

Coming back to the subject at hand, during sleep, as a result of a lower level of consciousness, unaware of the outside world and conscious of only the information within the subconscious mind, and making use of all that or part thereof, one creates his dream. It is because of this that those who interpret dreams can predict characteristics of the nature of the dreamer.

Therefore, one dreams according to his nature. Hence, the source of the dream therefore is his subconscious mind and the information that is amassed there.

f- What is the purpose of the dream?

Most probably many will say that a dream has no purpose, that it is simply an imaginary, illusiory dream. Is it possible that the dream could have a purpose? If we consider the predictions of the dream “reader” that correctly express the characteristics of the nature of the dreamer, we may also say that the purpose of the dream is an advice or a warning

given to the dreamer regarding his nature. If one's dreams in general are nightmares or cause him suffering during the dream, one should understand that the information within his subconscious mind needs to be changed. But how many have such an understanding and make an effort to change their nature? We should not criticize anyone, for they are not dream readers, and thus can not know the purpose and the meaning of their dreams.

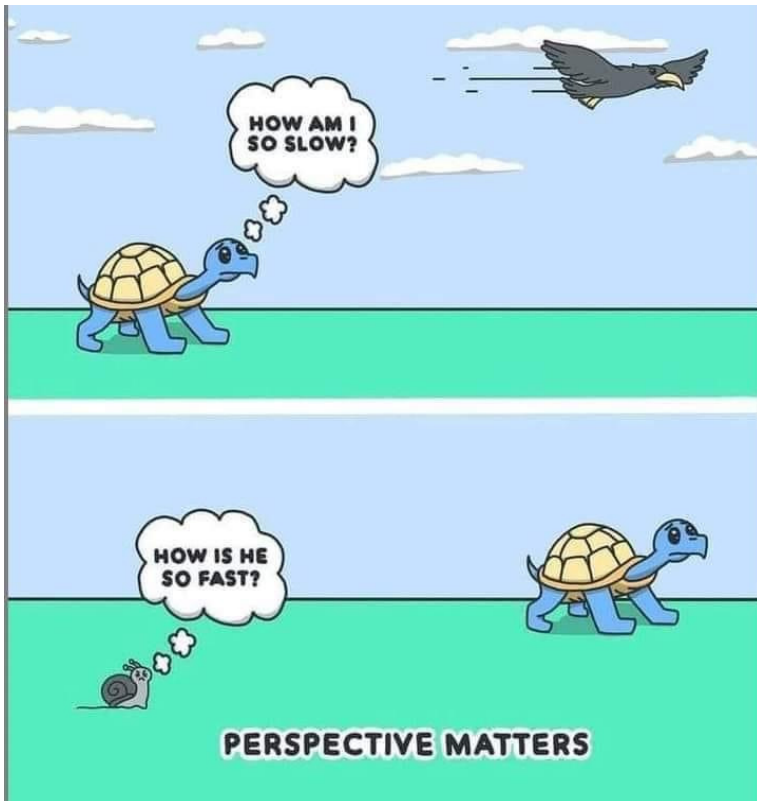
Is it possible that the dream could have a much higher and sublime purpose as well? From very ancient times, man has always tried to find the meaning and the purpose of human life and thus make sense of it. From the old Greek philosophers to the present day ones, all have constantly been "beating the same drum" and it appears that they still have not come up with a definite answer. Is it not possible that by properly understanding all the characteristics of the dream and thus comparing this with our lives in our waking state, perhaps it would be better to say that if we could study our waking state according to those characteristics, we could also better understand or have a more sublime understanding of our waking lives? Could not such an understanding teach us the purpose of our lives, reveal to us our "place" within the creation, our relationship with mother nature and most importantly, our relationship with God? Undoubtedly many will respond saying: "No, because our waking life is a reality and the dream is not". Is it?

CONCLUSION & SUMMARY

In the following chapters, especially within chapter IV, there are references to the following various characteristics of the dream.

- 1- By properly understanding that which is "below" the dream, it is possible to infer and have a conclusion regarding what is "above".

- 2- For each level of consciousness expressed, one's reality also changes.
- 3- The dream is both a reality and also an illusion. This depends on the level of consciousness expressed.
- 4- The dreamer is within the dream.
- 5- The dream is within the dreamer.
- 6- The dream and the dreamer are one.
- 7- The dreamer can not be seen within the dream.
- 8- The dreamer is not physically affected by the dream.
- 9- Within the dream, time passes much faster.
- 10- Man creates the content of his dreams according to the information amassed within his subconscious mind.



Kahlil Gibran



“FEAR”

“It is said that before entering the sea
a river trembles with fear.

She looks back at the path she has traveled,
from the peaks of the mountains,
the long winding road crossing forests and villages.

And in front of her,
she sees an ocean so vast,
that to enter
there seems nothing more than to disappear forever.

✓ But there is no other way.
The river can not go back.

Nobody can go back.
To go back is impossible in existence.

The river needs to take the risk
of entering the ocean
because only then will fear disappear,
because that's where the river will know
it's not about disappearing into the ocean,
but of becoming the ocean.”



- II -

“AS ABOVE, SO BELOW”



“AS ABOVE, SO BELOW”

When the circumference of the circle is divided into six equal parts by its radius, it gives rise to two triangles, one pointing up and the other pointing down (See Figure 1), as if

Figure 1

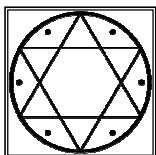


Figure 2



saying “As above so below”. This shows the harmony within the universe. It also symbolizes that God became man so that man can become god. The six pointed star was used in ancient

Armenia before it became the Star of David (See Figure 2). For our purpose the important meaning is as indicated above: “As above so below”. What is “below” represents all that is within man’s everyday experience. On the other hand, the “above” represents what is superlative, what is not within the experience of the majority of mankind, that which belongs to the spiritual life and that which is divine. If this meaning of the six pointed star is correct, should we not understand what is “above” by trying to properly understand what is “below”? Because if “as above so below” is correct then “as below so above” must also be correct. Hence, if we are attentive and we are curious, inquisitive and searching and study all that is within our experience and properly understand their meanings, it would be very likely that we would also cultivate some understanding about the superlative, about the spiritual life. The entirety of nature is our best teacher. If we carefully learn the lessons given to us by nature, we would much better understand the meaning of our lives, our place within the creation and our relationship with the Creator our God. If we do develop such an understanding, shouldn’t we think that we would also live our lives accordingly, a God-pleasing life?

How should we learn a lesson from nature? As a simple example consider the following experience, which most likely we all have had some time or another, but have

we ever learned any lessons from it? As children, most likely we have thrown stones at a tree with the hope of hitting and causing a fruit to fall down so that we could eat it and enjoy its sweet taste. Could such an event teach us a lesson? When we were “stoning” the tree, was that not an evil act? Would you want anyone to stone you? Likely not and if one had done so, you would get angry and retaliate. But when we were “stoning” the tree, the tree did not retaliate in a negative way, instead it gave a present, the fruit. Was it not just because of this that Jesus said: “Love your enemy”? Today nature is in major trouble; unusual heat, fierce storms, loss of certain species of plants and even animals, pollution of the air, waters and soil etc. The cause of all this is the selfishness and greed of humanity. Is man so stupid that he has not understood that he also is part of that nature? Hence, what he does to nature, he does to himself. Should we not wonder as to why man is subjected to all sorts of sufferings in this world?

The purpose of this book is to study that which is “below”, that which is within our experience so that we can better understand the teachings of the Gospels and thus change our way of living, so that, as Jesus had said we also “become like Him” and “be perfect as our Heavenly Father is perfect” and thus to better understand that which is “above”, the Truth (reality).

It would also be appropriate to give an example as to how one, by understanding what is “below”, can also understand what is “above”. Because the “above” pertains to the spiritual life, to the divine, it would be appropriate to use an example that is common to all. It is possible to say that to breathe, to eat, to drink water, to urinate and to empty our bowels are all experiences common to all man, as well as seeing, hearing, tasting, touching ... But it is possible for someone to be born blind or deaf. In the world in different

cultures what people eat or drink may vary significantly. The taste of foods in different cultures may be totally different; therefore people's experiences may also be different. At the same time all those experiences mentioned above do not belong only to the physical body. This last statement may bother some people. If one thinks that he is his physical body, than it would not be surprising that they are bothered. Let us consider the following example that also makes us understand the "above" by fully understanding the "below".

Let us consider an example, an experience which is not necessarily common to all. Driving a car should also teach us who we are. When sitting in a car and we travel from one place to another, we do not say that we are the car and the car represents us. We are simply the user of the car, making use of it to get to our destination. Undoubtedly there some individuals that are so attached to their car, so proud of it that they have a difficult time separating themselves from it. Don't we consider such people as being spoiled and idiotic? When we reach our destination, don't we leave the car and go away? If we consider this example of the car representing that which is "below", what can we learn from it about the "above". We are not our physical body, but just the user of it to "travel" from one "place" to another. The starting "place" is the birth of the body and the destination "place" is the death of the body; hence, the body is the "vehicle" we use to "surf" this worldly life of ours. Both the car and the human body are composed of matter and are subject to time; hence, subject to change, to wear, to age and malfunction. For the human body, we call it old age and for the car we declare it as junk. Man has a soul that is immortal and is the user of the body and he is not the body. Without a doubt the body belongs to him, just as the car also belongs to him. Just as a well-kept car can serve us for many years, in the same way a body that is well taken care of can serve us in a healthy way,

into advanced old age. When we abuse the car and do not take proper care of it, it frequently breaks down and requires repairs in a garage. The situation is the same for the human body; it frequently becomes sick requiring treatments in or out of hospitals.

At this juncture, let us return to our original topic. We should find an experience that is absolutely common to all men. This experience must be sleep, namely change in the level of consciousness. In one of my previous books titled "The Bliss of Death" (Pages 51-53) information was given regarding changing levels of consciousness that are in everyone's experience. Here a short summary will be presented regarding the various frequencies of people's electroencephalographic (EEG) recordings during various levels of consciousness expressed.

a- Beta (β) waves (12-32Hz) represent waves with high frequencies. These are present when the individual is fully awake and "fully conscious".

b- Alpha (α) waves (8-12Hz) are present when the brain is quiet and not functioning. It may be that the individual is sitting quietly and listening to calming music.

c- Theta (θ) waves (4-8Hz) are present when the brain is asleep as well as when it is in a hypnotic state. During this stage, one also dreams.

d- Delta (δ) waves (0.5-4Hz) presence tends to indicate deep sleep.

The level of consciousness represented by the next frequency EEG is not experientially common to all men. People with such experience are rare to find.

e- Gamma (γ) waves (32-100Hz and more ...) are seen only very rarely. At this level, the ability to comprehend and the levels of cognition reach their pinnacles as a result of infinite levels of consciousness. This awakening is not the result of external influences, but rather internal, the result of

certain hormones. At this juncture, the energy levels within the body rise up to the brain and for the individual, it is his internal world that represents reality and not the external world.

Let us consider the above indicated different levels of consciousness and one's experiences related to it.

The first (a), namely the waking state, one's experiences in general pertain to his body, all the information that he gets through his five senses and the thoughts and emotions that they cause. A similar external world experience may have different impacts on different people depending on their culture, their age or the effect of previous similar experiences. At this stage, from such physical-mental experiences one can learn a lot to fix his way of living (consider the above given story about stoning the tree and loving your enemy).

The second (b) level of consciousness still suggests a state that is awake, but at this stage the "inner world" is more important for the individual rather than the "outer world". He becomes aware of various thoughts. He ignores the outside world. His consciousness slowly descends into his own subconscious mind where the contents of his nature are found. At this stage, the "sound" of the thoughts ceases; instead "pictures" start appearing. It is possible to reach such a level without actually sleeping. An example of this is to drive a car very safely but unaware. This is called day-dreaming. This is a form of "rapture", a sudden change in the level of consciousness. At this stage, one does not become aware of any input from his five senses. He does not hear, does not see, does not smell, does not taste and does not feel. In fact, all these do take place but are not registered in his awareness. His consciousness is busy with his imaginations.

The fourth (d) level is the deep sleep level and at this level the individual is not aware of anything. He is not even

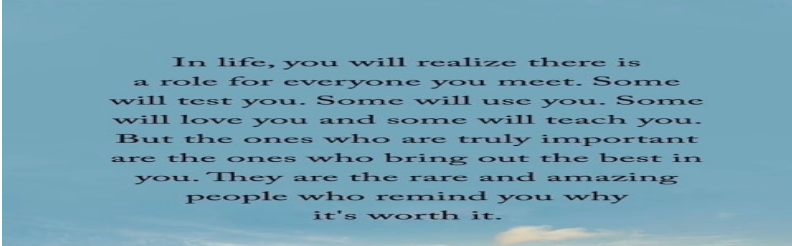
aware of any content of his subconscious mind; hence, he has no thoughts or any emotions. At this stage, it is possible to say that the individual has a “pure heart”, meaning a mind that is fully cleansed, that which Jesus had indicated in the Sermon on the Mount. Therefore, if we believe in the teachings of Jesus Christ, at this stage the individual is in communion with his true Self, the Christ within. But what a tragedy that he is not awake to have the experience and to be aware of it.

The third (c) level, which is the hypnotic state or dream level, represents the total ignoring of the outside world but being fully immersed into his subconscious mind and the content thereof, which constitutes his nature. At this level, the individual dreams and the experience of dreaming is common to all regardless of culture and age differences. The contents of the dreams may be influenced by their cultures or age but not dreaming itself.

The purpose of this book is to study the dream, which without exception is in everyone's experience and belongs to the “below” and to learn all about it and to use this knowledge and compare it with the teachings of Jesus Christ so that we also can receive an understanding about the “above”.

The fifth (e) level represents a high level of consciousness, which will be discussed in future chapters.

As the car belongs to the “below” and man's use of his body to the “above”, in the same way man's life on earth belongs to the “below” and his spiritual life belongs to the “above” and the dream he dreams during sleep belongs to the “below”. There is also “a dream” that belongs to the “above”.



In life, you will realize there is
a role for everyone you meet. Some
will test you. Some will use you. Some
will love you and some will teach you.
But the ones who are truly important
are the ones who bring out the best in
you. They are the rare and amazing
people who remind you why
it's worth it.



- III -

MAN AND HIS WAKING LIFE



MAN AND HIS WAKING LIFE

If we consider the ancient “as above so below” dictum to be correct and a “truth”, it would also be possible for us to say “as below so above”. If there are those who do not accept this dictum to be true and correct, it is recommended that they read one of my previous books titled “Awakening”, and specifically the chapter titled “Religion and Science” (pages 25-59). There are many examples in nature that follow this dictum and they represent its presence, its function. It would be appropriate to present here a short quotation from the book titled “Awakening”: “Approximately 30 years ago, the theory of “**fractals**” was advanced. According to this theory, the whole was repeated in its parts. This reality was hidden from us by many unnecessary parts”.

Man tends to believe that whatever is within his personal experience and that which he experiences through his five senses is the absolute reality. Based on this belief, he also considers the world, the stars and the universe with all their multiplicities to be true and real. But today, scientists, who know much more than the general public about the world and the universe, are bewildered and are saying that the world and the universe is but a hologram. They also seem to think that there are many universes (known together as multiverse). If they are also real and true, as well as what is called dark matter, how come they are not part of our experiences. They have also shown that when one’s attention is fixated on a sub-atomic particle, its behaviour changes.

Man believes that his physical body and the life that he lives are real and true, mainly because he feels, he talks, he eats and he drinks and after a good night’s sleep, he continues his life where he left it off the night before. Without a doubt, the life that one lives is absolutely true and a reality for the level of consciousness he is able to express which is called the “waking level”, in the same way that a

dream is also reality for that lower level of consciousness that we call the “dream level”. It is only when one wakes up from sleeping and dreaming that he realizes that the dream he had lived was not real but only an illusion. Is it not possible that the life we call our waking level could also be another dream level? We would become aware of this truth only when our level of consciousness is expressed at a much higher level than the “waking state”, which we express now. It is this much higher level of consciousness expressed that is known as enlightenment, the awakening. If the “waking level” of consciousness belongs to the “below” and the higher level of consciousness of the enlightenment belongs to the “above”, the relationship between these two should be basically the same as the relationship of the dream to the waking state. If “as above so below” or “as below so above” dictums are correct, then the above-presented relationships should also be valid and true. Are not all of the people and the items within the dream the creation of the dreamer? Then, who is the creator of the “dream” that we call our waking life? Who is and where is the dreamer of our lives? As it was previously indicated, it is not possible to see the dreamer within the dream. It is possible to see the dreamer only when we wake up. That waking up is the awakening indicated above, the enlightenment. Hence, where is this world, this life and this universe? Should they not be in the mind of the dreamer? All our experiences are the experiences of the dreamer alone. Hence the dreamer should be our true Being, our true Self. Would we not want to see and to know our true Being, the dreamer?

It is highly possible that there will be many who will consider the content of this chapter to be an incorrect understanding or interpretation and will ignore it entirely, mainly because there does not appear to be any authoritative proof. **Isn't there?**



- IV -

“I AM THE TRUTH”



“I AM THE TRUTH”

In this chapter many Biblical verses will be considered and we will try to understand their proper meanings by comparing them to the experiences that we are privy to as presented in the previous chapters. In other words, interpreting information given to us about the “above” by comparing them to experiences we have “below”.

Some of the verses quoted in this chapter were also presented in one of my previous books titled “I AM”.

At the end of the first chapter in the section titled “Conclusion and Summary”, it was written:

1- By properly understanding that which is “below”, the dream it is possible to infer and have a conclusion regarding what is “above”.

Within this chapter we will try to validate our understanding of the Biblical quotations by comparing the “below” with the “above”. Without a doubt, all of Christ’s sayings belong to the “above” and the common experiences we tend to have belong to the “below”. Did not Christ say:

“You are from below; I am from above. You are of this world; I am not of this world”. (John 8:23)

All that belongs to the “below” will be presented by the ten points within the “Summary” section at the end of chapter I.

The next verse to be considered is the following:
“Wake up, sleeper, rise from the dead, and Christ will shine on you.” (Ephesians 5:14)

2- For each level of consciousness expressed, one’s reality also changes.

According to this quotation from the Bible, it appears that all of humanity is asleep and appears to be “dead” with regards to his spiritual life, in the same way that in sleep at night we are actually “dead” to the waking world. The advice given is that we should wake up. Our so-called waking life, which we consider to be a reality also appears to be another

level of sleep. And if we are in a sleeping state, then the life we are living must also be a “dream”. Within this “dream”, according to our level of consciousness we appear to be “dead” regarding the Truth, regarding reality. “Christ will shine on you” is an indication of an higher level of consciousness achieved. Christ has used the word “Light” as a metaphor to indicate consciousness. As light makes everything visible, in the same way consciousness makes us aware of everything. The source of consciousness is Christ. Consciousness is the result of the presence of God in us. Is it not written?

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

And God said, “Let there be light,” and there was light.
(Genesis 1:3)

“This is the message which we have heard from Him (Jesus) and declare to you, that God is Light and in Him is no darkness at all.” (1 John 1:5)

“I am the Light of the world. He who follows Me shall not walk in darkness, but have the Light of life.” (John 8:12)

“You are the light of the world. A city that is set on a hill cannot be hidden, nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. Let your light so shine before men, that they may see your good works and glorify your Father in Heaven.” (Matthew 5:14-16)

Within the entire creation there is only one consciousness and that is the “Light” of God, the consciousness of God. Within the creation, everything expresses the same consciousness in various degrees, at various levels. It is just because of this that Christ has also said: “You are the light of the world”. If we are the “light” of the world, then the consciousness we have must also be part of Christ’s consciousness and Christ is also in us. God has given man the ability to increase the level of consciousness to a much higher level than what he expresses and calls the waking level of consciousness. The success in achieving such

an increase in level of consciousness is also known as Christ-revelation within us.

At each level of consciousness, the reality also changes for us.

As a continuation of the previous paragraph, let us study the following quotation.

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

3- The dream is both a reality and also an illusion. This depends on the level of consciousness expressed.

Man's reality changes according to the level of consciousness he is able to achieve. When he dreams at night, the content of the dream is an absolute reality for him until he wakes up. Only when he wakes up does he realize that it was only an illusory dream. According to Christ's teachings, the only Truth is the Christ. Based on this, should we not make an effort to wake up from this so called “waking state” and get to know reality? Perhaps, instead of saying “get to know reality” it would be more appropriate to say “experience reality”, in other words to “see the dreamer”.

The “salvation”, which is frequently indicated within the New Testament, is to experience the presence of God, it is to fuse with and into God and it is to wake up from this dream we call our waking state. Salvation is not going to “heaven” after we die, but rather it is joining with God within the present, it is waking up from the “dream”. Is not the present eternal? The truth is that those who seek salvation will never be saved because they are attached to their “Ego”s and their bodies and think that it is these two that will be saved. Christ has clearly indicated:

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

(Unfortunately and wrongly in the English translations, the word “life” is used instead of “self”)

The purpose of our lives should be the revelation of Christ within and through us and not to save ourselves or pursue salvation. If we succeed in the true purpose of our lives, salvation is God's grant, God's gift given to those who become worthy to receive it. Jesus Christ clearly taught us as to how we are to succeed in waking up from our slumber, the sleep which we call our waking state. The same is also indicated within the Old Testament as well.

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

(Matthew 5:8)

"...therefore be holy, because I am holy". (Leviticus 11:45)

"Be still, and know that I am God;..." (Psalm 46:10)

The way to achieve this success, as indicated in these two verses, is simply to develop a "pure heart", which is a mind free of all thoughts and emotions, a mind that is completely cleared. This is possible only when we emancipate ourselves from worldly pursuits and even more importantly, when we emancipate ourselves from our "Egos" and to tend towards our true Being, the Christ within. It is only then that we can succeed in "seeing" God, in "knowing" God.

It is appropriate to consider the following three verses together.

"I am in the Father, and the Father is in me". (John 14:10)

"I and my Father are one". (John 10:30)

"I am in my Father, and you are in me, and I am in you". (John 14:20)

4- The dreamer is within the dream.

5- The dream is within the dreamer.

6- The dream and the dreamer are one.

If we have properly understood the properties and the meanings of what belongs to the "below", namely the dream, we should also properly understand the properties and the meaning of what is "above". According to the first two verses quoted above, it appears that all of creation is nothing but the "dream" of God the Father. It is the glory of the

Father. It is the physical expression of the Father. It is the Son of God, the Christ. God the Father is within His creation, and the creation, the Son-Christ, is in the Father and the Two are One. On the other hand the third quotation above is extremely interesting. According to that verse and the words of Christ, it appears that our waking life is nothing but the dream of Christ that is within us. As a result, Christ has said: "You are in me and I am in you". If our lives are a dream, should not the dream be in the mind of the dreamer? At the same time, the dreamer should also be within the dream. Jesus Christ indicated this same idea in different words, with different analogy as well.

"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)

In this verse Christ uses the vine as a metaphor. He presents Himself as the vine and we as the branches. The vine is one, but has multiple branches. All the branches are part of the vine. The purpose of the branches is to be fruitful. How to be "fruitful"? The purpose of the creation is God-revelation. The purpose of man is to bring this to fruition, to realize the revelation within and through himself. As we all have Christ within us, we also must be a part of the Son of God and thus present His multiple expressions. Just because of this it is written:

"The Spirit himself testifies with our spirit that we are God's children. Now if we are children, then we are heirs-heirs of God and co-heirs with Christ ..." (Romans 8:16-17)

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

"Is it not written in your Law, 'I have said you are "gods"'" (John 10:34)

"I said, 'You are "gods"; you are all sons of the Most High.'" (Psalm 82:6)

"...for the Lord your God, who is among you, is a great and awesome God". (Deuteronomy 7:21)

To better understand all this that belongs to the “above”, let us consider a common experience that belongs to the “below”, so that we can better understand and receive appropriate knowledge. Man has a physical body and that body has billions of cells and each cell works for the benefit of the total body. Every single cell is part of the body and it is impossible to say that just one cell is the entire body. In the same way, everything and every individual is part of the “vine”, is part of Christ, but no one individual can say that he is the Christ. It is true that without the presence of Christ, one can not exist; in the same way that without the body, the cells can not exist, and also in the same way that without the vine the branches also can not exist. If one of the cells in the body, instead of working for the benefit of the total body, decides to be egotistical and only works only for its own glory and survival, we call those cells “cancer” and we cut them out separate them from the body and throw them away. The following verse is a reference to this reality pertaining to the “above”.

“I am the true vine, and my Father is the gardener”.

(John 15:1)

God the Father is also the “gardener”. In the Bible it is also written that if the branches are not bearing fruit, the gardener will cut them off and throw them away. Jesus has revealed this same idea and also His mercy with a short parable.

“Then he told this parable: 'A man had a fig tree, planted in his vineyard, and he went to look for fruit on it, but did not find any. So he said to the man who took care of the vineyard, 'For three years now I've been coming to look for fruit on this fig tree and haven't found any. Cut it down! Why should it use up the soil?'
'''Sir,' the man replied, 'leave it alone for one more year, and I'll dig around it and fertilize it. If it bears fruit next year, fine! If not, then cut it down.'" (Luke 13:6-9)

In this parable, the owner of the fig tree represents God the Father and the man taking care of the garden is His Son, the Christ, and the fig tree represents us, man, humanity. It appears that Christ always gives us the opportunity for us to be “fruitful”. Hence, don’t we think that it is our duty to be “fruitful” and to live for the benefit of the entire creation, namely, both for nature in general and humanity, society in general? The meaning of this is to reveal Christ within us, so that our lives also, just like that of Jesus, reflects all the divine qualities. Otherwise our end can also be tragic, since it is written:

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

At this juncture, it may be appropriate to have some information as to what it is that dies. Within a previous book titled “The Bliss of Death”, extensive information was given regarding what death truly was. Here only a short summary will be presented. If each individual is an expression of Christ and Christ is eternal and immortal, then should not every person also be eternal and immortal? Don’t we say man’s Spirit is immortal? The Spirit in us is the presence of Christ in us. It is the true and real Being of the individual, but unfortunately men in general have not experienced the presence of their true Being, mainly because man’s attention is towards the outer world and his Spirit is part of the “inner world”. Man has not seen It, has not felt It, has not heard It... but at the same time without It, he can not see, he can not feel, he can not hear, he can not taste and he can not smell, all that are part of his experiences. When man’s true Being that is dreaming his life goes into a deep sleep, the dream ends. From our perspective, we call this “death”. The body that had come from the soil returns to the soil and the Spirit returns to Its source, to God. During his life, man, as a result of his thoughts, words and deeds has stored a lot of information. This information remains with the Spirit and the Spirit with the information we call a “Soul”. Hence it

appears that it is the body of man that dies. The body of the Son of man, Jesus, also died on the cross, but it did not decay and within three days its matter changed to energy and disappeared. Every person also has an individuality. After the death of His body, Jesus' individuality resurrected. Did not Jesus say to the other crucified man on His right side: "Tonight you will be in paradise with me"? But if we are sinners, our individuality also dies with the body.

It is interesting as to why Jesus was crucified with two other criminals. In Jesus' life, everything, all His deeds and circumstances of His life have always been metaphors and have had superlative hidden meanings. It is highly likely that the two others crucified with Him metaphorically represented the two poles of Jesus' individuality; one, the positive in constant communion with the Christ within and the other pole, the negative, His "Ego". When the communion of His individuality with the Christ within got severed, did not the Son of man, Jesus cry out:

"And at the ninth hour Jesus cried out in a loud voice, "Eloi, Eloi, lama sabachthani?"--which means, "My God, my God, why have you forsaken me?" (Mark 15: 34)

It was then that the other criminal on His left said: "You are Son of God, bring yourself down from the cross, save yourself and save us too". Is this not an example of egoism? On the other side, the man on the right side of Jesus, who accepted his punishment and hence was fair, became worthy of resurrection because he had fully repented his sins. We should also be careful and vigilant so that our individuality does not follow the ways of the "Ego" and act egotistically, instead should tend towards the Christ within and be directed by Him and thus be fair and altruistic so that he may be worthy of resurrection. It is just because of this that Christ has said:

"I am the resurrection and the life". (John 11:25)

The information presented in this section is partly repetitious, but essential. Repetitions are helpful to better understand certain ideas and help us to assimilate them.

"I am the Lord, who has made all things". (Isaiah 44:24)

"I know it and am a witness to it," declares the Lord".

(Jeremiah 29:23)

"I am with you," declares the Lord". (Haggai 1:13)

"I am the bread of life". (John 6:35)

7- The dreamer can not be seen within the dream.

8- The dreamer is not physically affected by the dream.

As much as the dreamer can not be seen within the dream, according to the first two quotations from the Old Testament, it appears that we live our lives according to God's will and all our thoughts, words and deeds are known by God. Despite of being aware about everything that happens in our lives, He is not affected by them. The third quotation tends to validate the Truth that was presented in previous sections. As Christ had said in the New Testament, "I am in you", also within the Old Testamen God has also said the same. Without the presence of God, the Christ within us, we could not have life and we could not be alive; and, this is the meaning of "I am the bread of life". Bread nourishes the body and the Christ within us, in addition to nourishing the body, also nourishes our entire being, namely, our individuality, our mind and our consciousness. If all these are the graces given to us by God, then why do we ignore our true Being, the Christ and worship another god, our "Ego"?

According to physics time appears to be relative. Time proceeds slower as the speed increases. When the speed reaches the speed of light, time no longer passes. Scientists have also proven that time is relative according to the strength of the gravitational force. The weaker the

gravitational force, the faster time passes. In one of my previous books titled “Universal Laws”, within the VIIIth chapter titled “Consciousness and Time”, it was also shown that time was relative according to one’s level of consciousness. That which science found out about the relativity of time, approximately 100 years ago, centuries before, both in the New and Old Testaments, the following was written.

“A thousand years in your sight are like a day that has just gone by, or like a watch in the night.” (Psalm 90:4)

“...with the Lord one day is as a thousand years, and a thousand years as one day”. (2 Peter 3:8)

9- Within the dream time passes much faster.

Time passes faster within the dream. A story within the dream may last many hours, days, months or even years, but scientists have proven that the dream in the mind of the dreamer had lasted only half, or at most, one minute. In the same way what we call our waking life, that, on an average, may last 70-90 years, for the one dreaming this life, for the Christ within, has lasted but a moment. After “death”, the soul that is just energy, travels at the speed of light; hence, for the Soul, time does not pass, in other words, time no longer exists and the soul is only in the present. God’s level of consciousness is infinite and at that level of consciousness, once again time does not exist. It appears that after death, the Soul returns to its source, to God as “the prodigal son returned to his father’s house”.

The scientists of quantum physics also have proven that space is also relative. Everything that exists within space has a certain volume. To determine the volume of any object, we tend to multiply the length with its height and depth measurements. These three measurements represent the three directions within the space that is occupied by the object. These directions are called “axes” and have been represented for millennia by “x (length), y (height) and z (depth) axes”. It

has also been proven that as an object travels, the axis in the direction it is traveling gets shorter as the speed increases. When the speed reaches the speed of light, the length of that axis becomes “0”. It is not important as to what are the dimensions of the other two axes that are not changing. The volume also becomes “zero” (0), because whatever number it may be when multiplied by zero, the answer always becomes zero.

Scientists have also combined both time and space and time appears to be a fourth axis. They also say that both time and space in reality do not exist and they are the creations of human mind. If both time and space do not exist, then what are all those that we experience? Then, should they not be illusory and a dream? Does this not correlate perfectly with what Christ had said: “The only Truth is God”. Based on all these, it appears that our lives also are nothing but simply dreams. Hence, why should we fear death?

This last section of this chapter is very interesting because the Biblical quotations do not appear to have any relation to the tenth quotation from the summary section at the end of chapter I, which is also shown below.

“Therefore, anyone who refuses to live by these rules is not disobeying human teaching but is rejecting God, who gives his Holy Spirit to you”. (1 Thessalonians 4:8)

“You return man to dust and say, "Return, O children of man!" (Psalm 90:3)

10- Man creates the content of his dreams according to the information amassed within his subconscious mind.

If the dictum “As above so below” is correct and the source of the content of one’s dream is the information put into the subconscious mind and at the same time the life one lives is the dream of the Christ within, then what and where is the source of all the happenings in his life? Man’s true

Being, the Christ, is the physical manifestation of God's energy, the Holy Spirit. Within creation, everything is simply various manifestations of that one Energy. All energies have their own specific vibrational frequencies. The various manifestations of the Holy Spirit also have their own specific vibrational frequencies. Man's individuality is also a privileged, added energy, that God gave man on the seventh day of creation. That energy is presented as the angel Lucifer. Was it not Lucifer, man's "Ego", the devil, that wanted to sit on "God's throne"? Man also has a free will; hence, man, with his free will, decides and formulates the frequency of his own energy. Christ never forces His will on the individual. When Christ dreams our lives, the content of His dream corresponds to the information stored in the frequency we have created for ourselves. Just because of this, it is written in the Bible.

Do not be deceived: God cannot be mocked. A man reaps what he sows. (Galatians 6:7)

If everyone's true Spirit is the Christ, don't we think that, according to the first quotation made at the onset of this section when we take a negative attitude towards anything or anybody or we dishonour or offend someone, we actually offend God? Don't we also think that we are to reap the result of that seed that we have sown? Each frequency of vibration attracts to itself like a magnet, vibrations with harmonious frequencies to itself. These vibrations are events, situations etc., mainly because we are also part of that same divine energy. Hence, man creates his own life. Only he himself is the source of the dream of the Christ within.

Most likely there will be those who will contradict this idea. They will use the excuse of those born into a difficult life and will say: "What bad seed had they sown that they suffer thusly"? The second quotation above makes it clear that God Gives life and God takes it. "Returning to dust" indicates the death of the body and the imperative "Return"

in the second part of the verse represents the reincarnation of the Soul of the individual. Hence, man's Soul that is man's Spirit that contains the information accumulated by the individual in the previous life becomes the source of the new, the present dream.

SUMMARY

If the only truth is God, then the life that we live and consider to be a reality must be illusory, a dream. For the dream to exist, the dreamer must be sleeping. The dreamer of our lives is our true Being, the Christ. It is impossible to see the dreamer within the dream. To be able to see the dreamer and experience reality, it is imperative that our true Being wakes up from His sleep. God gave this responsibility to man's individuality, also known as angel Lucifer. Does not the word "Lucifer" mean the bringer of light"? Light is the higher level of consciousness, in other words, the awakening. But what did man do? Instead of fulfilling his responsibility, he put his "individuality", his "Ego" on the throne of God and he totally ignored his true Self, his true Being, the Christ. Christ is still waiting for man to choose Him, in other words to wake Him up within himself and reveal Him. On the other hand, man, under the influence of his "Ego", being attached to the multiplicity of the world, thinks of it to be reality and can not see the true reality hidden behind it all. God, despite being all-powerful and omnipotent, does not force His will on man because if He had forced His will, man would not have a free will.

The creation, from day one, has progressed according to God's law of evolution. First appeared the energy, followed by the creation of matter, then the plants, then the fish, then the birds, then all other animals and finally the pinnacle of creation, man came about. The purpose of evolution, which is the purpose of creation, is the revelation

of God. Thanks to the information given to us and taught to us by our teacher, Jesus Christ, some people at least have an intellectual understanding of this purpose. But just the intellectual understanding is not sufficient to bring the purpose of the creation into fruition. In addition it is very important to also have experiential knowledge. It is the experience that makes us conscious of Reality and thus to God-revelation.

Today the evolution is still continuing, but not on a physical level but rather on a spiritual level. Man's soul, after the death of the body, fully realizes all the sins committed and to "pay back", and to make up for these indiscretions, trespasses willingly decides to return with an appropriate body and mind in an appropriate place on earth. "To make up" means to improve, to elevate the frequency of the energy that forms him; the energy he had created in the previous life. This represents his spiritual evolution.

After this short summary, we will consider a few Biblical verses and appropriate interpretations and information will be given based on the information and understanding presented above.

"For now we see only a 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". (Corinthians 13:12)

This first verse represents man's present understanding. Man sees reality only as a dark "unclear" reflection and of course with a false understanding. (*Unfortunately within the English translation the "unclear way" has been taken out.*) "Knowing in part" represents the intellectual understanding. "Even as I am fully known" represents experientially knowing the Reality.

The following verse is very interesting.

"Dearly beloved, we are now the sons of God; and it hath not yet appeared what we shall be. We know, that, when he shall appear, we shall be like to him: because we will see Him as He is." (1 John 3:2)

“We are now the sons of God” emphasizes that same point which was presented and stressed within this book. We are all “branches of the vine”, the various appearances of the Son of God, the Christ. The second part of the verse authenticates that when we “wake up”, when we succeed in increasing our level of consciousness and experience Reality, we will “dissolve” into God, we will be like Him. Only then will we also be able to say: “I and the Father are one”. The truth is that we already are Him, but we have forgotten this reality. That experience will simply be a realization.

If there are those who still are not convinced of this truth, they should read the following verse.

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ...therefore glorify God in your body, and in your spirit, which are God's”

(1 Corinthians 6:19-20)

The content of this verse is written for the ignorant simpleton individuality, the “Ego” of the person that does not have the ability to grasp and understand the Truth. If God is in us, our body, our spirit and our Being belongs all to Him, then don't we think that we also become His children?

The next two verses are in a way a repetition and a continuation of the previous verse.

“Do you not know that you are God's temple and that God's Spirit dwells in you?” (1 Corinthians 3:16)

“...The coming of the kingdom of God is not something that can be observed, nor will people say, ‘Here it is,’ or ‘There it is,’ because the kingdom of God is in your midst.” (Luke 17:20-21)

Many think that the “second coming of Christ” will be the coming of Jesus Christ over the clouds in the air. The second of these two verses makes it absolutely clear that such a view or understanding is false. God is in us, God's Kingdom is in us. Hence, the second coming will occur as the revelation of Christ within us.

For this second coming to be realized, it is imperative that we emancipate ourselves from our “Egos”, from the devil and tend towards and have communion with our true Being, the Christ within. This is the meaning of the following verse.

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

(John 10:9)

To tend towards and to have communion with Christ is to “enter through the gate”. Just because of this, Christ has said: “I am the gate”. “To find pasture” is to experience divine bliss. “Will be saved” is to end the constant reincarnations and to dissolve into Christ, becoming one with Him.

In such a situation, one also receives additional energy of the Holy Spirit and the graces.

“...how much more will the heavenly Father ^xgive the Holy Spirit to those who ask him!” (Luke 11:13)

For all this to succeed, we need to change ourselves and become “perfect” as our true Being is. This is recommended in the following verse. It is also appropriate to read my previous book titled “The Path of Perfection and What is Evil”.

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

The following two verses summarize everything.

“I am the first and I am the last; apart from me there is no God”. (Isaiah 44:6)

“I am the first and I am the last”. (Isaiah 48:12)

(The word “last” is used in both verses. Instead, in the first verse it should be “after” and in the second verse it should be “eternal”)

In conclusion, we should understand that only God exists and nothing else. All the multiplicity that we think we experience are nothing but various appearances of the same one God. Hence, don’t we think that our relationship with everything and everybody should be as if we were consciously and experientially in the presence of God? Should we not reveal only love? There is no such thing as

evil. What we call evil is only the absence of love. If God is our true Being, if God is within us, if God is love, why don't we reflect that love towards everybody? This is the true purpose of our spiritual evolution.



If you want to awaken all of humanity,
then awaken all of yourself.

If you want to eliminate the suffering
in the world, then eliminate all
that is dark and negative in yourself.

Truly, the greatest gift
you have to give is that of your
own self-transformation.

-Lao Tzu





Laziness kills ambition

Anger kills wisdom

Fear kills dreams

Ego kills growth

Jealousy kills peace

Doubt kills confidence

Now read that right to left.



EPILOGUE

What was the purpose of this book? The purpose of the content of this book was to find an answer to an important question. That question is a very simple question, but also at the same time, a very difficult one, mainly because for many centuries people have been debating and arguing and still do, trying to find the right answer. The question is the following: “Who am I and who are you”?

When someone asks us as to who we are, we usually, even without thinking, give our names. But the question was not: “What is your name”. The problem becomes more complicated and we give the names of our parents, our occupation, our nationality, our religion and finally we give up and say; “I do not know what you want”.

According to the information given in this book, the question asked above has two possible answers. One of the answers is: “I am the dreamer” and the other is: “I am the dream”. After reading this book, according to our understanding, what would be our answer to that question?

We are both the dream and the dreamer depending from what “angle”, what perspective we see the Truth, the reality. If we observe and see the creation from a single point, we must answer the question saying that we are the dream. But if we watch and see the creation from a larger perspective, from 360°, then our answer should be: “I am the dreamer”.

Within the creation, there is only one truth and that is God. Hence, all that multiplicity within the creation must be various expressions or appearances of that one Truth, of God and they also express God’s consciousness in various degrees. For the bat, reality is a kaleidoscope of echoes and for a shark, a vibrational sensory kaleidoscope. A fly sees the world completely differently than us humans because it has compound eyes ... etc. Man, as a result of the limited level

of consciousness he presently expresses and also being attached to the alluring multiplicity of the external world, thinks of it to be reality. Because he is unable to see the “dreamer”, he does not believe that He exists and he identifies and becomes one with the dream. The cause for this choice is the low level of consciousness expressed and it is watching and seeing the creation only from a single point perspective. In such a situation, it would be appropriate to say that “he is the dream”. But when one has true faith in his teacher, Jesus Christ, and appropriates all of His teachings, he first amasses intellectual knowledge and if he uses this knowledge and lives his life accordingly, he becomes capable of expressing a higher level of consciousness and tries to become “perfect”. Only then can he see the creation from 360° and becomes aware of the “singularity” of all that he had previously considered to be multiplicity. He also realizes that he himself is also part of that singularity. This becomes his experiential knowledge, and only then he answers the above question saying: “I am the dreamer”. At such time, he also would say: “I and the Father are One”. Without a doubt, to change an intellectual knowledge to an experiential knowledge requires a lot of effort, a high level of faith, hope and patience, a lot of perseverance and most importantly, an infinite love towards all things, animals and all humans. One should do all this not to attain somewhere, to attain anything, but simply to wake up from the dream and become aware of the true reality.

What is this reality that the person will come to know? That reality, that Truth is the singularity of all, of everything. As previously indicated, that reality is the realization that everything within our experience, all that multiplicity is but the various expressions of the one God. At this juncture, it is appropriate to ask another question. That question is: “How to come to that realization”? Was it not the Son of man Jesus,

who first had that realization and also taught it to us with His life and also with His words? The Son of man Jesus had that realization and He revealed Christ, the Son of God, within Himself. Jesus Christ had two natures, one was his human nature and just because of this, He has called Himself as “Son of man”; He also had a divine nature, which was the revelation of Christ through Him. Within the Credo of our church, the presence of these two natures is clearly indicated. On the other hand, we, the sons of man, who have not had that realization yet ask “how many natures do we have?” We also have two natures. Without a doubt one of those two natures, just like that of Jesus, is our human nature. On the other hand, our second nature is our animalistic nature, which is controlled by our “Ego”. Just like Jesus, we also have the ability to express divine nature within ourselves. But we should not forget the teachings of Jesus Christ. He clearly has said: “You can not serve two masters”. One can not reveal Christ within himself if he is still attached to his “Ego”. One can not express a divine nature if he has not completely ignored his animalistic nature. Jesus succeeded doing both of these in the wilderness, immediately after His baptism when he was tempted by His “Ego”, the devil. Jesus Christ also very simply told us what we need to do. He said: “The student should be like his teacher”. Hence, should we also not make an effort in this direction, so just like Him, we also ignore our “Egos” and our animalistic nature and hold on to our true Self, the Christ within? Should we not ignore the dream and tend towards the dreamer? Should we not relentlessly persevere in our efforts to wake up from the dream and see the dreamer and realize that our true Self is the dreamer and we are not the illusory “Ego” in the dream that we think we are?

The following quotations are taken from the “Nocturn Service” of the Armenian Apostolic Church. The first is only

one three-line verse from the hymn “O morning of Light” (Aravod Luso). The rest is taken from the hymn of the night hour “Let us recall in the night...”. They both are invitations about waking up from our “sleep”, meaning from our spiritual slumber, from our ignorance. For the interpretation of these songs, please see one of my previous books titled “Aravod Luso” (unfortunately his book is not translated into English). Here only the last line will be interpreted.

“Lord, arise to help,
Make me, the benumbed,
Awake like angels”.

“Arise, O my glory, arise! And I shall arise in the morning. Alleluia!
“Arise with the vigilant angels, O children of the supernal Zion. Alleluia!

“Arise, children of light, in praise of the Father of light. Alleluia!

“Arise, all of you saved by the blood, and give glory to the Savior.

Alleluia!

Arise, new people, singing a new song to Him who makes all things new.

Alleluia!

“Arise, brides in the Spirit, awaiting the coming of the holy Bridegroom.

Alleluia!

“Arise, you, who burn with light, like the wise holy virgins. Alleluia!

“Arise and prepare oil for your lamps with warm tears. Alleluia!

“Arise and sleep not, slumbering like the foolish virgins. Alleluia!

“Arise, let us fall down and worship with tears, saying: Alleluia!

Arise, why do you sleep? Lord, do not forsake us”.

(The translator has used the word “Arise” instead of “wake up”)

“In the above quotation, the first ten “Arise”s are directed to humanity; hence, they are all in plural and imperative and commanding (at least in the Armenian version). On the other hand, the beginning of the last “Arise” is non commanding but rather pleading and is in the singular and addressing to one “Being”. As indicated above, if one’s life is the dream of the Christ within, just so that the individual can have the experience of Christ, it is essential that Christ wake up from His dream. This plea is for the revelation of Christ. The individual having prepared himself,

having made himself worthy for the experience, is impatiently waiting.” He prays and pleads so that Christ will not ignore him fully and perhaps reveal Himself to a minor degree.

In this regard, it is also appropriate to quote a short paragraph from Kahlil Gibran’s book titled “The Voice of the Master”:

“The reality of Life is Life itself, whose beginning is not in the womb, and whose ending is not in the grave. For the years that pass are naught but a moment in eternal life; and the world of matter and all in it is but a dream compared to the awakening which we call the terror of Death”.

Within the next portion of this epilogue, summaries about various topics will be presented. The purpose of this is to amass enough intellectual knowledge and also some understanding, so that we live an appropriate life to succeed in changing our false belief that we are the “dream” and through experiential knowledge gained, understand or it would be better to say, realize that we, our true Being, is the “Dreamer”.

a- Life and death.

In the present times, the majority of humanity, as a result of ignorance, has deviated and gone astray from the Truth. Just because of this, people’s lives have also become a struggle between good and evil, between life and death... Ignorance and deviation from Truth, in the mind of mankind, create duality. Hence, man becomes part of the “dream” and thinks it to be reality.

Within the universe, there is only one life and one consciousness and they both represent God’s presence. The entire creation and absolutely everything within the creation, express them to different degrees. We think that our life is separate from someone else’s life. It is highly possible that our life-style and experiences will be different and unique to

us, but not life itself, not the Life force that allows us to do and to act. Hence, whatever we do to a plant, to an animal or to another person, we do it to that Life. But our life is also that same Life; hence, should we wonder as to why “we reap what we sow”? Man also thinks that life is temporary and ends with death, hence, he fears death. The source of life is the death of man, meaning the end of the “dream”. Death is simply ending the illusory time and space. Immortality and eternal life is to be outside of time, not to be subject to time. Death is a helpful and correctional and rectifying happening. One should never fear death. One usually fears death because he is attached to the “dream” and does not want the “dream” to end. Such a fear is deviation from the Truth of God. In general, man feels that death is a bad or a negative occurrence, but it can actually be a blessing and be blissful. In reality, death is a restoration. It is to be free of both physical and mental influences. As a result of death, the body returns to its source, to the soil, and the soul also to its source, to God. Death is the means for atonement. Hence, what is the meaning of life? In the past, a wise man had said: “Life itself has no meaning; Life is an opportunity to create a meaning”. Hence, it appears that we are all responsible for our lives. He is the architect of his life and of his fate. The greatest wisdom is to know that we know nothing. Therefore we must find the meaning of our lives and constantly search until we find the true meaning, which is to wake up from the “dream”.

b- Resurrection and eternal life.

Today we seem to hear a lot of sermons regarding eternal life. They simply preach: “Believe and you will be saved”. Many think that eternal life will come after the end of the world when Jesus Christ will come with His army through the clouds. At such time, the physical body of the believers will come out of their graves, in other words, will resurrect, and they will physically go to heaven and will live in bliss for eternity, meaning infinite time. Such an

understanding and belief tends to suggest that the individual is still attached to his physical body and thinks that he is his body; he thinks that he is the “dream”, rather than the user of the body and the “dreamer”. Such a belief tends to suggest that the individual is attached to the “dream”, but because he realizes that death is unavoidable, he wants to continue the same “dream” even after his death.

First we need to understand that eternity is not infinite time, but instead it is to be free of time, not to be subject to time, being in a state of timelessness. Time is part of the “dream”. Only the present is eternal. God is eternal and is only in the present. Just because of this Christ said: “Before Abraham I am”. Abraham had lived thousands of years before Jesus, but “I am” represents the present, because for God, for Christ, the past and future do not exist, but only the present exists.

Hence, what is eternal life? For man the eternal life is possible only when he experiences resurrection. Therefore, we should ask as to what resurrection is? If resurrection is not the re-formation of the body and coming out of the grave, then what is it that resurrects? If what resurrects is not the body and since the spirit and the soul are immortal, then what is it that resurrects? It is also written in the Bible:

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

Jesus was sinless, but His body died, and within three days the matter that had formed His body turned to energy and disappeared. We should not forget that matter has come forth from energy. With regard to this it may be appropriate to read one of my previous books titled “Mystical Interpretations from the Gospels – Part I –Events from the Life of Jesus” pages 122-126. According to the following verse, what was it that resurrected?

The following two verses make it clear as to what resurrection is.

“...He was put to death in the body but made alive by the Spirit.” (1 Peter 3: 18)

“Seeing what was ahead, he spoke of the resurrection of the Christ, that he was not abandoned to the grave, nor did his body see decay.” (Acts 2: 31)

(This translation of the second verse is incorrect and should read: “His soul was not left in hell” instead of “he was not abandoned to the grave”.)

We are also taught that Jesus resurrected three days later.

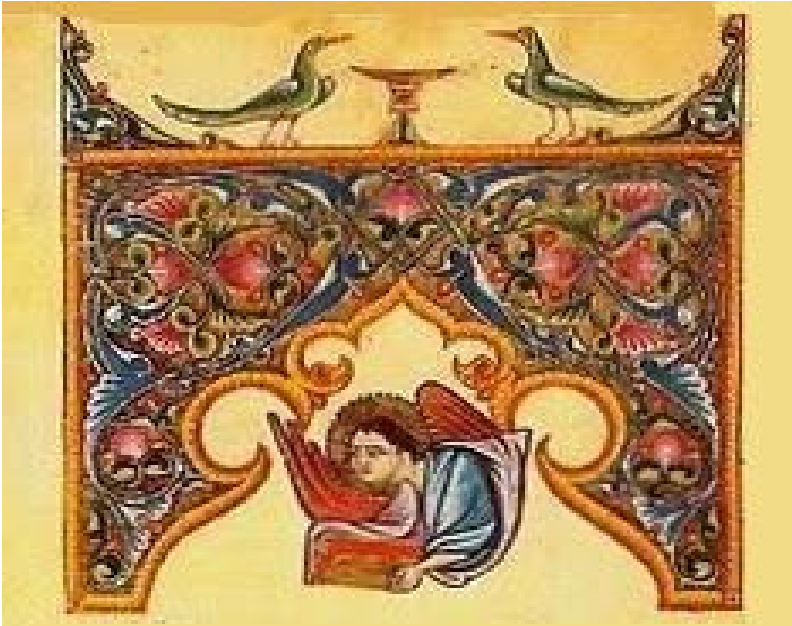
“Then he said, “Jesus, remember me when you come into your kingdom.” Jesus answered him, “I tell you the truth, today you will be with me in paradise.”(Luke 23: 42-43)

This verse also makes it clear that Jesus’ individuality resurrected shortly after His death, in the present and not in the future. Resurrection is possible only when the individual is fully emancipated himself from materialism and from his “Ego”, meaning selfishness. Resurrection is to conquer death; it is to wake up from the “dream”. Resurrection also represents salvation. What is salvation? From what are we to be saved? Salvation is to end the cycle of life and death. The soul is immortal but, as a result of, and according to the thoughts, words and deeds of the individual, it contains information and according to that information, reincarnates. It is this information that is the cause of variable births. If there had been only one life, everyone should have been born “equal”, physically, mentally and intellectually. “Whatever we sow that we also reap”.

c- How to be worthy to have salvation and eternal life?

With regards to this, Jesus Christ taughts us beautifully with His own life and also with His words, His teachings. It is our duty to be like Him and to be perfect as our heavenly Father is perfect. With regards to this, it is important to read one of my previous books titled “The Path of Perfection and What is Evil”.

Prayer: May the Light of Christ guide us from illusion to Reality, from death to Life and from the “dream” to the “Dreamer”. Amen



-V-

ADDENDUM

*

A- The Tiger and the Donkey

B- The Beggar King

C- The Donkey in the Well

D- Spilled Coffee

E- The Water Pot

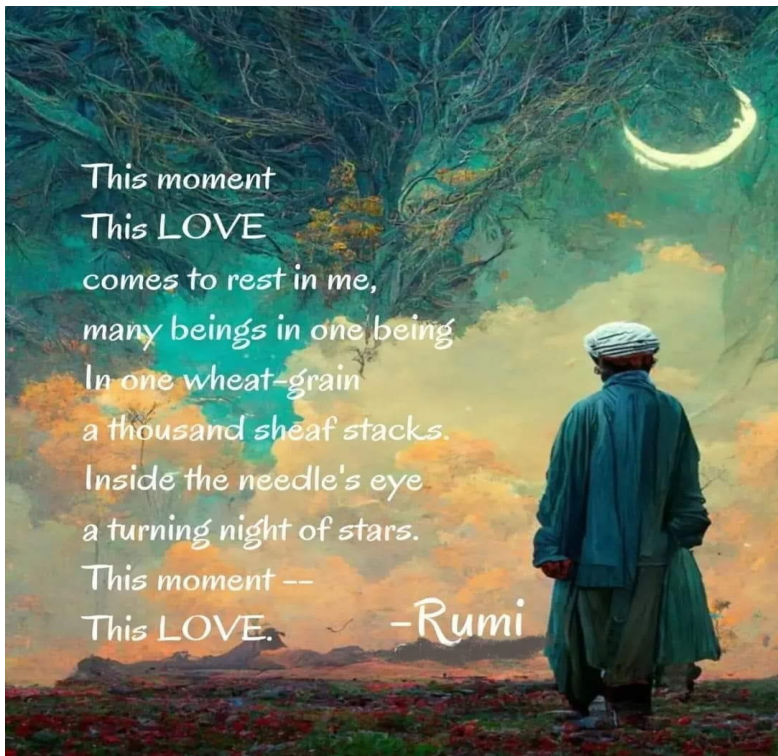


DON'T ARGUE
WITH
DONKEYS



The donkey said to the tiger: - "The grass is blue". The tiger replied: - "No, the grass is green." The discussion heated up, and the two decided to submit this to arbitration, and for this they went before the lion, the King of the Jungle. Already before reaching the forest clearing, where the lion was sitting on his throne, the donkey began to shout: - "His Highness, is it true that the grass is blue?". The lion replied: - "True, the grass is blue." The donkey hurried and continued: - "The tiger disagrees with me and contradicts and annoys me, please punish him." The king then declared: - "The tiger will be punished with 5 years of silence." The donkey jumped cheerfully and went on his way, content and repeating: - "The Grass Is Blue"... The tiger accepted his punishment, but he asked the lion: - "Your Majesty, why have you punished me?, after all, the grass is green." The lion replied: - "In fact, the grass is green." The tiger asked: - "So why are you punishing me?". The lion replied: - "That has nothing to do with the question of whether the grass is blue or green. The punishment is because it is not possible for a brave and intelligent creature like you to waste time arguing with a donkey, and on top of

that come and bother me with that question." The worst waste of time is arguing with the fool and fanatic who do not care about truth or reality, but only the victory of his beliefs and illusions. Never waste time on arguments that don't make sense... There are people, who, no matter how much evidence we present to them, do not have the mental capacity to understand, and others are blinded by ego, hatred and resentment, and all they want is to be right even if they are not. When ignorance screams, intelligence is silent. Your peace and quiet are worth more.



This moment
This LOVE
comes to rest in me,
many beings in one being
In one wheat-grain
a thousand sheaf stacks.
Inside the needle's eye
a turning night of stars.
This moment --
This LOVE. -Rumi



THE BEGGAR KING

Once a country was ruled by a king who had no son to succeed him to the throne. Since the king was getting old, he wanted to select a suitable heir to rule the country. The king sent out notices throughout his country. The notices invited every qualified young man in the country for an interview with the king. The outcome of the interview with the king would decide a possible successor to the throne. The only qualification for the candidate was that they should have immense love for their fellow human beings.

Every young man across the country was very excited at the possibility of being the ruler of the country. A poor young man from a remote village also read the notice and started to prepare for an interview with the king. The man was a kind, hard-working lad but he was very poor due to various circumstances. The man had no good clothes in which to be presentable in the sight of the king. So the young man worked really hard and saved some money to buy himself proper garments and supplies to support him for a long journey to the palace.

After he got his supplies and proper attire for the interview, the young man set out on his quest. He traveled many days and had almost completed the journey when he came upon a poor beggar by the side of the road. The poor beggar sat trembling in the cold, covered only in tattered rags. The beggar extended his arms and pleaded for help. His weak voice croaked, "I'm hungry and cold. Please help me, sir."

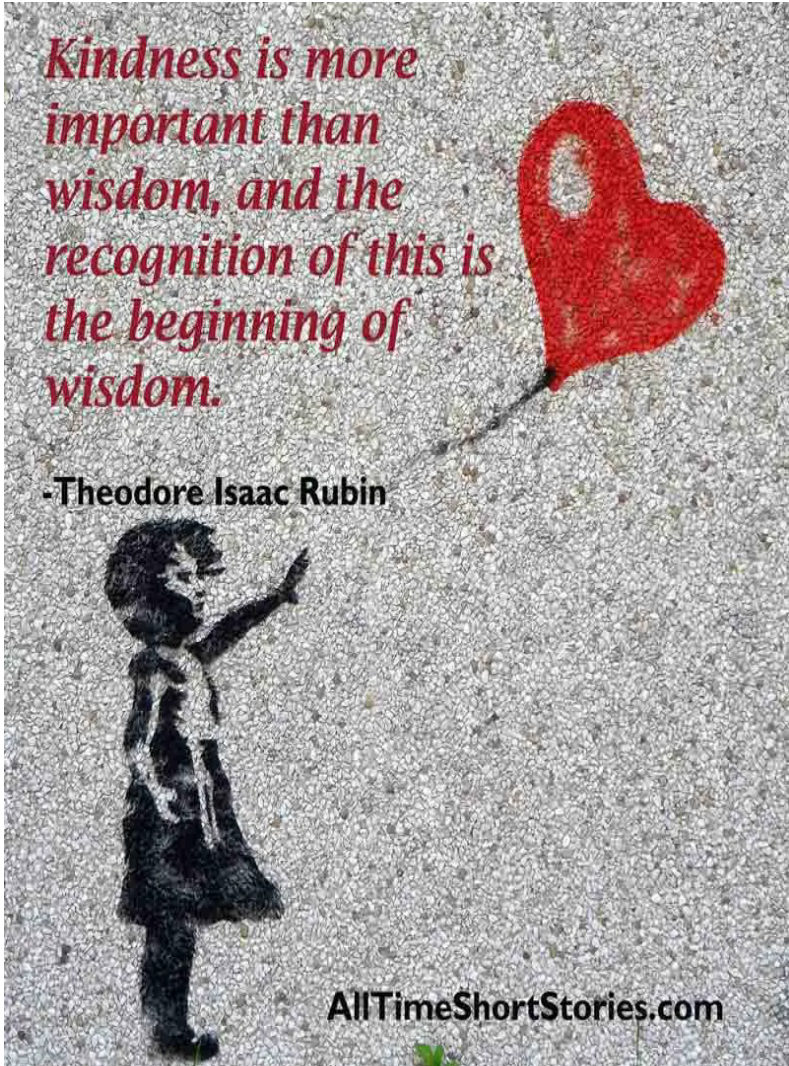
The young man was so moved by the pathetic condition of the beggar that he immediately stripped his new attire and offered it to him. He also provided him with the very limited food that he had carried for the journey. The beggar thanked the man immensely. Since the man had given up his good clothes to the beggar, he was a bit hesitant to go for the interview. He however gathered enough courage to enter the palace in his old dirty clothes. Upon his arrival at the palace, a king's attendant showed him the way to the great hall. After a short respite to clean off the journey's grime, the man was admitted to the throne room for the interview.

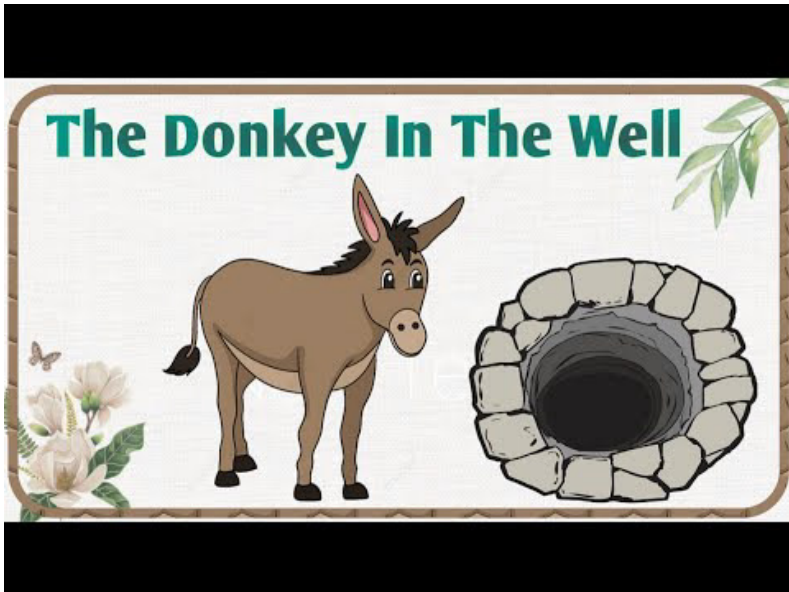
The young man bowed low as the king entered the room. When he raised his eyes, he gasped in astonishment as he noticed that the king looked very similar to the beggar that he met on the way.

"But...bu...bu... why did you dress up like a beggar. You are king. Well, then, why did you do this to me?" the young man stammered after gaining some composure.

"Because I had to be sure that you had a good heart and genuinely love your fellow human beings," said the king. "I knew that if I came to you asking, you would have done anything to impress me. But that way I would never have known what is truly in your heart. So I used a ruse. The beggar had nothing to offer you. The generosity and love to the one in need without expecting anything in return is the sign of a great heart. Looking at your love and generosity towards the beggar proved that you sincerely love your

fellow human beings. This country needs a leader who would work for the welfare of all of the nation, not just ones who would offer and cater to the throne. You have proved that you are the right person to be my successor,” promised the king.





The Farmer and the Donkey

One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally, he decided the animal was old, and the well needed to be covered up anyway-it just wasn't worth it to retrieve the donkey.

He invited all of his neighbors to come over and help him. They all grabbed a shovel and began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement, he quieted down.

A few shovel loads later, the farmer finally looked down the well. He was astonished at what he saw. With each shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off and take a step up.

As the farmer's neighbors continued to shovel dirt on top of the animal, he would shake it off and take a step up.

Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and happily trotted off!

Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a stepping stone. We can get out of the deepest wells just by not stopping, never giving up! Shake it off, and take a step up.

PS;

Growing up in Istanbul, I had developed a special bond with the donkey, I watched them carry the heavy load through the streets, water, food, sacks of grain, bricks for construction, bundles of firewood, etc.

Clocked in a glossy coat of stunning colors, from gray to white, with their unique braying, their skillful large ears, big gentle eyes, with wise expressions conveying emotions without words, were captivately beautiful.

It is as if behind those soulful eyes lay a wealth of untold stories, ancient wisdom, passed down through generations.

The humble donkey of burden holds particular relevance in the Bible. They are mentioned 131 times.

Jesus our Lord deliberately chose to ride on a donkey, entering Jerusalem before His crucifixion. This act demonstrated His mission as the humble Servant-King, ushering in peace, not a war-waged ruler.

As not to be saved, but to serve





SPILLED COFFEE

You are holding a cup of coffee when someone comes along and bumps into you or shakes your arm, making you spill your coffee everywhere.

Why did you spill the coffee? "Because someone bumped into me!!!" Wrong answer.

You spilled the coffee because there was coffee in your cup. Had there been tea in the cup, you would have spilled tea. Whatever is inside the cup is what will spill out.

Therefore, when life comes along and shakes you (which WILL happen) whatever is inside you will come out. It's easy to fake it, until you get rattled.

So we have to ask ourselves... "what's in my cup?" When life gets tough, what spills over?

Joy, gratitude, peace and humility?

Anger, bitterness, victim mentality and quitting tendencies?

Life provides the cup, YOU choose how to fill it. Today let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation, resilience, positivity; and kindness, gentleness and love for others.



THE WATER POT

An elderly woman had two large pots, each hung on the ends of a pole which she carried across her neck. One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water. At the end of the long walks from the stream to the house, the cracked pot arrived only half full. For full two years, this went on daily, with the woman bringing home only one and a half pots of water.

Of course, the perfect pot was proud of its accomplishments. But the poor cracked pot was ashamed of its own imperfection, and miserable that it could only do half of what it had been made to do. After two years of what it perceived to be bitter failure, it spoke to the woman one day by the stream. 'I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house.'

The old woman smiled, 'Did you notice that there are flowers on your side of the path, but not on the other pot's

side?' 'That's because I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them.

'For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house.'

Moral of the Story:

Each of us has our own unique flaw. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. You've just got to take each person for what they are and look for the good in them.



**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;**

