
SPIRITUAL REFLECTIONS

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SPIRITUAL REFLECTIONS II

VAHE SIVACIYAN



**TORONTO
2025**

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PUBLICATIONS OF THE AUTHOR

The dates given are for the original publications in Armenian

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

From Light to Light (I) 2013

From Light to Light - II (Awakening) 2015

From Light to Light - III (Universal Laws) 2017

Meditation 2017

Mystical Interpretations from the Gospels

Part I – Events from the Life of Jesus ... 2018

Mystical Interpretations from the Gospels

Part II – Parables spoken by Jesus 2018

Mystical Interpretations from the Gospels

Part III – Jesus’ Sayings 2020

Mystical Interpretations from the Gospels

Part IV – Gospels of John & Thomas ... 2020

Spiritual Reflections 2019

“I AM” – To Know God 2022

The Bliss of Death 2023

The Path of Perfection & What is Evil? 2024

The Dream and the Dreamer 2024

Spiritual Reflections II 2025

Enlightened Living – book of Poems Parts I, II & III

In Armenian only 2019

Aravod Luso – Church hymns interpretation

In Armenian only 2023

NOTE

The quotations from the Bible
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1985





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to a few of my friends,
for their input, their critique and suggestions and their help
during the writing and preparation of this book.
I am forever indebted to them
and pray that
God grant them
a healthy, happy and long life.

*

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



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BIOGRAPHY

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

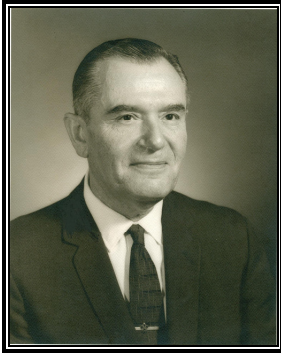


He immigrated to Toronto, Canada with his parents, where he completed his high school education. In 1968 received his Bachelor of Science degree from the University of Toronto, and in 1972, his Medical Doctorate degree from the same university. He specialized in Internal Medicine and in the sub-specialty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

From the age of seven he has been in the Armenian Church choir, and in the late 1960s, was given the right to wear an amice. He was ordained as deacon in St. Gregory Church in St. Catharines by the hand of Bishop Aris Shirvanian. 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



I asked an old Man:
“which is more important,
to love or be loved?”
The old Man replied:
“Which is more important
to a Bird,
the left wing or the right wing?”

FB/MyDay,MyWay



PREFACE

A

The contents of this book are mostly repetitions published in my previous books. I decided to compile and summarize them together and to also add some appropriate new information and present them in this book. Especially with regards to spiritual topics, repetitions are important and essential to better understand, assimilate, appropriate and make use of them in our lives. It is as a result of repetitions that in time those ideas, that knowledge is registered in our subconscious minds and change our natures. Jesus Christ also taught us the same by repeating the same teachings by His deeds, by His proverbs and also by His words. And, what do we do? Two thousand years have passed and we still have not assimilated or appropriated His teachings and do not carry them out in our lives. In other words, we do not live them. It appears as if we have not understood His teachings, or it may better be said that we have not wanted to understand them and we have distorted their meanings to fit our wicked natures. According to Jesus' teaching the Aquarian age is approaching fast. Shouldn't we think that it is time for humanity to wake up from its "coma" and properly understand Jesus' teachings and thus live its life? This is exactly the purpose of this book, to repeat one more time that which is essential to be able to live a life that is God pleasing, so that we can properly and fully succeed in fulfilling the purpose and the responsibility given to us in this worldly life.

* * *



B

As I indicated in my previous books, the content of this book represents my present understanding and thoughts. I fully realize that all our beliefs are based on past and present experiences; therefore, in the future it is possible that I may express myself somewhat differently.

In so many pages, if there are some errors that have escaped detection; I hope the reader will be forgiving.

In most of the book, I have used only the pronouns “he” or “him”. This is not because I am being sexist or discriminating, but because I find it awkward to constantly write “he/she” or “him/her”. This is a characteristic of most Latin based languages and some others as well. In the Armenian language, there is only one pronoun that is used for both sexes, and one understands as to whom the pronoun is referring to from the context. I hope all female readers will be understanding and forgiving.

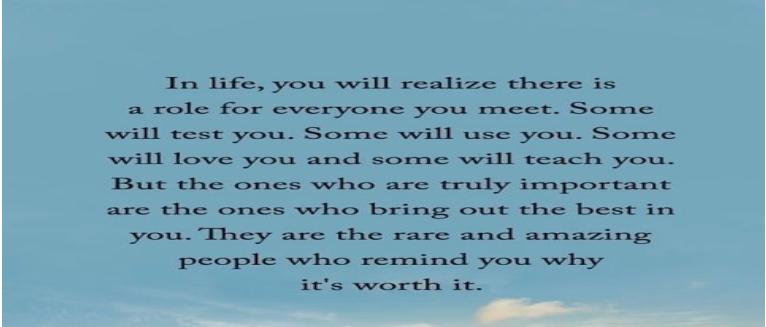
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C

Chapter XII: « Addendum »

In this section, I have included some interesting articles and statements that I have come across. Some were sent to me by email and their authors are unknown. They tend to emphasize and support the ideas that I have tried to present in the rest of the book.

Vahe Sivacian



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.



I

THE TRUTH
THE TRINITY



THE TRUTH – THE TRINITY

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

The only Truth is God and God is one. But Jesus taught us the idea of Trinity. Hence, what is the Trinity?

In geometry the most stable form is the equilateral trian-

Picture-1



Picture-2



gle (see pictures #1 & #2). The pyramids that are built in the same way have survived for thousands of years. This is proof of their stability. The triangle is one but has 3 sides.

Jesus taught us the idea of the Trinity. What do we understand about It? I have heard many clergy saying: “One God but three Beings”. Based on such ideas, the people of the Islamic religion reproach Christians, saying that we believe in three gods. There are no three gods. Hence, what is the meaning of the Trinity? To properly comprehend the concept of Trinity, let us consider the following two examples. A man is the son of his parents, also the husband of his wife and also the father of his children. That man is a son: at the same time he is a husband and also a father. How many people are there, how many beings are there? Three or only one person with three different relationships? Let us also consider the following example of the chemical compound H_2O that is formed with two atoms of hydrogen and one atom of oxygen, which we call water. It is possible to experience the presence of this compound as a gas, namely moisture in the air, or as a liquid, water, and even as a solid that we call ice. There are not three different compounds, but only three different appearances of the one compound. Based on the information given by these two examples let us try to understand the meaning and the idea of the Trinity.

Scientists of physics tell us that before the “Big Bang”, at the start of the universe, there was only, what they call, “singularity”. The “Big Bang” was the beginning of the creation when energy poured out of the “singularity”, and it was that same energy that turned to matter, first all the sub-atomic particles, then all the various atoms and then the material universe. According to physicists the “singularity” was a infinitesimally small “point” with an infinite density. They also admit that they do not really know what existed before the “Big Bang”. This is mainly because they do not know the nature of that “point”; hence, they have called it “singularity”. In the same way man, in general, using his intellect, can never understand the nature of God the Father. That which physics has just started to try to understand and try to prove, the evangelist John had presented it to us two-thousand years ago.

In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. In him was life, and that life was the light of men. The light shines in the darkness, but the darkness has not understood it. The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the One and Only, who came from the Father, full of grace and truth.
(John 1:1-5 & 14)

The “Word” is the “Logos”. It is “sound”. Sound is vibration. All energies have a vibration and are nothing but vibration. It was the Divine energy that became “flesh”, namely matter. The “Word” was with God and the “word” was God and the physical appearance of the “Word” was God’s Glory, His Son, the Christ. Interestingly within the classical Armenian language, the word used for the “Logos” is (ԲԱՆ) “Pan”. In Armenian, “pan” also means “something” which is not known or definite, because it appears that man’s intellect does not have the capacity and ability to understand God.

But man has the ability to experience God, just as Jesus had done.

At this juncture, it may be appropriate to add a quotation from my first book titled "From Light To Light".

"On a bright day, when we stand at the shore of the ocean looking out to the sea, what do we see? Obviously the answer would be "the ocean". But if we are asked: "what else do you see?" We may just as correctly say "water". And if a third time we are asked again as to what else we see, we may once again just as correctly say "waves". Now we indicated three distinctly different things and one is not the same as the other, yet it is impossible to have any one separate from the others. The ocean, the water and the waves form a trinity. The ocean is the totality of it all. The water is the means. And the waves are its play and the expression. As we watch, we see waves of varying sizes, traveling at varying speeds. Sometimes a large wave comes and swallows several smaller waves. A small wave looks around happily until it sees a large wave swallowing another small wave that was its neighbor. It develops major anxiety and fear that it will also be swallowed by another large wave. Instead of looking around and watching other waves, if it had even a tiny amount of an idea about contemplation and meditation and looked within itself, it would see that it is water. Since big waves are also nothing but water, then all anxiety and fear disappears. Even if that little wave were to disappear itself, water would still remain which is eternal and will never die.

"The Source, whence comes forth the whole of the creation, in which it exists and at dissolution that, which will still remain, that, we call **"God the Father"**

which is “**The Truth**”. The energy that flows from the source and through which the Creation comes about we call “**Holy Spirit**”, “**The Way**”. The whole play and expression of the universe we call “**Christ**”, “**The Life**”. If nothing else, just because of this, every individual’s true self/being is Christ. We read in the psalms:

“Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me;” (Psalm 23:4)”

The following was partially presented in my first book titled “From Light To Light” in chapter IV titled “Is there a God or not?” Here it will be presented in a more expanded way. A simple gold ring that exists for its existence must have a cause. The ring that exists is the effect and the cause of its existence is the gold. Without the gold (or any other metal or material) the ring could not exist. The cause is also in the effect, in the result. This much was presented in the above mentioned previous book. For this ring to exist, how many causes were present? The ring would not exist if someone had not had the idea of having or creating a ring. Hence, the first cause is the idea of having a ring. If a jeweler had not produced the ring, the ring also would not exist. Hence, the second cause is the builder, the maker of the ring. And, the third cause without a doubt is the presence of the metal, the gold. It appears as if for something to exist, there must be (or requires) three causes. We say that the “Creation” does exist; hence, it must also have three causes. The first cause is to have the idea of the Creation. The Creation is the idea and the will of God the Father. The second cause is the One making or realizing that idea, which is the energy that has come forth of the Father, which we call the “Holy Spirit”. And the third cause is the material, the physical form of that energy which we call the “Son of God”, “The Christ”. Regarding the ring, there appear to be three separate causes because it is a human creation and man lives his life subject

to duality. On the other hand, with regards to the Creation of the universe, the one having the idea of the Creation, the one creating and the material of the Creation itself are One, because God is unity, singularity and is not subject to duality. Did not Christ say: "I and the Father are One". We also should not forget that the only "Truth" is God. Christ has also said: "I am the life". Hence, based on this premise, everything must have life, of course expressed at various levels (See also the following chapter). We have life as do the animals and plants. Our lives are the presence of God in us. Is it not written: "The Spirit of God lives in you"? Therefore, with regards to the "Life", the giver of the Life, the Life itself and the one living that life, together form a trinity and actually are One. The giver of the Life is God the Father. That Life is part of His inheritance given to us. And, the presence of that Life in us is the presence of the Holy Spirit that had come forth from the Father. And, the physical body that we make use of to live our earthly lives, that body that we consider to be alive and having life is formed of matter and that matter is also the result of the Holy Spirit, the material form of God's energy, His Son the Christ.

Man also has a consciousness. He expresses that consciousness at relatively low levels, mainly because he has not fully learned how to properly make use of his brain. Within the entire universe there is only one consciousness, which is expressed by everything within the Creation at different levels. As a result of the relatively low level expressed by man, he thinks that the insentient matter does not have consciousness. Undoubtedly, this understanding is incorrect. Consciousness makes us aware of all things, our environment, our thoughts, and our feelings. In this as well, the "Knower", the "Knowing" and the "Known" are one and form a trinity. Don't we say: "God is all knowing"? This is true, because it is God's consciousness that is "acting"

within the entire Creation. You and I, whatever we are aware of, God is also aware of it.

In conclusion, without the Trinity nothing could exist.

At this juncture, it may be appropriate to consider the qualities of God.

God is unity, singularity; hence, what are God's qualities? Singularity has only one quality and this is presented in the Old Testament with the following words: "I am that I am" (in other translations, other languages, one may find this quotation presented as "I am who is"). The only quality of God is "Being". It is just because of this that within the Armenian Church the letter "Է" represents God and is found on every altar of every church. This letter also translates as "is" because it is the third person of the present tense of the verb "To be". Hence, God is (period). From God's perspective, He only has one quality, which is "Being". But from a human perspective, the situation appears to be a bit different mainly because above, we presented the idea of the Trinity. What are the qualities of the source of the creation, God the Father? He is omnipotent, eternal, meaning not subject to time and omnipresent, meaning not subject to space. What are the qualities of His expression as energy, the Holy Spirit? He is the life, the consciousness and He is Just. On the other hand, what are the qualities of His physical appearance, His Son the Christ's? These are peace, love and mercy. Because Christ is the presence of the Holy Spirit within matter, the material body, He has said: "I am the Life, I am the Light of the world, I am the Truth and I am the way". The three qualities of each of the trinity also together form trinities.

The following presents a summary of the qualities of God with Biblical proofs. Did not Christ say: "I and the Father are one"?

SUMMARY OF GOD'S QUALITIES

- God is One and the quality of that singularity is “Being”. – “I am that I am”.

- From human perspective the qualities of the Trinity are: (1- God the Father, 2- Holy Spirit, 3- The Christ.

1a- Being omnipotent –

1b- Being eternal – “Eternal life” is to be one with God, not subject to time and to only be in the present.

1c- Being omnipresent – “I am the Truth”.

2a- Being the Life – “I am the Life”.

2b- Being all knowing; hence being the consciousness – “I am the Light of the world”.

2c- Being Just – “The sins committed against the Holy Spirit are not forgiveable”

3a- Bringing Peace – “I give you my Peace”.

3b- Love – “God is Love”.

3c- Being Merciful – Jesus, having revealed Christ within Himself fully, has given His entire life as an example of mercy, for He was compassionate, caring and helping, to the point of self-sacrifice.

Once again it may be appropriate to repeat that God is One. All the qualities presented above that we attribute to the apparent “Trinity”, all represent the various qualities of the one God.

At this stage, after having obtained some intellectual knowledge with regards to the Truth and the Trinity, don't we think that we should also strive hard to change our intellectual knowledge to an experiential knowledge? This is possible only in revealing Christ within ourselves, that which Jesus succeeded in doing and recommended that we also do the same and be like Him.

What should we think as to what the Truth is, and what should we understand when we say “the Truth”?

- Without a doubt, the only Truth is God.
- Truth is the appearance of God.
- Truth is God worship that leads us to Him.
- Truth is the stairway to reach God.
- Truth is God's energy and His "weapon".
- Truth is the splendour and radiance.
- Truth is mental peace.
- Truth is the voice of conscience.
- Truth can not be kept secret.
- Truth is the presence of God.
- Truth can not be conquered.
- Truth is the pinnacle, the supreme, but not the end.
- Truth is fearless.

"I am the way and the truth and the life" (John 14:6)

AMEN





II

THE LIFE



THE LIFE

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

As there was a reference to “life” in the previous chapter, in this chapter a more extensive understanding will be given about life. What do we understand when we say “life”? Some consider life and consciousness to be the same and they say: “since we have consciousness we also have life”. It is through his consciousness that man becomes aware of his environment, his thoughts and his emotions. In line with this, a renowned philosopher, Descartes, had said the following: “Cogito, ergo sum” (in Latin) meaning: “I think, therefore I am”. In this view there is some truth, but there is also a mistake. A person who is in a coma has no consciousness, but he breathes and his heart still pumps the life-giving blood; hence, the body is still alive and living. Without a doubt, the presence of both the life and the consciousness is the result of the presence of our Spirit, of the Christ in us. And, the Christ is just the expression of the Holy Spirit within the physical. Therefore, how are we to determine the life we experience in this world? Many think that only the breathing animals or only those who have the ability to multiply have life. Based on such a belief, they also say that insentient matter has no life. If the entire creation is God’s expression and God is “Life”, then don’t we think that the insentient matter should also have life? Was it not Christ who said: “I am the Life”? Don’t we say: “God is everywhere, omnipresent”?

So let’s ask the question one more time: “How are we to determine the presence of life?” It is possible to answer this question when we comprehend the meaning of the following sentence: “Ability to move without external force being applied”. Without a doubt, within the entire creation life is expressed at various levels. Based on such an understanding, it becomes obvious that humans, all other

animals, plants and single cell organisms all have life. The great majority will say that a piece of stone on the ground does not have life, mainly because it is unable to move without any external force being applied. This view is also incorrect. Because the consciousness expressed by man is relatively low, as a result of his ignorance he can not see the movements of the insentient matter. Man, in general, during this worldly life makes use of only 5% of the abilities and capabilities of his brain; hence, he is not or can not be aware that the insentient matter is also in motion and usually much more than us. Scientists have proven that within insentient matter, the piece of stone in our case, all of the molecules and the atoms forming the molecules as well as the subatomic particles forming them are all in constant motion. The last group in fact may appear and disappear one thousand times a second. Within the Gospel of Thomas (not part of the canonical Gospels that was found in Egypt in 1945) Christ has said: **“Raise up the stone, and ye shall find me there.”** (Verse 76). Based on this information, let us make an effort to study both man’s worldly life as well as eternal life.

- First let us consider and understand the worldly life.

If God is life and within the creation everything, including man, are His various expressions, man should also have certain qualities of God and should also be immortal, just because God is immortal. Is it not written: “God created man in His own image”? Then, what is this death that we all know and experience and usually fear? Death is not and can not be the opposite of life. Death is the opposite of birth but not life. As a result of his ignorance man thinks that life starts with birth and ends with death. To best understand as to what life is, let us consider the following metaphor. To go from one place to another, we get into our car and drive it to our destination. When we reach our destination, we get out of the

car, leave it behind and go about our business. As far as the car is concerned, it is oblivious of the direction you travel. It only obeys and fulfills its duty and transports us. The car without the driver, on its own, can do absolutely nothing. It just stays there immobile. Based on the understanding of this metaphor, let us analyze man's worldly life. Man is "born". He goes and sits in his "body". His body is his "car". The body belongs to him, but he is not the body, he is the user of the body. As the car takes us from one place to another, in the same way the body also takes us from "birth" to "death". After so many years of use, the car gets old and starts breaking down and some day we junk it and get a new one. Man's body, also in time, does it not get old and starts to break down, requiring fixing? These we call going to doctors or to the hospital. When it no longer is able to serve us, we "junk" it (this we call death) and get a new one (this we call reincarnation). As the job of the car is to take us where we want to go in the direction we want to go, in the same way, while in this body, we also go in a direction that is our choice and wish. That is fully dependant on us and depends where we want to go. To go home is to return from whence we have come; in other words, back to our Father's abode, returning back to God. But unfortunately, the majority of humanity uses their "car" for pleasure. To seek pleasure means to live for worldly pursuits. The first, going back home represents the eternal life (further information will be given below about eternal life). And the second choice takes us to what we call "death". Hence, the "car", our body has the ability to take us in two different directions. The direction in which we will travel depends fully on the one who is "driving the car"; in other words, us. There are some, in small numbers, who "drive their car" in the direction of home. But the great majority "drives" towards pleasure. There are also some who go towards pleasure, but along the way they change their

minds and change direction towards home, and there are some that do the exact opposite of this.

At this juncture a few questions pop up in our minds:

a- Then, what is the meaning of life?

b- Who is the “driver of the car”, the one using the body?

c- If man’s soul is immortal, then, how is it possible that we go towards death?

It is essential to give some appropriate answers to these questions.

a- What is the meaning of life?

Life itself has no meaning, but it creates the opportunity to find and give it meaning. How to make our lives meaningful? If giving a meaning to life is to pursue “pleasure”, there, we get “drunk”, and on the way back we cause an accident and we destroy both the “car”, the body and us, the driver, and can not reach home. But if giving a meaning to our lives is to go back home, to find the way back home without holding back any effort, we persevere and we eventually find our way back home. When we get there we see that our Father is waiting for us with “open arms”. This is exactly what Jesus Christ taught us and that route is the “path of perfection”. During our entire life we should not diverge from that path, because if we diverge we can never reach home. It is impossible to expect that some time we will reach home when we proceed in the direction of “pleasure”. That is an absolute impossibility; it is a wish that will never be fulfilled.

b- Who is the “driver of the car”, the one using the body?

Without any doubt what gives life to the body is the presence of Christ in us. Is it not written: “Your bodies are God’s temple” and also “I am the life” and again “I am the

Light of the world”? The purpose of this body is the realization of the purpose of the entire creation and this purpose is God revelation. God sees through man’s eyes, He hears through man’s ears, He smells through man’s nose, He tastes through man’s tongue and He touches through man’s hands. Just because of this God gave humans an extra “energy”, the angel Lucifer, man’s individuality, so that through this energy he would bring forth and reveal God’s “Light”. Does not Lucifer mean the bringer of light? Light makes one see better and more clearly so that he does not get lost and finds his way back home. Who is the one that decides to return home or to go in the direction of pleasure? It is the angel Lucifer, in other words, man’s individuality. When he forgets how to give a meaning to his life, he also forgets the true purpose of his life. Captured by the temporary and fleeting pleasures he pursues, he forgets the “bliss” of his Father’s home. Drunk with pleasure, he sinks more and more into ignorance and thinks that this illusory dream life of this world to be the only reality: hence, he does not even make any effort to wake up from the dream to see the Dreamer.

c- If man’s soul is immortal, then, how is it possible that we go towards death?

Is it not written in the Gospels: “The wages of sin is death”? In general, man thinks that he is his body; hence, he also thinks that with the death of his body, he also dies. The body is not the person. The body simply is his “car” he uses in this world. We know very well that all cars that are made sooner or later start breaking down and stop working. In the same way the human body also sooner or later starts breaking down and stops working; we call this death. The bodies of the sinful as well as those of the saints are all condemned to die some day. Even the body of Jesus died on the cross. The body comes from the soil and returns to the soil. But Jesus

Himself did not die, His individuality resurrected. And if we also don't become like Jesus, along with our bodies, our individualities also, which are the drivers of the car, as a result of decisions made and the accidents they create, they also die along with the car. But the one dying is not the real Being of the individual, only the "chauffeur", the driver, the one that had come to reveal the Light, the one that was supposed to realize the true purpose of the creation, the one that was the "dream" of his true Being.

- Let us also try to understand the eternal life.

In the Gospels the eternal life is clearly written about. But have we truly understood the information given? Many believe that eternal life is to live happily for eternity, for unending time, in other words to always be joyous. Only God is eternal, because He has no beginning and no end. God is not subject to time; rather, time is within God. For God, both past and future do not exist. God is always and only in the present. Hence, the present must also be eternal. Based on this, eternal life should also be in the present. By wrongly understanding the information given in the gospels, some think that eternal life will come sometime in the future after the death of the body and at the end of the world, when the bodies of the righteous will resurrect and come out of the graves and they will be taken up to heaven (this is called rapture) and will be given eternal life. If we do not experience eternal life now in the present during this life, we will never see it after death. Eternal life is to "dissolve" into God, to be one with Him in bliss and to be outside of time. It is to arrive Home.

If man's Spirit as well as his soul are immortal and eternal, then what is eternal life and who is the eternal life for? If man is not his body, then eternal life also can not be for the body. Who or what is it that is going to resurrect and

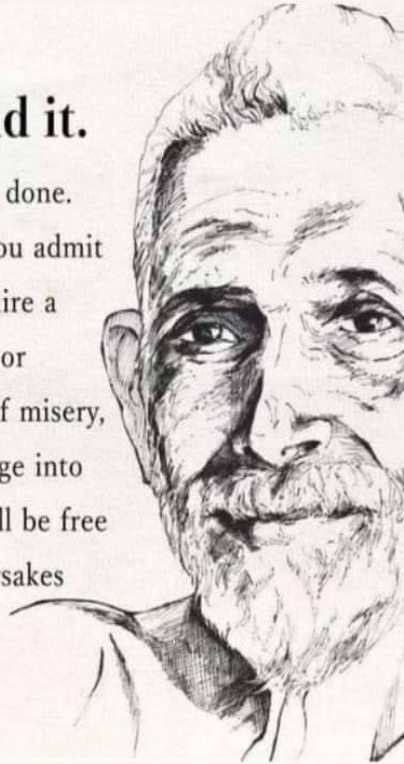
will be worthy of eternal life if it is not his Spirit or his soul? In reality, the answer to this question is very simple and obvious. Other than the body, soul and spirit, what do men have that other animals do not have? It is his individuality. But when that individuality, the angel Lucifer, wants to sit in God's throne, he no longer can be worthy to receive eternal life and death becomes his end. But if he performs his duty fully and reveals the "Light" of God, he inherits eternal life and becomes part of the "Singularity" and full of bliss. Eternal life is not ending the dream by going into deep sleep, but rather it is ending the dream by waking up. It is to see the dreamer by waking up and to come to the realization that he already was the dreamer. To awaken is for our level of consciousness to increase to much higher levels and this is what "rapture" is and with such a high level of consciousness, it is to experience the "Truth". Is it not written: "I am the Truth"?



Surrender and you will find it.

One of two things must be done.
Either surrender because you admit
your inability and also require a
Higher Power to help you; or
investigate into the cause of misery,
go into the source and merge into
the Self. Either way you will be free
from misery. God never forsakes
one who has surrendered.

Ramana Maharshi





III

THE PATH FAITH, HOPE and LOVE



THE PATH FAITH, HOPE and LOVE

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

The way, the path, is not to go here and there. It is a life-style; it is a way of living our lives in such a way that serves us in fulfilling our duty in this life. For humanity, the “Way” is the “path of perfection”. In one of my previous books titled “The Path of Perfection”, appropriate information was given regarding the path. They will not be repeated here. In this 3rd chapter of this book, some additional information will be given.

Let us consider the following words of Christ: “Whatever you ask in my name will be given to you”. Based on this verse we often hear prayers that appear to represent a shopping list, which the one praying begs of God to receive them and ends his prayer by saying: “I ask in the name of Jesus Christ, Amen”. This understanding of what Christ had said indicated above is completely and totally a wrong interpretation. These words of Christ actually are congruous with another saying of His: “I am the way”. As a result of a wrong interpretation, man, instead of fulfilling himself all these desires that originate from his Ego, wants God to do it for him, thinking that God is the genie of Aladin’s lamp that will help him realize his wishes. The meaning of what Christ has said is much more complex and also serious. For its realization, it requires the successful completion of the “path of perfection”. The realization of what Christ has said depends on having “faith”, “hope” and “love”. Without a doubt we should all have faith in God, but we should also have faith in ourselves that we are going to succeed in completing the “path of perfection”. In one of my books titled “From Light to Light” in chapter X, extensive information was given about “faith”. Often we think that our

beliefs are also faith. We should not forget that the greatest lies one says is to himself and he believes in those lies.

One should also have hope, so that he can pursue the “path of perfection” with patience and perseverance until he reaches the end of the path. The hope should be without doubts or hesitations, because hopelessness is one of the greatest weapons of the Ego and leads the person to failure. The “path of perfection” has many obstacles and impediments that may discourage the individual and thus he loses perseverance. At the same time these impediments are trials to reveal the strength of the person’s will and determination. The Ego also raises “walls” between man and God to stop the progress on the “path of perfection”; such as boasting, difficulties, pride and especially attachments to worldly pursuits. Regarding “hope” again in my book “From Light to Light” in chapter XI, extensive information is given. It would be appropriate also to read it.

As Paul had said about “faith”, “hope” and “love”, he had also indicated that “love” was the most important. Love for what? Love for whom? Undoubtedly we will say love towards God, because without love one can not have faith and without faith one can not have hope. How to love God? We often hear people saying that they love God and they worship Him. One wonders, is it possible to love someone we do not know and have never seen? From our human perspective, we have experienced various types or expressions of love. The love that a mother has towards her child is the closest to the love that God has for humanity. A mother is always ready to sacrifice herself for the benefit of her child. There is also love between brothers and sisters as well as between a father and his children. There is love between friends as well as love between two sweethearts. There is also love for one’s nation, religion or country. We already indicated above that the most important love should be

towards God. This love should surpass the degree of all the other loves we experience. It should be full devotion without any expectations. It is only then that it becomes true worship. Regarding “love” in my book titled “From Light to Light” in chapter XII extensive information is given. It would be appropriate to read that as well.

God has given man a mind and also an intellect. If we start using them appropriately, we will understand that the entire creation is the expression of God. Don’t we say: “God is everywhere”? Therefore the love we have should not be directed only to one or two persons; instead, if we truly love God, it should be directed to the entire creation, love for everything, every plant, every animal and every person, even towards our enemy. If the love we have is not this kind of love, it does not matter how many times we repeat “I love God”. It is only self-deception and it is the lie we tell ourselves and end up believing in it. Such a situation compels us to be sacrificed by our Ego.

Unfortunately, at the age of two, one becomes aware of his Ego and starts forming his nature according to his Ego. Using his free will, he puts his Ego on the throne of God. Is it not written: “your bodies are the temple of God”? Hence, God’s throne should also be in His temple. When the Ego is on the throne, in the driver’s seat, then all one’s wishes become the wishes of the Ego. Do we really think that they will come true just because all those wishes we present to God, are concluded with the sentence “we ask in the name of Jesus Christ, Amen”? But when we succeed in reaching the end of the “path of perfection”, it tends to mean that we have changed ourselves completely. We have fully ignored our Ego and we have put our true Being, The Christ within on God’s throne. God has given us free will; hence, He, despite being omnipotent does not force His will on us. But when the Christ within is the “charioteer”, all His wishes also

reflect God's will. Could there be any doubt in anybody's mind that those wishes would not come true? And, this is the meaning of what Christ had said: "whatever you ask in my name will be given to you". Based on this, Christ also becomes the "Way" the means of our success.



Pearls of Rumi · [Join](#)

Sufia Jamil · Oct 23 · 🌐

This photo is Amazing !

At first glance, it seems like someone's reading in the water, but when you zoom in, you realize there's no person, no book, no study—just an illusion.

Life is much the same; it appears one way, but beneath the surface, it's entirely different.





IV

THE MIND – CONSCIOUSNESS KNOWLEDGE and WISDOM



THE MIND – CONSCIOUSNESS KNOWLEDGE and WISDOM

To best understand these topics, it is essential for us to first understand as to what the mind is. The entire creation is an energy field. That energy is God's energy. It is the energy of the Holy Spirit. As all the energies that we know of in physics have a vibration and these vibrations may be of various frequencies, it is also the same for the energy of the Holy Spirit. The Holy Spirit also has infinite frequencies. The low frequency energies condense and form matter. It is the matter that we are able to see and touch. Man, also being part of the creation, is also one of the appearances of the energy of the Holy Spirit. Is it not written in the Bible: "The Spirit of God lives in you"? Man is the result of several layers of energies formed of different frequencies. It is said that there are seven different layers which are known as "bodies".

Undoubtedly the first one of these "bodies" is the material one that is known as our physical bodies. It is not difficult to understand this body because we can see it and we can touch it. The second layer of the man is the mind, known as the mental "body". This "body" is neither visible nor is it touchable, but it is the most important one that governs the physical body. As the physical body is subject to duality (male & female), in the same way that being part of the creation, the mind is also subject to duality; hence, it has two poles. One of the poles works through the brain and gives us thoughts, and the other pole works with the "heart" and gives us emotions. The word "heart" is in quotation mainly because the mind does not work through the physical heart but rather through the nervous system known as the solar plexus, which is very close to the physical heart. Some have divided this mental "body" into two different "bodies"

and call one the “mental body” and the other, the “emotional body”. Above we indicated that the mind controls the physical body, then what is it that controls the mind? Man’s next energy body is his individuality, which other animals do not have. This is also subject to duality and has two poles, one positive and the other negative. It appears that these two poles differ from each other as a result of their frequency energies. The individuality has free will, the ability to judge and to choose, which works through his intellect. Some also consider the intellect to be another layer, another “body”. Without a doubt, all these are the result of the presence of the Holy Spirit in us. We should not forget that the only Truth is God; hence, all are nothing but various expressions of God. Therefore it is the presence of man’s Spirit, the Christ within, that gives significance to all these. This is the highest layer of energy with the highest frequency. It is the Christ, the Son of God, God’s glory that is present within the physical. Did not Christ say: “I am the Life and I am the Light of the world”? Hence, it is the presence of Christ in us that enlivens the physical body and it is God’s consciousness (Light) that enlightens the mind and the intellect.

Based on this information, let us study man’s mind. It controls the physical body and itself is controlled by the individuality. The mind is the most important and the best friend of man, but it can also be his worst enemy. The mind is capable of guiding the individual to salvation and eternal life, but it can also take him to death. Where does this differentiation originate from? As was indicated above, man’s individuality has two poles. The positive pole with a higher frequency energy is in communion with his Spirit, the Christ within. On the other hand, the negative pole with a low frequency energy represents man’s Ego. We should not forget that within a given field of energy, harmonious frequency energies attract each other and those that are not

harmonious repel each other. The individuality has a free will to decide as to which pole will control the mind. Would it be his Ego, or his true Being, the Christ within? Because God has given man free will, He does not force His will on him to force him to live according to His laws, but He always cautions and advises. On the other hand, the Ego is cunning, deceitful and a liar and uses all sorts of persuasions, making use of man's intellect and of course with falsified logic. It also gives man all types of desires and pursuits of pleasures. As a result of its low frequency, it tends towards the physical and its tendencies are towards the external world. Is not matter also formed from low frequency energy? Don't similar frequencies, harmonious frequencies attract each other like a magnet? Despite the fact that it is man's individuality that controls the mind, it appears as if he has become a slave of the mind. The mind that works with the brain also gives man memory. As was indicated above, it is the consciousness of God that enlightens the mind and makes man aware of all his thoughts, feelings as well as the external world which he becomes aware of thanks to the five senses of his physical body. Without a doubt the consciousness of God is infinite; hence, we can say God is all-knowing. The true Being of man, the Christ within, knows the past, the present and the future of the individual. Past and future are illusions and are not part of reality. God is present only in the present. It is man's mind that creates the past and the future. Unfortunately, man's brain limits the degree of consciousness expressed. As a result the individual no longer remembers all the past memories and also has no clue of the future either and only can imagine things. All the memories that were in his mind but that he no longer remembers, have not disappeared but rather they are in his subconscious mind and they form his nature. The truth is that we all express the same consciousness but it is the mind that is not fully

enlightened with it. In Armenian, we do not say the subconscious mind, but rather subconsciousness. I wonder which one is correct. Perhaps consciousness is the part that his mind is able to express and the subconsciousness, the remaining, that only the Christ within is privy to and the individuality is not aware of at all.

For the man to be able to live his life in a meaningful way, without a doubt, along with his physical body both his mind and his consciousness are absolutely essential. Man's intellect, which gives him the ability to reason as well as to judge and to choose, uses both his mind as well as his consciousness. Without an intellect, it would be impossible to have a free will. The degree of intellect expressed in various people is variable and varies from person to person. The level of intellect expressed in a given individual depends on the ability of his brain. Further information will be given about this topic below. The purpose of the intellect is for the person to amass information and knowledge. Without a doubt anything and everything that one becomes aware of is knowledge for himself. It is possible to say that man can have three main types of knowledge.

The first type is the one type of knowledge that is given to us by others. The great majority of this type of knowledge is based on experimental proofs and they are part of the truth. This type of knowledge we learn in school. If they truly are part of the truth, we may categorize them into the second type of knowledge. Even in these, so called proven knowledges, there may be false information. As an example, let us consider one of the laws of physics that we were taught in school: "It is not possible to create or destroy matter, it is only possible to change its appearance". But after the discovery of the atomic power, that law now is disregarded as false and has changed. The new law says: "It is impossible to create or destroy energy, but it is possible to only change

its appearance". Unfortunately, amid the information and "knowledge" given to us by others, there are many that have no relation to the truth and yet we accept them to be true. One should not forget that by believing in such information and giving them importance, man tells the greatest lies to himself, especially when such information regarding religion or spiritual life appears to be much more common. Thanks to such incorrect information and teachings, humanity is even inclined to cause horrible sufferings all in the name of God.

The second type of knowledge belongs to the outer world that we, also to some degree, learn in school but also through personal experience which is the information we receive through our five senses. Without a doubt, these are all essential for us to live our worldly life appropriately.

The third type of knowledge does not belong to the outer world, but rather to the "inner world". We should not forget that the external world, which we consider to be a reality, is in fact illusory. Hence, the highest form of knowledge is the knowledge of the "Truth", which can not be learned from books. It is only-and-only an experiential knowledge. Before having this experiential knowledge we should develop some knowledge of the second type, which becomes the impetus for us to also yearn for the higher knowledge. It was exactly this that Jesus taught us, to realize the God revelation within us. This knowledge is the knowledge of the "present". It is the knowledge of the singularity of all the multiplicity we think we see. It is the knowledge of divine Bliss. Jesus, the son of man, showed us in many ways the possibility to be privy to such knowledge. With His transfiguration and with all the miracles He performed, Jesus showed us the possibility of success and to also have such high knowledge. He said that the student should be like the teacher and He also said that we can do greater things than He had done. Why don't we do it? When

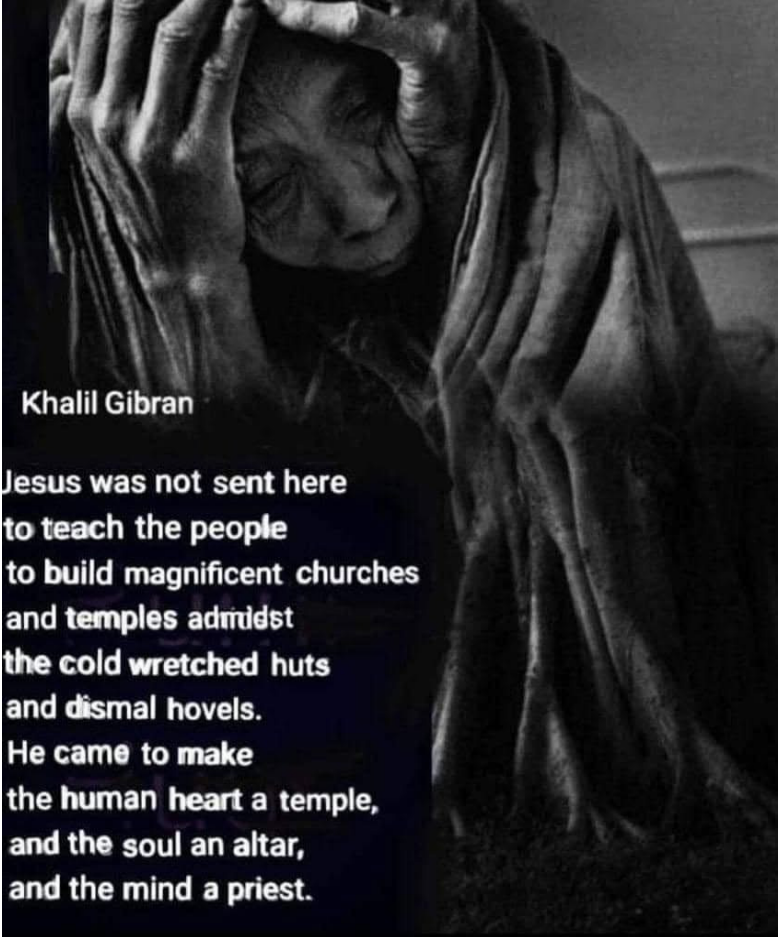
a man yearns for such high level knowledge and to get it with personal experience, he pursues the path of perfection, his true Being, the Christ within, opens the doors, the chakras, the energy centres and the added energy of the Holy Spirit rushes into the individual with a much higher frequency and the individual thus receives all the Graces of God. Wisdom is also part of these Graces and gives the individual the ability to reason properly and no longer becomes the victim of wrong reasoning that was being promoted by his Ego. With proper reasoning, all the decisions made by the individual, using his free will, will also be according to God's will. Wisdom was the first creation before anything else was created. In the Book of Proverbs within the Old Testament (chapter VIII:22-23), it is wisdom that is "speaking": "The Lord brought me forth as the first of his works, before his deeds of old; I was appointed from eternity, from the beginning, before the world began".

It is also appropriate to read the VIIth Chapter titled "Rapture".

The following is a short summary. The consciousness of man is only a minute expression of God's infinite consciousness. Christ had said: "I am the Light of the world". The purpose of that minute amount of consciousness expressed is to have the experience of the infinite consciousness. This is like a man lighting a candle, so that he can light up the room, so that he can see where the drapes that are pulled closed are located, so that he can open them and fill the room with the infinitely bright light of the sun. In this metaphor, the room represents the man. The light of the candle represents the minute consciousness expressed by humanity in general. The bright light of the sun represents the marked increase in one's level of consciousness whereby he becomes able to differentiate the "Truth" from the illusion. And, it is this, the exact and real purpose of human life.

Man's thoughts, non-stop like a movie, keep his mind busy and preoccupied. All those thoughts originate from past worldly experiences. As we watch movies where horrible wars are depicted, or love stories are shown, aren't we influenced by them? Is not our worldly life also the same? It is the same because just like a movie, it is also an illusiory dream.

It is our duty to wake up from our slumber and upon opening the drapes, to see the Dreamer.



Khalil Gibran

Jesus was not sent here
to teach the people
to build magnificent churches
and temples amidst
the cold wretched huts
and dismal hovels.
He came to make
the human heart a temple,
and the soul an altar,
and the mind a priest.

**The Courage To Awaken (Eckhart, M...**

Aby Vohra · 42m ·

"Surrender is the simple but profound wisdom of yielding to rather than opposing the flow of life."

~ Eckhart Tolle ~

SURRENDER.

Be willing to accept that things were supposed to happen the way they did, whether or not you can understand why. You may be aching over the intricate details, fighting against the pain and devastation it has caused you. If you keep battling with reality, you'll always end up losing. Let go of your attachment to what you think should have happened, and surrender to what is right now. You may not know where you're heading, but trust that you're being guided towards a place that serves you well.





V

HERE and NOW



HERE and NOW

It is highly likely that the title of this chapter will surprise some. Before starting the actual topic of this chapter, it may be appropriate to give some explanation about “here” and “now”. When we live in this world with our present level of consciousness, we are aware of “duality”. In the same way, both “here” and “now” also are part of that duality.

“Here” belongs to and is part of “space” and the “now” is part of and appears to belong to time. According to the Bible, in the book of Proverbs (chapter VIII verses 22-23), where it is wisdom that is talking, it appears that before anything else, first wisdom was created. At the next stage of creation, along with God’s “Logos”, the energy of the Holy Spirit, time and space was also formed. But if the entire creation is only the dream of God the Father, both time and space, being part of the dream, must also be an illusion. Is it not written: “The only Truth is God”? Is it not also true that all the contents of our own dreams are nothing but illusions as well? Today, even quantum physics has come to the same conclusion and according to the results of experiments, has declared the followings:

- a- Time is relative.
- b- Space is relative.
- c- The universe is a hologram.

Matter is formed of atoms. Their parts (proton, neutron and electrons) are formed from subatomic particles. Some of these subatomic particles appear and disappear 1000 times a second. Hence, we should not be surprised that the material creation is nothing but a hologram.

What does it mean to be relative? What is relativity? It means that they are not permanent and fixed but subject to change depending on the circumstances. Are not our bodies also subject to change in time? It would be appropriate to

give some proven scientific information about relativity. It has been proven that time is relative according to the speed of traveling. As the speed increases, time passes much slower, and at the speed of light, time no longer passes only the present, the “now” remains. A photon, which is the material form of light and travels at the speed of light, can be anywhere within the universe at the same time. Light can be noticed as electromagnetic energy in waveform with a certain frequency or as matter, the photon. Time is also relative according to the gravitational force. The weaker the gravitational force, the faster time passes. The relativity of time is also dependant on the level of consciousness and not just speed or gravitational force. The higher the level of consciousness the slower time passes. God’s level of consciousness is infinite; hence, it would be appropriate to say that for God time does not pass and God is only in the present and past and future do not exist for Him. Within the universe, everything is in motion. (*It may be appropriate to also read in one of my previous books titled “Universal Laws” 2nd Chapter the part “Law of perpetual transmutation” page 65*). That which is static can not exist. Therefore, time that does not pass can not exist. Hence, for God time does not exist and God is eternal. Eternity is to be outside of time, not subject to time and not endless time. Nothing can exist for an infinite time, because anything that is created has a beginning, and anything that has a beginning also has an end. Time, also having been created, has a beginning and must also have an end and cannot be unending or infinite. Only God and the present are eternal. (*It may also be appropriate to read in the same book mentioned above titled “Universal Laws” 7th Chapter Titled “Consciousness and Time” page 147*).

Space, also having been created, must also be relative. This information may not be as well known by the general public compared to the relativity of time. Scientists have also proven that any given object with some volume, as it travels,

and the faster it travels the dimension in the direction in which it is traveling gets shorter. At the speed of light, the dimension parallel to the direction of travel becomes “0”. The volume of an object can be determined by multiplying the dimension of its height with that of the length and with that of the width. Let us consider a square box with a 2m height, 2m length and a 2m width. The volume of that box will be $2 \times 2 \times 2 = 8 \text{ m}^3$. Hence, that box occupies that much place within space. If that box travels at the speed of light in one of the directions (let us assume at the direction of its length), the length will shrink to “0”. The volume of the box will be $2 \times 2 \times 0 = 0 \text{ m}^3$. A box without any volume can not exist in space. This means that the space occupied by the box also disappears.

Why give the above information? According to the incorrect interpretation of certain verses of the Bible, there exist certain denominations that believe that centuries after death, sometime in the future, their physical bodies will “resurrect” and will experience rapture and be taken up to heaven and will, in some other space (place) that they call heaven, will live there happy for “eternity”, meaning unending infinite time. Undoubtedly this kind of interpretation is the result of their misunderstanding, because they also believe that this worldly life is also an absolute reality. And for them, this is eternal life.

According to the above given information, if both time and space are relative and are not reality, in other words, do not really exist and are illusory, both heaven and eternity should both be here and now. God is not subject to time and is only in the present; therefore, the present is also eternal; hence, eternal life should also be in the present and not sometime in the future after death. If we really think for a couple of seconds, we will notice that we live our physical life only in the present, but unfortunately mentally over 90%

of our lives we live in the past as a result of past memories or in the future as a result of expectations. We also say that God is everywhere. Do we really believe in what we say? If we believe that life in heaven is to be with God, in bliss, then wherever we are God is there too; hence, heaven is not a separate place within space. Therefore the heavenly eternal life should be in the present, “now”, and wherever we are, “here”. It is the rapture of the level of consciousness to a much higher level than expressed presently. Only then are we able to see the Truth, to experience the presence of God.

If God is not subject to time and space, it tends to indicate that God is not in time and space. Then, how can we say that God is everywhere? Is this a wrong belief, or is it that our understanding is wrong? Is it not possible that both time and space are in fact in God? If the creation is God’s dream, everything within the dream must be in God’s “mind”, consciousness; hence, time and space must also be in God. But, we are in time and space, and if time and space are in God and we are in time and space, we must also be in God. If we are in God, why do we search for God here and there? We are already with God, and only because of our ignorance, the awareness of this truth escapes us. All we need to do is wake up from our spiritual slumber (sleep). Eternal life is not going here or there after death; rather it is simply waking up from our slumber, it is only a realization, it is to know that we are already with God and always have been with Him. From the days of Adam and Eve, under the influence of our “Egos” we are subjected to forgetfulness with regards to this truth and thus we exist and live in darkness. If we truly yearn for eternal life, we need to believe in Jesus. Believing in Jesus means to properly understand all His teachings and not just their superficial literal meanings, to make them part of our lives, so that we can become worthy to receive a higher level of consciousness and thus see the Truth and to understand and realize all.



VI

RESUSCITATION, REINCARNATION TO BE BORN AGAIN and RESURRECTION



RESUSCITATION, REINCARNATION TO BE BORN AGAIN and RESURRECTION

The two of these four experiences are not common within humanity, but they appear to have a strong relationship to “death”. It may be more appropriate to say, the relationship is with the changes of the level of consciousness, which in general represents the absence of consciousness or awareness.

In this chapter, we will consider each one of these one by one and give appropriate information about them.

What is resuscitation?

When one is sick, sometimes as a result of his condition, his heart stops beating. This is followed by the cessation of respiration and the individual dies. Doctors work on him so that they can bring him back to life. They first make him breathe artificially, so that oxygen can get into the lungs. They also compress the chest hoping to squeeze the heart so that some blood can circulate in the body. They do all this until the intravenous or injection of a certain medication directly into the heart start working and hopefully starts the heart beating again so that the life-giving blood starts properly circulating in the body. They sometimes succeed and sometimes fail to resuscitate the person. Below further information will be given for this dichotomy.

The circulation of the blood is absolutely essential to maintain life. It is the blood that delivers the oxygen it has “picked up” in the lungs to all parts of the body and transfers it to all the cells. When blood flow stops, as the heart stops pumping for only three or four seconds, the individual may feel faint, and if the heart continues not to beat after five seconds the person faints. If one or two minutes later the heart starts beating again and the blood starts circulating, the

individual, after a short time, wakes up and regains his consciousness. The most sensitive cells in the body are the brain cells (neurons). Without circulating blood within five minutes the brain suffers serious permanent damage. The most durable cells are the skin cells, to such a degree that even 24 hours after the death of the individual, they are still functional and grow a beard.

There are many causes for death; some may be expected as a result of the progression of the illness of the person. But at times, some suffer unexpected sudden death when they had been completely healthy previously. Usually the causes of such deaths are a heart attack or pulmonary embolus (blood clot). They can be the cause of an “electrical storm” within the heart to such a degree that all the cells of the muscle of the heart no longer contract in unison and therefore the heart as a pump does not contract and push the blood into the body.

As the doctors are working on the individual to revive him, it is proper to say that for all intents and purposes, the individual is already dead. The soul has left the body. There have been many stories such as the individual from the “ceiling” watching the doctors work on his body and when they have succeeded, the next day he has told them all that they had done, surprising the doctors. As far as the doctors were concerned the body they were working on had absolutely no consciousness.

Let us return to the main question paused above. Why is it that when the doctors have done everything properly all the time, they sometimes succeed and sometimes fail to resuscitate the individual. The decision of life and death is God’s domain and choice. Even when the heart stops and according to God’s will, the person should not die, God also provides the resuscitator as well and gives him success. Based on the Bible let us see what the reason is for success

and/or failure.

“Remember him-before the silver cord is severed, or the golden bowl is broken; before the pitcher is shattered at the spring, or the wheel broken at the well”(Ecclesiastes 12:6)

The soul of an individual is in communion with the body via the “silver cord”. As long as that cordal connection is intact and not severed, the soul can return to the body. It is said that some during sleep at night leave their bodies and travel long distances and eventually return back to the body. They are able to come back because the “silver cord” has the two connected at all times. But once the cord “breaks” and the connection is cut off, it becomes impossible to revive the dead person. When an individual is successfully revived, neither the body nor his individuality die. Death is a process that may last five minutes and sometimes even a bit longer.

What is reincarnation?

Reincarnation is the returning of a dead person’s soul back to the world as a baby and a new human life. It is true that it does not appear to be within the belief system of the Christian churches of today. But this does not mean that it is not supported by the Bible. Regarding this it is recommended to read the 9th chapter, with the same heading, of my book titled “From light to Light” (pages 217-233). In general the information given there will not be repeated here.

Let us first understand what it is that reincarnates. A man has a body, a mind, an intellect, an individuality and a Spirit. The physical body is formed of matter, and this is the meaning of the statement in Genesis: “The Lord formed the man from the dust of the ground”. As a result of death, the body also returns to the soil. The Spirit of man is part of the energy of God, the Holy Spirit that is within the physical body, which is the Glory of God, the Son of God, the Christ, as the entire creation is the “body” of God, the Son of God. The Spirit of man is holy and immaculate. The Spirit is immortal. The rest, one’s mind, intellect and the individuality

are all only different energy “bodies” with different frequencies. Because man was given a free will, through his his choice of life, his thoughts, his words and his deeds, he has the capability to determine the frequencies of his energy “bodies”. Unfortunately he makes most of those choices unknowingly and probably also unwillingly, mainly because his mind is always preoccupied with various and usually useless thoughts, wishes, desires, expectations... He rarely uses the free will bestowed to him. One should ask whose recommendations he follows to make all his decisions. The mind of the individual is his best friend, but it can also be his worst enemy. This difference depends on who the controller of the mind is. Without a doubt, the controller of the mind is his individuality. The entire creation is based on duality because it is illusory. Only God is the Truth and Singularity. Hence, within the creation everything is subject to this duality. Man’s individuality that is presented as the angel Lucifer was essential for the success of God revelation. The name Lucifer means the bringer of Light. Thus, the individuality of man also has two poles; one is positive and the other the negative pole, which represents his “Ego”. The positive pole of the individuality is in commun-ion with his Higher Self, his Spirit, the Christ within. On the other hand, the negative pole thinks that independently it can control everything and ignores all exhortations that come from the Spirit and thus creates “the evil” and thus controls the individual’s mind.

The thoughts, words and deeds of a person by changing the frequency of his energy put information in the energy of his individuality. One should not forget that words and deeds first take birth as thoughts, and every thought within the brain is the result of an electrical activity (current). Every electrical current creates a magnetic field around it with various frequencies, which depend on the thoughts of the

individual. All that information created by the individual throughout his life remains and thus become part of his energy “body”. When a person dies, along with his body, his mind, his intellect, as well as his individuality, also die. Just because of this Jesus warned us: “the wages of sin is death”. But man’s Spirit is immortal; along with It, also takes all that information and this combination that we call “soul”, thus separates from the body and returns to Its source, to God the Father. The soul, free of the tyranny, realizes all the mistakes caused by the individual and for improvement and evolution and so that he can “pay his dues”, decides to reincarnate and returns back to the world. Did not Jesus say: “sins committed against the Holy Spirit are not forgiveable”? All those sins are the information put into the energy “body” by the thoughts, words and deeds of the individual. Is not the Holy Spirit the energy of God? Is not the physical creation the material form of that energy? And this is reincarnation. The world is a school so that the soul slowly improves itself, makes itself holy and finally the individual thus succeeds in revealing Christ within himself. Hence, earth-bound lives are the means and opportunities for spiritual betterment and growth. The soul willingly subjects itself to the positive and negative duality so that the individual learns to properly use his free will to serve the real purpose of his life, which is revelation of God through him. Before it returns to the world, he chooses his mother and father, his wife or husband to be, his friends and even his children as well as in which country to be born and into which religion, which are all appropriate for him to “pay his debts” and to improve himself. All these happen as a result of the harmonious nature of the frequencies of the energy “body”. But alas, the soul receives a new mind, a new intellect and a new individuality. These are not given hap-hazardly, but corresponding and harmonious with the information that is

within the soul, and this is the reason for variable births. If, according to general belief, man had only one life, should not everybody be born equal; otherwise God would be unjust. Heaven forbid. Hence, the reincarnation of man occurs according to the information in his soul; in other words, according to his fate or better known as his “karma”. And the architect of his fate is man himself. The tragedy is that when the soul reincarnates, it receives a new mind and a new brain commensurate to his “karma”, but they have no memory of the past lives and make new “debts”. Based on this, the wheel of reincarnation and death seems to turn perpetually. It was just because of this that Jesus preached and taught us the path of perfection so that we succeed to realize the real purpose of our lives and reveal Christ within ourselves. “If we succeed, we become pillars in the temple of God and we get God’s name written on our forehead and we no longer go forth” (Revelations 3:12). And this is what we call salvation, to end (stop) the wheel of reincarnation and death and to join God and dissolve in Him. It is to become part of the singularity, in fact we already are, but we also have to come to the realization of this Truth.

What is to be born again?

Regarding being “born again”, Jesus taught us by what He said to Nicodemus. Without a doubt most of Jesus’ teachings should be taken as metaphors and not simply literally. Unfortunately Nicodemus had only understood the literal meaning of Jesus’ statement and was wondering as to how he would re-enter his mother’s womb and be born again. Regarding to be “born again” extensive information is given in one of my earlier books titled “Spiritual Reflections (I)” with the same title (What is to be born again) in pages 237-242. It is recommended to read that first because mostly they will not be repeated here.

Jesus told Nicodemus that he should be born of the

Spirit and of water. To properly understand the meaning of this, it is important first to understand the superlative or metaphorical meanings of both “Spirit” and “water”.

The Spirit of man is the presence of God, the Christ in man’s physical body. Is it not written that our bodies are the “temple of God”? The Spirit is the True Being of a person. What man believes he is, namely his body, his mind, his individuality, they are all illusory and just because of that they also are not permanent and subject to death. Did not Christ say: “I am the Truth”? It is that same Spirit that enlivens man’s body, mind and also his individuality. It gives life to the physical body. Has not Christ said: “I am the Life”? It also enlightens the mind and gives it consciousness. Has not Christ said: “I am the Light of the world”? The Spirit, the Christ has also granted (gifted) man’s individuality with divine characteristics. These include free will and the ability to be creative. Is it not written: “God created man in His own image”? And what does man do? Using his free will, he tends towards the negative pole of his individuality, his “Ego”, fully ignoring the positive pole which is in communion with the True Higher Self, and thus totally ignores the Christ within. His physical body is born from his mother. It is his mother that helps form that body for her child during the nine months of gestation. The child around the age of two starts becoming aware of his “Ego” and usually it is that “Ego” that “gives birth” to his mind and thus also to his nature (character). After that the individual lives according to that nature and thus creates his life and all the events that he faces in life.

Therefore, Jesus’ teaching “to be born again” is to change the direction of the mind from the individuality’s negative pole to the positive pole, from his “Ego” to the True Higher Self, towards Christ. This does not occur simply by saying: “I believe”; instead, it requires an outstandingly

strong will, faith, patience and perseverance.

What is the metaphorical meaning of the “water”? Water always has had a few metaphorical meanings. According to the following verse, it represents the life-giving force of the Holy Spirit:

“Then the angel showed me the river of the water of life, as clear as crystal, flowing from the throne of God and of the Lamb.” (Revelation 22:1)

The water also represents cleanliness, because it is impossible to clean anything without the use of water. A third metaphorical meaning of water is man’s emotions. Jesus taught us about this superlative meaning of water by his following deeds: He was sleeping in the boat when His disciples, scared of sinking and drowning as a result of the storm, woke him up. Jesus calmed the storm. The winds represent the storm of thoughts and the waves of the water in the lake the storms of our emotions. Jesus also showed us how to have full control of our emotions when He walked on the water; He showed His control over His emotions. On the other hand, Peter was scared of the waves and sank. Peter had no control of his emotions and he became scared.

Therefore, what is the meaning of being “born again” of water? Since water represents the energy of the Holy Spirit, then to be “born again of water” represents to receive added energy of the Holy Spirit; it is to receive the graces of the Holy Spirit; it is experiencing “rapture” and developing a higher level of consciousness. Has not Christ said: “I am the door”, and again: “I will send you the Holy Spirit from my Father”? But for all these to happen and for the Christ within to gift us with added Energy of the Holy Spirit, one will have to make himself worthy to receive it. Has not Christ said: “God can not be mocked (meaning deceived)”? Hence, all these do not just occur because we want it or we wish for it. First the individual has to emancipate himself from his “Ego” and ignore it completely. In other words, he first should be

born again of the Spirit. This is the first step in self-discipline and self-preparation. To understand the following steps we have to first understand the metaphorical meanings of the water. The above indicated second meaning of the water was cleanliness. This cleanliness is not the physical but rather the mental. What is this “mental cleanliness”? Jesus taught us this as well, He said: “those who have a pure heart will see God”. The language that Jesus spoke (the Aramaic language) has no word for mind; instead the word heart is used to mean both heart and also mind. Hence, the “pure heart” means pure mind, which indicates a mind that is fully cleared (cleansed) of all thoughts and emotions. This latter automatically takes us directly to the third meaning of water presented above, which indicated the emotions. To develop a “pure heart (mind)” is not an easy task and requires extreme faith, hope, patience, perseverance and infinite love towards everything: namely, all of nature, all plants, all animals and all of humanity. Mainly, this is because the entire creation is nothing but the “body”, the physical form of God. Then and only then we can say we truly worship God and the individual’s entire life turns into a perpetual prayer. All his deeds become only service to God and God worship.

Therefore, as a summary, we have to understand that “to be born again” is not just to get baptized again or to say: “I invite Jesus Christ into me” or again to say: “I believe in Jesus Christ, He is the only Son of God and He died for my sins, therefore I am saved”. Rather, it is an extremely serious self-transformation; it is change in the direction of the mind from external worldly pursuits toward the inner Christ.

What is resurrection?

In general, people believe that at the end of the world Jesus Christ will return, which will be His second coming, and their physical bodies will resurrect and come out of their graves, will be judged and will either be sent to heaven to

live a blissful life or to hell to suffer for eternity, for infinite time. Without a doubt, such a belief is absolutely childish.

First we have to understand what it is that resurrects. Without a doubt, the answer to this question has to be: “the individual”. But the “individual” is neither his physical body nor his mind or even his intellect. Absolutely, all these belong to him, and he makes use of all of them throughout his entire worldly life. Definitely, there are a lot of people that identify with their physical bodies and their minds and think that it is just that, which they are and thus live their lives accordingly. But in reality, it is the True Being of the person that gives life to the body and consciousness to the mind, so that they can function, and that Being is the presence of God, the Christ in him. Christ is his Spirit and is immortal. Then, what is it that dies and according to God’s will and grace, tends to resurrect? Man also has an individuality, “the angel Lucifer”. That individuality also has a free will. It is called Lucifer, which means “bringer of Light”; hence, the individuality has the ability to reveal the “Light”, the Christ within himself. But with his free will it is also capable of putting his “Ego” on God’s throne and thus formulate his own demise. It is the True Being, the Christ within that also enlivens the individuality. During death, just like the body and the mind, individuality also dies.

The individuality is an additional energy “body” given to man by God that the animals do not have. The individuality, also being part of the creation, is subject to duality and has two poles. The positive pole is in communion with the Higher Self, the Christ within; on the other hand, the negative pole represents the “Ego”. Because man has an individuality, we call him an “individual”, and because he is attached to his “Ego”, he is also called “self” (himself, herself, myself) and the word “selfish” comes from this word which means “egotistical”, which means love for the “Ego”.

The Spirit of man encapsulated within the energy of the individuality is called “Soul”. The Soul is also immortal. But when man dies, along with the body, the mind and the intellect, his individuality also dies, but a tiny fraction of it remains attached to the Spirit. This tiny part contains all the information that the individual, during his entire life as a result of all his thoughts, words and deeds, has accumulated into the energy “body” of his individuality. That minute part represents his fate, also known as “karma”.

Therefore, what is it that resurrects? It is God’s grace, gift, a blessing given to the ones that have succeeded in properly and fully living out and performing the responsibility and duty given to them at birth, which is revealing Christ within themselves, which is that which Jesus succeeded in doing. This gift God gives is the resurrection of the individuality, this time without polarizations. The large amount of the energy which forms the individuality dissolves within Divine energy and becomes part of the “Singularity”. That soul no longer requires or wants to reincarnate. But sometimes they do willingly incarnate out of love for humanity to help them realize their responsibilities and duties, as Jesus had done.

It is highly possible that some people may not be in total agreement with the information presented above, because they believe in the resurrection of the physical body. Hence, let us examine what information we have regarding resurrection. Of course we will use the Bible as the only source. It is well known that Jesus died on the cross and according to what we are told, He resurrected three days later. Jesus’ death and resurrection had been foretold. Jesus Himself said that “the son of man” would be killed and would resurrect. He also said: “destroy that temple and I will build it within three days”. Therefore all these tend to suggest that Jesus resurrected three days after His death. All

the Christian churches celebrate the resurrection on the third day. Jesus died Friday evening before sundown and was buried. Saturday before sundown is one day later and Sunday morning it becomes only one and a half days. How many days after His death did Jesus resurrect? But if we read the Bible carefully, according to what Jesus said, His individuality resurrected on the same day He died on the cross and not one and a half days later. He told to the criminal who was also crucified to His right side: “tonight you will be in paradise with me”. He did not say: “you will be in paradise with me three days later”. It tends to indicate that the crucified criminal on Jesus’ right side also resurrected that same day. It is said that during His life Jesus resurrected three people. Did Jesus resurrect them, or did He resuscitate them? We should not forget that at least for two of them, Jesus has said: “Do not cry, he is not dead, but sleeping”. We also should not forget that Jesus had revealed Christ within Himself and God is omnipotent. If Jesus resurrected on the same day that He died, then what were the meanings of those “three days” indicated above that Jesus Himself said. When one reaches the spiritual level that Jesus had reached, who merits God’s gift of resurrection, has an energy “body” with a very high frequency, which has also penetrated His physical body, with such energy it does not decompose and return to the “soil”, but the material (matter) forming it turns to energy and disappears within three days. Is not matter formed from energy? The individual that does resurrect becomes part of God’s singularity and dissolves within Christ and has the ability to make His energy body to become visible any time at will. Did not Jesus reveal Himself to various individuals after His death and resurrection during the 40 days, and most of the time He initially was not recognized? Did He not enter the room without opening the door? Did He not travel on foot (?) faster than by boat to get

to the other side of the lake (likely at the speed of light)? He also said “do not touch me”, because although visible, It was an energy body. All these are proofs that His visible body after Resurrection was not the original physical body. He was seen for the first time after His death on the third day. We cannot be sure but it would be very unusual if He was seen, when His dead body was still present in the grave. We are also told that the stone covering the entrance to the grave rolled away and Jesus’ resurrected body came out of the grave. This is also a wrong understanding or interpretation. In one of the Gospels, it clearly says that the women came to the grave Sunday morning and saw the stone being rolled away and saw that the grave was empty. In the grave they found only the cloth that the body was wrapped in. If those sheets were left behind and the body resurrected, where did He find the clothing He was wearing? If He was able to bring forth the clothing out of nothing, don’t we think that He also is capable of bringing forth a whole human body?

Within the Bible, are there other individuals who may have resurrected? Jesus during His transfiguration, spoke with Moses and Elijah: They also presented themselves there with visible energy bodies. It is well known that the physical body of Moses also had disappeared. When they went back to find him, neither did they find his body nor his grave. Elijah also went up in a fiery chariot. Is not fire energy? I am sure he did not go to outer space in a rocket. In one of the Armenian Church songs, it is also mentioned that Enoch is also in the “upper Jerusalem” in the form of a dove. Does not the dove represent the energy of God, the Holy Spirit, that also descended on Jesus at the time of His baptism?

It is also recommended to read in one of my earlier books titled “Mystical interpretation of the Gospels I” The part of Jesus’ burial and resurrection (Pages 122-131).



English Literature · Follow

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Do not love half lovers
Do not entertain half friends
Do not live half a life
and do not die a half death

If you choose silence, then be silent
When you speak, do so until you are finished
Do not silence yourself to say something
And do not speak to be silent

If you accept, then express it bluntly
Do not mask it
If you refuse then be clear about it
for an ambiguous refusal is but a weak acceptance

Do not accept half a solution
Do not believe half truths
Do not dream half a dream
Do not fantasize about half hopes

Half the way will get you no where
Half an idea will bear you no results

Half a life is a life you didn't live,
A word you have not said
A smile you postponed
A love you have not had
A friendship you did not know

The half is a mere moment of inability
but you are able for you are not half a being
You are a whole that exists to live a life
not half a life.

~ Khalil Gibran 📖 📖
(The Prophet)



VII
RAPTURE



RAPTURE

The rapture mentioned in the Bible in general is misunderstood. It is believed that at the end of the world, the “good” will come back to earth; their physical bodies, reformed, will come out of the cemeteries and will join with their souls and within a moment, suddenly be carried away to heaven. Such an interpretation appears to be childish. One should not forget that Jesus Himself has said that He speaks in parables: “so that by hearing they will not understand and by seeing they will not see”. Therefore, the information given within the Bible should not be interpreted literally.

If man pays close attention to the daily events in his own life, analyzes them and learns from them, he can accumulate certain knowledge that may give him the ability to better interpret and better understand what he may be reading. Man has the experience of “rapture” every day, but he does not realize that this experience is an experience of rapture. Man can not make himself sleep, but he can prepare himself to go to sleep. Sleep within a split second “raptures” his consciousness from waking level to a lower level, which we call the sleeplevel. It is exactly the same in the morning with the process of waking up, as the consciousness “raptures” from sleep-level to waking-level. One should not forget that at every change of a consciousness level, his reality also changes. In deep sleep, he is aware of nothing, not of this world and even of his own existence. At a dream level of consciousness, as far as he is concerned, his dream is the only reality and he is not aware of the waking state. Only when his level of consciousness rises to the “waking level”, in other words, he wakes up from his dream, does he realize that what he was experiencing was not real, but a dream; it was an illusion and he becomes aware of this world and thinks that this is the reality.

Therefore, what is the meaning of the “rapture” indicated in the Bible? It is the sudden “rapture”, sudden

increase, within a split second, of one's level of consciousness to a much higher level than what we call the waking state. In such a situation, one's reality also changes once more. He becomes aware that this life that we live in this world is also an illusion, only a dream and not reality, the "Truth", and he experiences the "Truth". This "Truth" is God, the Singularity of all; all that what we previously thought was part of a multiplicity. As one can not make himself sleep but can only prepare himself to sleep, in the same way one can not increase his level of consciousness to a higher level. That "rapture" is a gift given by the Higher Self, by the Christ within, by God. Only those who succeed in fulfilling their given responsibilities and duties become worthy to receive that blessing (grace) of God. One needs to prepare himself to become worthy to receive it. That preparation is to fully implement the duties and responsibilities given to him; it is not to deviate from the path of perfection; it is to live according to God's will; it is to completely ignore the "Ego"; it is not to waste his share of the inheritance given to him; that inheritance is his life on this earth and the purpose of that life is the realization of God revelation within himself, that which Jesus succeeded in doing and told us to be like Him; it is to ignore our animalistic nature completely and it is to reveal the divine nature instead; Jesus revealed His divine nature during the transfiguration.

When the individual, as a result of his higher level of consciousness, experiences the singularity of everything, he also sees himself in all things and all people and he dissolves into that singularity, into God. And, is this not having experienced heaven or paradise? Is God subject to time? Absolutely not! God is only in the present and the present is eternal. Hence, the one who was worthy to receive the higher level of consciousness has also received the eternal life. The eternal life can not be in the future after, the death

of the body, because both the past as well as the future are illusional, but the present is eternal.

If the rapture indicated in the Bible does not occur now, while we are physically alive, it can never occur after death. And if one becomes worthy to receive that blessing or grace of God, he willingly leaves his body and his individuality resurrected dissolves within Christ and becomes one with God. And this is the meaning of verse 12 in the third chapter of Revelations in the Bible; “Him who overcomes I will make a pillar in the temple of my God. Never again will he leave it. I will write on him the name of my God ...”





The Courage To Awaken (Eckhart, Maharshi, Rumi, Adya, Thay, Robert Adams..)

Aby Vohra · 19h · 🌐

Here is the story and its interpretation:

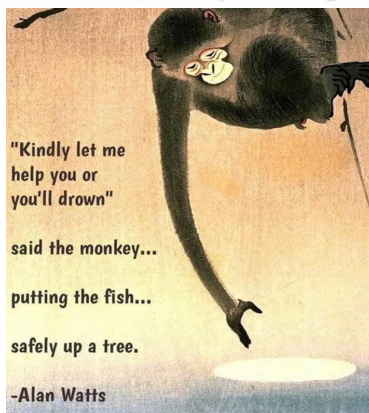
The story goes like this:

There was a monkey who lived in a forest tree, by a river. One day, the monkey saw a fish swimming in the river and thought the fish was struggling. Feeling compassionate, the monkey resolved to save the fish. It swiftly climbed down the tree, reached out, and grabbed the fish from the water. It then climbed back up and laid the fish on a tree branch. There, the fish flapped violently and soon died. The monkey was puzzled, it had only wanted to help.

This story highlights a fundamental idea about different perspectives, environments, and misunderstanding.

The monkey, being a land-dwelling creature, interpreted the fish's swimming as struggling or suffering because it judged the situation based on its own environment and experience. It saw the fish being underwater, not breathing air as it does, and assumed that the fish was in peril. In its well-intentioned efforts to help, it took the fish out of its natural environment and put it into its own environment, thus leading to the fish's demise.

The moral of the story is a caution against assuming that what is right or natural for one being necessarily applies to others. It warns us of the dangers of imposing our own perspectives and ways of living onto others without truly understanding their needs, their nature, or their environment. This parable also encourages us to develop a deep sense of understanding and empathy for the diverse perspectives and needs of different beings, recognizing that each has its own unique way of being in the world.





VIII WHAT ARE THE SPIRIT and THE SOUL



WHAT ARE THE SPIRIT and THE SOUL

Most people use these two words “spirit” and “soul” interchangeably. In many books, we also encounter the use of both words to mean the same thing. To best understand the meanings of these two words, in this chapter, they will also be presented with pictures.

Before starting the explanation of the meanings of these two words, it is important to prepare a basis so that we know what it is that we are talking about.

We often hear the following statement: “The only Truth is God”. Without a doubt, the basis of this is the Gospel of John, where it is written what Christ had spoken: “I am the Truth”. If the only Truth (reality) is God, then what is all the multiplicity within the creation? They all must either be a illusory dream or all are various expressions of the one God.

In the first chapter of this book, the meanings of both “Truth” and “Trinity” were presented. They will not be repeated here. Man does not have the ability to understand the nature of God the Father, but God’s expression as energy, which we call “the Holy Spirit” is somewhat understandable. Scientists also admit that the entire cosmos is not empty space but is a field of energy. They have called this energy “dark energy”, mainly because they have no knowledge of the nature of this energy. It is that same energy that by condensing, becomes matter, the subatomic particles of neutrons and protons. The Gospel of John presents this same idea in his first chapter, where it is written: “and the word (the logos) became flesh”. The “Word, the Logos” is God’s energy, the Holy Spirit and the physical appearance of that energy is God’s Son, the Christ. Therefore, the entire physical creation is the “body” of God, the Son of God; hence, all the multiplicity within the creation is nothing but

various expressions of Christ. Based on this it appears that everything is the result of God's "energy".

Coming back to our topic, it appears that the presence of man is nothing but an expression of a collection of various frequencies of the energy of God. Based on this understanding, let us consider the general form of man. One also should not forget that within the creation everything is subject to duality.

It is said that man has seven "bodies". Certainly such an idea will be a great surprise to a lot of people. Everyone is aware of his physical body. It is formed of solid matter, which is formed with energy that has the lowest frequency. This body is visible and touchable, palpable. This body is also subject to duality, male and female. The remaining six "bodies" are energy bodies and they are not visible nor are they palpable. But when the individual succeeds in increasing the frequency of his energy, it sometimes may become visible as a halo around his head. Sometimes we see a person and we do not know why but we say; "his face appears to glow with grace". This happens because without consciously realizing, we have become aware of his energy body.

What are these six energy "bodies". Man has a mind; it is possible to call it a mental body. Being subject to duality, it also has two poles. One pole works with the brain and gives thoughts and the other works with the "heart" and gives emotions. These two poles have been characterized as two separate "bodies" and are called: "mental body" and "emotional body". Man has an intellect; hence, he also has an "intellectual body". All these are various frequency energy fields within the person. The amount and the frequency of these energies fully depend on the individual's conduct in life and of his nature. It is just because of this that their expressions vary from person to person. Man also has an individuality. According to the Book of Genesis, chapter I,

God created man along with the other animals on day six, and it is also written: “and God saw that it was good”. But in chapter II, the creation of man is repeated, because before resting God gave man an added “energy body”. The other animals do not have this. This energy body was the “angel Lucifer”, man’s individuality. This individuality was essential to accomplish the purpose of the creation. The name “Lucifer” means the bringer of Light. It was the individuality of man that would realize God revelation. Surprisingly, after this God never said “that it was good”. It is also written that God created man according to His image. The meaning of this is that man also is creative and also has a free will. Man with his free will creates his life, the life events he experiences. Man’s individuality also has two poles; one is the positive pole and the other the negative pole. Individuality, also having two poles, forms the next two “energy bodies”. The positive pole has a higher frequency of energy and the negative pole, low frequencies. Because of this, the negative pole is always tending towards the material world; mainly because the material world is also the result of low frequency energy. It forms man’s “Ego”. On the other hand, the positive pole tends towards the next energy body, which we call the presence of Christ within us, namely our Spirit. The Spirit has the highest frequency energy and it enlivens the rest. Some say that animals do not have a Spirit and only man has a Spirit. This understanding is wrong. If the entire creation is the Holy Spirit’s various expressions, then everything, including the insentient matter, any plant, any animal or man all have the same Spirit. But it would be correct to say that animals do not have a soul, mainly because they do not have an individuality. Once again, before giving more information about the difference between “Spirit” and “Soul”, it may be appropriate to say a few words about “free will”.

What is the will? We constantly say: “everything proceeds according to God’s will”. Who knows God’s will? God is not sitting “up there in heaven” and watching the world and making decisions according to His will. Christ, being our true and higher Self and being omnipotent does not force His will on us, but He always cautions us. If He had forced His will on us, then we would not have a free will. But what is the will? The entire creation is formed through the energy of the Holy Spirit and it exists and evolves according to the laws that govern that energy. Any thought, word or deed that is harmonious with these laws, we say “he is living according to God’s will” and the individual’s life becomes a paradise. But when the individual acts against those laws, he also creates for himself the “hell” he lives in. Man, having a free will, determines the laws he will follow leading his life and thus lives accordingly. They can be harmonious with the “universal laws” or may be against them. Hence, “he reaps what he sows”. In general, man does all this unconsciously and according to his nature. But it is with his free will that he builds up his nature.

It was interesting to read in a book where the author had written the word “self” in three different ways. Man has three beings, three selves, and the author had presented them as “SELF” (all 4 letters capitilized), indicating the Higher Self, the True Self, the presence of Christ within; the second form was “Self” (only first letter capitilized) indicating the positive pole of the person’s individuality; the third form was “self” (no capitilized letters at all) indicating the negative pole of the individuality, namely the “Ego”.

Because everything is simply an expression of the energy of the Holy Spirit, it may be appropriate to say a few words about energy as well. Every energy has a vibration, this is always in motion. Anything that is static can not exist. The energy of the Holy Spirit contains all frequencies from

one cycle to infinite cycles/sec. At this stage it may also be appropriate to discuss how man receives these various frequency energies. Man has seven energy centres, which are called “chakras”. In the pictures, they are represented with the seven colors of the rainbow, just to simply, to show their differences in responding to different frequencies. As we had learned in our physics class, the red color represents low frequencies; where as the purple color represents high frequencies. The colors used in the pictures of course only apply to the visible light. In this book, to make it easier to understand, other colors will also be utilized.

The seven chakras, the energy centres, are represented in the Bible in the Book of Revelations (Chapters 5-7), as the seven seals of the book of life. Did not Christ say: “I am the door”? Our True Being is the Christ who opens these energy centres, so that added energy of the Holy Spirit can enter our system. And this is the meaning of the “Opening the doors” service of our God-given Church. The first five of these energy centres are located along the spinal chord; the sixth is in the centre of the forehead and the seventh on top of the skull (See pictures 1 & 2). To better understand the different energy “bodies” one may use the pictures 3 & 4.

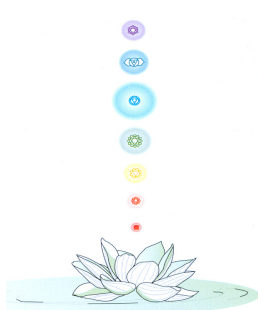
It is possible that in some books different names may be used to indicate the different energy bodies and comparing them with the names used here may get confusing. Because of that, other names and their explanations will also be given.

1- Red – Physical body – It is the energy that forms the physical body.

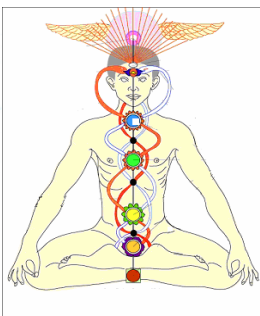
2- Orange – Individuality’s negative pole, also known as the Astral body – Astral means belonging to the stars. As the position of the stars has its effect on us, so does the “Ego” of the individual.

3- Yellow – Emotional body – Heart pole of the mind.

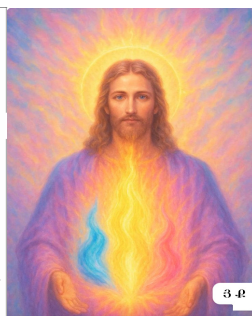
4- Green – Mental body – Brain pole of the mind.



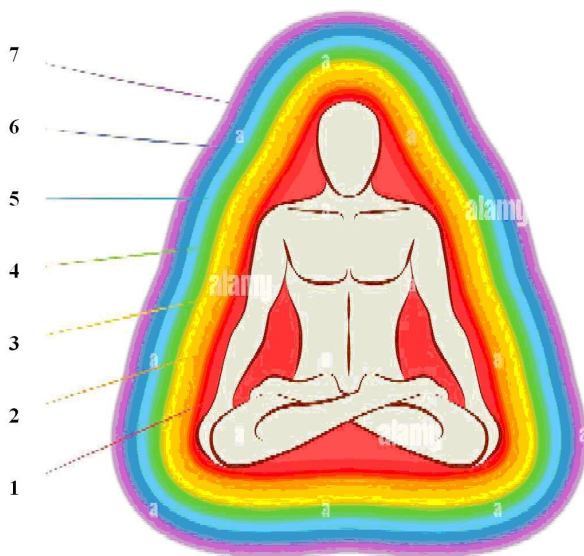
Picture - 1



Picture - 2



Picture - 3



Picture - 4

- 1- Red – Physical body
- 2- Orange – Negative pole of individuality
- 3- Yellow – Emotional body
- 4- Green – Mental body
- 5- Blue – Intellectual body
- 6- Indigo – Positive pole of individuality
- 7- Purple – The Spirit or Spiritual body

5- Blue – Intellectual body also known as the etheric body. The ether in science has also been known as a field of information. Information is knowledge and man becomes privy to knowledge with the use of his intellect; therefore, it may also be appropriate to call it the “intellectual body”. Intellect has significant connection with wisdom. The degree of wisdom can be measured by the degree of consciousness expressed. Consciousness, which makes us aware of all things, is the result of the presence of God in us. Did not Christ say: “I am the Light of the world”. As the light makes everything visible to us, consciousness makes us aware of everything.

6- Indigo – Positive pole of individuality, sometimes also known as “Celestial body”. The positive pole of individuality is the part that will in time succeed in accomplishing God revelation. It is the angel Lucifer before its fall, the bringer of the “Light”, meaning the one revealing the Light of God. Don’t we think that the one who reveals the Light of God would also be “celestial”? In general, when one dies, along with his physical body, his individuality also dies. But if the individual has lived his life properly and fulfilled the duties given to him, just like Jesus, after the death of the body, the individuality resurrects and in joining God, becomes a celestial being.

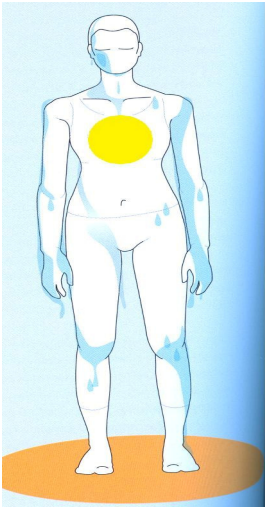
7- Purple – The Spirit or Spiritual body also known as the “Causal body”. Is it not true that all that we are is the result of the presence of God in us? The Spirit of man is the presence of the energy of the Holy Spirit in him and its material form is known as the Son of God, the Christ.

The two of these “bodies”, the Etheric or the intellectual body, which represents man’s consciousness, and also the The Spiritual or Causal body, are not subject to duality, because they represent God’s life energy and the Light, the consciousness, and they are part of singularity and not subject to duality.

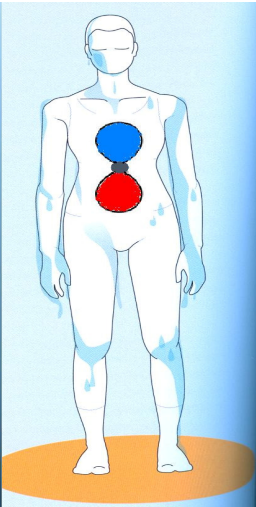
Coming back to the original issue, let us consider the “Spirit” and the “Soul”. For better understanding, it may be useful to present the following metaphor. When we were small kids, we probably all had the experience of blowing soap bubbles into the air and running after them, trying to burst them. The air in the soap bubble and the air outside are the same, but the air inside the bubble is confined by the soap and water sphere surrounding it. The air in the bubble represents the Spirit of man, which is the same as the Holy Spirit of God. The limiting soap-water bubble represents information put there by the individual as a result of his thoughts, words and deeds. The totality of the bubble including the soap-water limiting sphere and the air it contains together represents man’s soul. The soul can simply have information or it may also have the individuality of the person. This latter condition is fully dependent on the life lived by the person and all the choices of life he has made using his own free will.

In the following explanatory pictures the yellow color will be used as the Spirit of the person. We should not forget that without the presence of the Spirit, man cannot exist, just like without the presence of the sun, there can be no life on earth. Because the color of the sun is yellow, the yellow color in these pictures will represent the presence of Christ in man (see picture-5). The man’s individuality’s positive pole will be presented by the color blue and the negative pole with the color red to emphasize the high and low frequencies of their energies. These pictures are not absolute realities; they are just to facilitate the understanding. All seven bodies in fact do penetrate everywhere within the physical body.

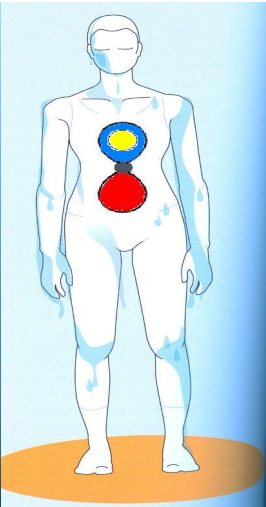
Picture 6 represents the individuality of man with its two poles, both equal. The dot between the two poles represents man’s free will.



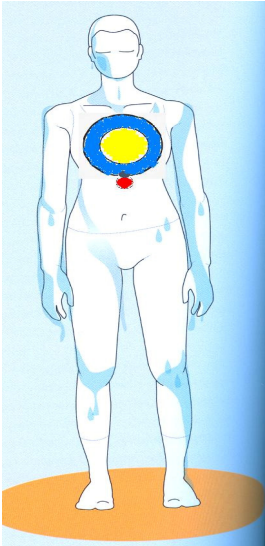
Picture- 5



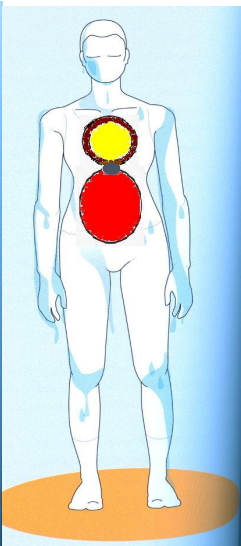
Picture- 6



Picture- 7



Picture- 8



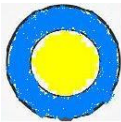
Picture- 9



Spirit



Picture- 10-a



Picture- 10-b

Picture 7 represents man, his Spirit and his individuality.

Picture 8 represents man, his Spirit and his individuality that using his free will has tended towards the Christ within.

Picture 9 represents man, his Spirit and his individuality that using his free will has tended towards the negative pole, his “Ego”.

Picture 10 represents man’s soul. The 10a is the soul of the person in picture 9 and 10b is soul of the person in picture 8. The brown is simply information, which will be the fate (karma) of the next reincarnation of the soul.

In the following picture, the energy bodies in different people are represented by different colors based on their spiritual levels.







IX
WORLD’S GREATEST
TRAGEDY



WORLD'S GREATEST TRAGEDY

The history books are full of events that have given rise to horrible tragedies. Any kind of negativistic actions can give rise to various tragedies. It is possible to divide these events into two different types: one type is man-made and the others, natural disasters. Examples of man-made ones may be stealing, plundering, treachery, murder, wars where thousands end up dying and the worst of them all is genocides committed where innocent children are also killed. There are also natural disasters that give rise to unthinkable destruction causing the death of thousands of people. Some of these natural disasters may be: fires, floods, earthquakes, storms or volcano eruptions.

The tragedies caused by humanity are considered sins committed by the instigator. The cause for these actions is undoubtedly the result of egotistical selfishness. Why does man become selfish? Without a doubt, the cause for this is his ignorance. And the cause of that ignorance that one gets appears to be the greatest tragedy in this world. Below, further information will be given regarding this issue. When we consider the natural causes of great tragedies, we consider ourselves to be innocent in this case and we tend to say that they are chance occurrences or they are occurring according to God's will. If we consider two similar events presented in the Old Testament, we will see that we, as humans, are the cause of these natural disasters. These two tragic events are: the destruction of Sodom and Gommorah and the flood of Noah's time. They both appear to be simply natural events. But according to the narrative presented, they were the result of degeneration and deterioration of the behaviour of humanity. Hence, it appears that even the natural tragic disasters have their basis in our choice of

behaviour.

Therefore, what is that great tragedy that gives rise to one's ignorance and selfishness? It is not recognizing and thus not knowing one's true Self. The astonishing thing is that despite being immersed into this profound ignorance, one does not even realize that he is living a tragic life. Just because of such ignorance, all tragedies that we face in our lives, be they man made or natural, are all our own "creations". Don't we think that it is time for us to wake up from this slumber, so that we can see the "dreamer" and experientially get to know our true Being and also the experience of the Singularity of all that we had previously thought were part of a multiplicity and thus changing our understanding and our behaviour? This experiential knowledge is simply a realization of the "Truth", which we already are. Does not the ancient dictum also say: "know thyself"? This realization is a must to be worthy of eternal life. This realization first starts simply as an intellectual knowledge, a belief. It requires a change in perspective; it requires a change in behaviour in life; it requires perseverance and untiring effort; it requires patience and most importantly it requires an infinite expression of love for all, so that the simple intellectual knowledge changes to experiential knowledge and true faith.

There is also a secondary tragedy as well that man lives every day and has not yet realized it. Why does one go to sleep? The purpose of sleep is to rejuvenate the physical body that has become tired after a long day's activities. When one remains in deep sleep a long time, in the morning he wakes up fully rejuvenated. Those who stop breathing during deep sleep, those who have what is known as "sleep apnea", can not stay in deep sleep a long time; hence, in the morning they wake up tired. Why is deep sleep so rejuvenating? In deep sleep, the person is not aware of anything. He neither is

aware of this world, nor is he aware of himself. At this stage the mind of the person is “pure”; in other words, cleared of all thoughts and emotions. Therefore his individuality is in communion with his Higher Self, the Christ within. Did not Jesus Christ say: “Blessed are those who have a pure heart...”? The language Jesus used to speak was Aramaic, where there is no word for mind and the word “heart” is used to also mean mind. Has Christ also not said: “I am the door”? It is during that communion that one receives the life-giving energy of the Holy Spirit through Christ and as a result of that added energy, he wakes up in the morning fully rejuvenated. Unfortunately all this occurs at such a low level of consciousness expressed that the individual is not aware of any of this. The tragedy is that he is in communion with Christ and is not aware of what is happening. Jesus also taught us the highest form of prayer, which is meditation. Did He not say: “not to talk too much during prayer”; and also, “go into your room and close the door”. Even in the Old Testament, the same advice is given: “be still and know that I am”. When the individual, during his prayer, during the meditation, succeeds in developing a “pure heart (mind)”, namely, a mind without thoughts and emotions, which is the purpose of meditation, once again he has communion with the Christ within and receives added energy (blessings, graces) of the Holy Spirit, but this time because he is fully awake, he experiences all this and becomes fully aware of what is happening and he also experiences the singularity of all and also experiences divine bliss. This experience is exactly what Jesus had said: “Blessed are those with a pure heart, for they shall see God”.

Hence, the deep sleep is unconscious meditation and meditation is conscious deep sleep.

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

~ Rumi

Book: The Essential Rumi





X

THE BEST GIFT



THE BEST GIFT

What is a gift? A gift may have many causes. It may be an expression of gratitude. It can also be simply an expression of love. Sometimes at work the boss gives a present to the worker as a gratitude for the excellent work the worker may be doing and the worker may give a gift to the boss because he respects him. Gifts are given to children to make them happy. Kings may give gifts to each other to declare the mutual cooperation between their countries, thus a gift may also be a symbol of solidarity.

Gifts are also given in different situations: when a new baby is born, when a child graduates from school or university, when a couple gets married. In these situations a gift becomes an expression of congratulations and/or well wishing.

The most important part of the gift is not what is being given, but rather the will or the disposition to give the gift. Sometimes a gift given may have a very special meaning. To best understand this, we should consider the gifts given to baby Jesus by the three magi. They were gold, myrrh and frankincense: the gold for being a king, the myrrh representing His human nature and frankincense for His divine nature.

Therefore, a gift represents the relationship that exists between two persons and the degree of love they have for each other. When a man gifts a diamond ring to his wife, in fact he is expressing his love, his respect, his trust and their solidarity. When a woman puts up with all the difficulties of pregnancy and the horrible pains of the delivery to gift a child to the family (to the husband), she in fact is expressing her loyalty, her trust and her respect towards her husband, as well as expressing her love towards her husband and also towards the new-born baby. Did not Jesus also choose the path of the cross just because of His love towards humanity?

With this understanding (this light) about what a gift is,

let us consider the relationship between us and God. How are we going to measure the quality and the degree of that relationship? Without a doubt, this will be with the gifts we give to each other.

Let us first consider the relationship of God with man: the degree of His love, His compassion, His mercy and His forgiveness. God has given to man the most precious gift that exists within the entire universe. This is the “Life” within man and also his “consciousness”. He also created man according to “His own image”; in other words, He gave man a free will and also the ability to be creative. Because God is so generous that until He continues to give His blessings and graces to all, without discrimination. The unfortunate part is that, we, as a result of our free will, refuse these blessings, these gifts, sometimes knowingly but mostly unknowingly.

On the other hand, what gift does man give to God, to express the degree of his love, his trust, his reverence, his respect, his veneration, his faith and his piety? The entire creation is the “body” of God and belongs to God. Whatever man wants to give to God already belongs to God. Exactly because of this, during the Holy Mass of the Armenian Apostolic Church, this truth is emphasized. The following is a quotation, which was also indicated in one of my previous books titled “From Light To Light” in the chapter XIV:

**“And thine of thine own unto thee we offer
from all and for all.”**

“This also indicates that the only Reality (Truth) is God. Whatever man offers to God already belongs to God and has come from God. Our true gift should therefore be the sacrifice of our EGO on the cross as Jesus showed us. Then Christ would reveal fully through us and the resurrection would have taken place. This would be the second coming of Christ and we would know it, not intellectually, but experientially. Exactly for this Jesus said: **“take up (your)**

cross daily and follow me””.

Based on all this, what gift are we to give to God? The most important gift is to completely ignore our “Ego”. At the same time to keep safe and to protect all of creation, namely nature with all matter, all plants, all animals and the entirety of humanity and not to harm them. It is to have absolute love towards them all. How should we love matter? That can occur if we do not pollute the air, the waters and the soil. One of the most important gifts is to realize the purpose of the creation, which is the realization of God revelation within us. We should not forget that God sees Himself through our eyes. How much of God do we reveal in ourselves so that He can see Himself?

Based on all the information given above, let us consider the most precious gift that one may give God. Before revealing the nature of this gift, we should halt the reading of this book just for a minute and think as to what you think that gift could be. What can that gift be, so that having received that gift, God becomes infinitely enticed and “won over”?

That gift is the following. When one finally becomes aware of all the sins that he has committed, of his indifference towards spiritual life, of his refusal of all the blessings and graces of God that was showered on him, of having wasted his life and having failed in accomplishing the true responsibility and duty given for this life and repents and decides to change himself, the single tear drop that comes from true repentance (and not lip service repentance) and inner change is the most precious gift that one can give to God. Such a change, such repentance makes one worthy of enlightenment and the enlightenment is the utmost gift of God given to man and it is given only to those worthy of it. The enlightenment is to be privy to a higher level of consciousness. A higher level of consciousness gives man

the ability and the wisdom to discern between illusion and Truth. Is not the “Truth” God? Man then becomes in communion with God and dissolves in Him.

AMEN





XI

THE MEANS of FINDING GOD CHILDHOOD - SILENCE



THE MEANS of FINDING GOD CHILDHOOD - SILENCE

This chapter is basically a summary of all the previous chapters of this book. In general, there will not be any new information. It is appropriate to start this chapter with the following quotation.

“Yes, cling. Your faith shall be rewarded. Do you not know what it means to feel a little trusting hand in yours, to know a child’s confidence? Does that not draw out your Love and desire to protect, to care? Think what My Heart feels, when in your helplessness you turn to Me, clinging, desiring My Love and Protection. Would you fail that child, faulty and weak as you are? Could I fail you? Just know it is not possible. Know all is well. You must not doubt. You must be sure. There is no miracle I cannot perform, nothing I cannot do. No eleventh-hour rescue I cannot accomplish.” *(From the book “God Calling” Oct. 6 message)*

The means to find God may be divided into four means. These are: life lived, knowledge, emancipation and worship.

a- The life we live is the sum total of our thoughts, our words and our deeds. When all these are promoted by our “Ego”, in general they tend to oppose God’s “will”. But if they are coming from our true Self, from the Christ within, it would be impossible for them to contradict God’s “will”. What is God’s will if not the laws that govern the entire universe, namely the universal laws? The laws that the Holy Spirit follows, that It’s energy acts accordingly. These laws are the laws of God, put there from the onset of the creation. We should not forget that according to the Old Testament, they were all put there with wisdom. When our lives we lead are harmonious to these laws, we experience the blessings of

God and thus we create a paradise in our lives. But if we follow the thoughts and desires that come from the “Ego”, we create hell for ourselves. Hence, as an Armenian nation, we should question why we always live in hell.

b- Knowledge is important for success in every field. But this knowledge is not the one we learn in school. The knowledge we receive in school belongs to the outer world. Without a doubt, they are all important for us to be able to live our worldly life. The knowledge to find God belongs to the “inner world”. It is the knowledge to find and thus to get to know one’s true Self. At the same time, it is the knowledge taught by Jesus Christ, the knowledge of the universal laws, so that we do not act against those laws. The source of this knowledge is the wisdom, which is one of the blessings of God. This knowledge also first starts as an intellectual knowledge, but later it changes to experiential knowledge. According to our daily experiences coming from our five senses, it appears that the life that we live in this world, the world itself, the sun, the stars, the planets, the plants, all the animals etc. appear to be realities. Using the same method, man has not succeeded in experiencing God. Just because of this, there are those who do not believe in the existence of God. But if one uses his intelligence appropriately and reasons properly, one can come to the conclusion that God must exist (*See also my book titled “From Light To Light”, the chapter IV titled “Is There a God or Not”*). Using intellectual knowledge it is possible to realize that what we think to be reality and what we call our waking life is in fact also just a dream. Regarding this, it may be appropriate to read one of my previous books titled “The Dream and The Dreamer”. Without this initial knowledge, it becomes impossible to acquire knowledge about the “inner world”.

c- Emancipation is basically completely ignoring our “Ego”, the world’s dazzling pursuits. In other words, it is

ignoring the “mammon”. Did not Jesus say the following two statements: “You are from this world, I am not of this world” and “Man can not serve two masters”? And to be able to see God, to develop a “pure heart” is also complete emancipation from our thoughts and emotions. It is possible to give much more information, but at this stage this much should suffice. It may be appropriate to read chapter IV in one of my previous books titled “The Path of Perfection and what is Evil”.

d- Worshipping is to make our entire duration of our worldly life a continuous prayer. When all our thoughts, words and deeds occur with our mind centered on God, when we see Christ in every individual, irrespective of which religion, which ethnic group or nation they belong to, when we see the presence of God in nature, in every plant and animal, our lives become a continuous prayer. Worship is not simply being present in church services and then afterwards acting according to our “Ego’s” will. The true worship is the expression of true love. Is it not written: “God is love”. It is also appropriate to reread the third chapter of this book again.

All these four means or methods of finding God are always subject to failure, mainly because the “Ego” always looks for the opportunity to “lift up its head one more time”. Was it not the same for Jesus as well? Jesus completely ignored His “Ego” in the wilderness and did not fall pray to all three temptations. In the wilderness, Jesus was tempted by His “Ego” which used His “physical being” first, then His “intellectual being” and finally His “mental being”. But in Jesus’s most vulnerable moment, on the cross, once again His “Ego” raised its head: “You are the Son of God, save yourself and save us too”. Even during His most vulnerable moment Jesus also did not fall pray to His “Ego” and with its death on the cross, He resurrected.

The “Ego” is extremely cunning and always tries to build a wall on the spiritual path of the individual to prevent him from succeeding in advancing, so it builds a wall between the individual and God. When the individual appropriately fixes himself and his life-style, then the “Ego” gives him boasting and when he gets some knowledge, it then gives him pride and if the individual to some degree does succeed in living his life as worship, it gives him the idea of having become a saint. In other words, the “Ego” gives him self-delusions. Hence, we need to crucify our “Egos” and condemn them to death. Did not Jesus say: “Take your cross and come after me”.

When we succeed in doing all these, in other words, having unshakeable faith in God, with total surrender, which means putting our lives in God’s hands, living according to His will, enduring everything that comes our way in our lives, both good and bad, we accept them fully as His will. For the good we should glorify God and for the bad we should give thanks because for our further improvement He is giving us a lesson and to never complain. The pinnacle of all these is to have infinite love towards all, including our enemies. This means to be altruistic rather than selfish.

When we succeed in fixing our lives and living the way indicated above, then we may succeed in developing a “pure heart” (a clean mind- cleared of all thoughts and emotions). Was it not Jesus Christ who said: “Blessed are those who have a pure heart, for they shall see God”? We do not need to seek God here and there or go on pilgrimages to holy places. God is within us. To find God is simply a realization of the Truth, which we already are. In general this truth, this knowledge escapes our awareness. Why? Is it because we are ignorant? Don’t we think it is time to wake up?



XII

A DROP OF WATER



A DROP OF WATER

The vast ocean is full of water. The warm rays of the sun cause a small amount of that water to evaporate, which subsequently forms clouds and some day, many drops of water rain down onto the earth. Let us consider the “life” of only one single drop of water. That single drop of water experiences many “lives”. First it falls on dry soil and the soil absorbs it. In the soil, a tree root absorbs it from the soil and takes it into one of its leaves. The drop of water gives “life” to the leaf. One day, the leaf falls off the tree; it dries up and dies. The leaf dries up because the drop of water that was in it evaporates and goes. Some day it rains again and the drop of water comes back to earth. This time some animal, along with other drops of water, drinks that drop also. This time that drop of water gives life to the animal and some day leaves the animal in its sweat or urine and once again evaporates. Once again it returns to earth with rain and this time falls into a lake. There helps the fish to “breath” but again some day it evaporates again. Some day it returns in a devastating rain storm and causes a lot of damage, but eventually evaporates again, and again some day rains back to earth. This time it forms a part of a human being as a result of his drinking some water where that drop was. It helps the individual to keep his health. Once again it leaves the body of the human and evaporates. After many more such experiences, some day it rains into a fast running creek and a short time later as the creek empties into the ocean, the drop also joins the ocean and dissolves in it becoming one with the ocean having returned where it had come from originally.

If one uses his intellect and pays attention and observes nature, one can learn many truths about human life, and by analyzing what he has observed and learned and applying it to himself, he can learn a lot about his own life. Without a

doubt, the above story of “A Drop of Water” is a simple reality and for many that is all it is, namely a reality that belongs to the physical world and does not have any other meanings. It is true that life on earth would not exist without the sun and without water. All animals see the “truth”, only based on information obtained through their five senses. But God gave man an intellect, which in general the animals do not have (it appears that some may have a rudimentary intellect). What is the purpose of man’s intellect? The intellect is given to man so that by using logical reasoning, he understands what the physical body can not feel, the eye can not see and the ear can not hear. The intellect gives man the ability to see the abstract in the concrete.

Based on such an understanding, when we consider the above story of “A Drop of Water”, it would be very appropriate and logical to give abstract meanings to various things in the story. Let us assume that the sun represents the will of God the Father and the entire ocean, God the Father Himself. The water of the ocean represents the Holy Spirit, the life giving energy, and all the waters on earth outside the ocean represent the Son, the Christ. As the drop of water is immortal and can exist as water or as vapor, in the same way man also can exist as a physical body on earth or only as a soul after leaving the body and the earth, which is presented in the story as the evaporated water. All the drops of water have originated from the ocean and have their individual experiences and eventually some day return back to the ocean and become part of it. The purpose of human life is the realization of that which is an inevitable and unavoidable end. This realization is important to avoid various experiences, some good and some bad or even horrible, so that he does not suffer unnecessarily but instead to have peace and find bliss by being one with the “ocean”, namely God. This is exactly what Jesus Christ taught us. The drop of

water is unable to determine its own future. It is only according to God's will that it returns to the ocean. In the same way, one can not reveal Christ within himself and be one with Him; this only happens according to God's will. But man has the ability to prepare himself and become capable to receive added energy of the Holy Spirit and thus become worthy to experience God revelation within himself and thus to be like his teacher, Jesus Christ. Is that not what Jesus taught us when He said: "The student can not surpass the teacher, but can equal the teacher" (paraphrased).

For the realization of this revelation, the following are absolutely essential: knowledge, emancipation, worship and behavior in life (type of life lived).

Some say that salvation can not be attained with knowledge, but only through faith. Without a doubt, such an understanding is based on a biblical verse, but unfortunately as a result of an incorrect interpretation of it. Knowledge has many aspects (*also see the epilogue of one of my previously published books titled "Mystical Interpretations From The Gospels – Part IV – Gospels of John & Thomas" Pages 259-266*). That which we learn in school and university is information or knowledge given about the external world. It is true that that kind of knowledge can not give us any success or advancement in our spiritual life. But there is also a knowledge that surpasses the knowledge we get in schools. This knowledge is to have information, proficiency and understanding that flows like a fast flowing river and surpasses any "knowledge about the external or outer world. Is it not true that the scientists of today are also in a dilemma? They do not know how to proceed further. Where science stops, spiritual knowledge starts. That which, by studying the external world, science has not yet understood, is the knowledge that is the result of the study of the "inner world" that makes everything clear. Not that it only teaches us but

also brings us closer to God.

As indicated above, according to a certain understanding the important thing is faith. Without a doubt, faith is the most important factor. Without faith it is impossible to succeed in spiritual life. But what do we understand when we say faith? Faith is not simply saying I believe or I have faith. Unfortunately, many consider the beliefs they accumulate as a result of their ignorance to be their faith, and they insist that they have faith. Faith is to surrender with our total being, just as a newborn baby completely surrenders to his mother with absolute faith. To have faith is not to simply repeat: "I believe in Jesus Christ, that He is the only Son of God, that He died on the cross to redeem all my sins; hence, I am saved", nor is it to constantly repeat and declare: "praise the Lord". Did not Jesus Christ say: "why do you call me Lord, Lord and you do not do the will of my Father"? Therefore, true faith is to do the will of the Father, which is to know all of Jesus' teachings, to understand them properly and not to just interpret them superficially and to also make them all a part of our lives, to appropriate them and to execute and to fulfill them during our lives. Is not all this a part of knowledge? If one does not know the purpose of his own life or does not have the knowledge of the teachings of Jesus, would it ever be possible for him to become worthy of eternal life? As indicated above, knowledge has two facets; one is about the external world and the other about the "internal world". This is so because our bodies are the temple of God, because God is in us, because our true Being is the presence of Christ in us. If one has no knowledge about his own true Being, what do you think his overall condition will be?

The second means of revealing God's Light, the Christ within us, is emancipation. Man usually believes only in the information received through his five senses; hence, he

believes that all that multiplicity we see in the world is reality and tends towards them and gets attached to them. The five senses can give information only about the external world. Therefore his beliefs give him knowledge about the objective world only and never about the subjective, the Subject. For a successful spiritual advancement one needs to emancipate himself from the external world and turn his attention to the inner world. Did not Jesus Christ say: “You can not serve two masters” as well as: “those who love their mother, their father, their wives or husbands or their children more than Me are not worthy of Me” (paraphrased). To be emancipated does not mean to ignore one’s duties towards humanity, towards society, towards his family and all his daily responsibilities. On the contrary, it is his duty to perform them to the utmost best of his abilities, but not to be attached to the results and not to be proud of his accomplishments; instead, to do them as responsibilities given to him by God. At the same time, to truly emancipate oneself from the external world, one should ignore all the meaningless and useless worldly pursuits that may give him short, temporary pleasures. Along with these, the most important emancipation is the emancipation from his “Ego”. Saint Nerses Shnorhali has beautifully indicated this last emancipation in one of the hymns of the Armenian Apostolic Church, where he has said: “The one who sows evil, Of its evil seeds, May the fruit wither and dry-up”. The evil one is one’s “Ego”. When a person tends towards and becomes attached to his “Ego” he carries out only the will and desires of his “Ego”. Those desires are the seeds sown by the “Ego”. Only when the individual completely ignores his “Ego” and all the desires originating from the “Ego”, only then does their fruit wither and dry-up. Hence, the true emancipation is to ignore the “Ego” completely as Jesus did in the wilderness and a second time on the cross.

When the individual, with full faith gives the reins of his life to the Christ within, to his Higher and True Being, having fully ignored his “Ego”, he intuitively becomes worthy of a higher level of consciousness, which gives him more knowledge, more wisdom and thus a better understanding of the occult teachings of Jesus Christ. This proper understanding leads him towards God worship. When one succeeds in emancipating himself from his “Ego”, he also automatically becomes emancipated from selfishness, from the “seven deadly sins” and from his animalistic nature, because all these come forth from the “Ego” and defile the individual, the temple of God.

The third means of revealing God’s Light, the Christ within us, is God worship. What do we understand when we say God worship? Some think that by kneeling to pray two or three times a day, with clasped hands or going to church and partaking in the rituals, constitutes God worship. Without a doubt they are part of God worship. It is just because of this that the church services are called “worship”. But these are only the first one or two steps of God worship. One can not worship that which he does not love. He also can not love that which he does not know. Hence, where and who is God, that we are to love and worship? We often hear the following: “God is all knowing”, “God is everywhere” and “God is omnipotent”. We hear and say these and with absolute sincerity we also believe in them, but without truly understanding their meanings and implications. If God is everywhere, then the entire creation must be various manifestations of the one God. If God is all knowing, then it must be His consciousness that is expressed in us. Is it not written in the Gospels; “Your bodies are temple of God” and again “don’t you know that God lives in you” and also the following words of Christ: “I am the Light of the world”. The metaphorical meaning of Light is consciousness, as well

as: “I am the Life”; hence, if we are alive and we are living, Christ must be in us? The one that gives our life and our consciousness must be our True Self, our True Being. Hence, one need not search for God here and there for God is in him. Everyone loves his life and therefore many are also afraid of dying. Unfortunately, many, attached to their “Ego”, love their “Ego”. As indicated above, without complete emancipation from the “Ego”, it becomes impossible to truly worship God. The love that comes from the “Ego” is emotional, but the love that comes from our True Being, from our Spirit, from the Christ within, is divine love and never seeks self-gratification. Within the creation, all things are various manifestations of the one Christ. Therefore, if one is to love the Christ who is within, should he also not love the entire creation? And if he truly loves all of the creation, should he not show that in his life, by caring for all, the mineral world, the plant world, the animal world and all of humanity. This is the true God worship and to show it through the actual practice of that love. This was the actual meaning of the following words of Jesus: “Love your enemy”. Did not Christ say: “What you do to the least of my brethren you do to me”? To feed a hungry person, to quench the thirst of someone, to show compassion to one who is sad and share their sadness or multiply the joy of someone else by being joyful with them are all acts directed toward the Christ and thus form His worship. Not to harm anything, to always be compassionate and to always be helpful represent true worship, because they are to love and to care for the various appearances of Christ. One who follows the true path of God worship can never be selfish. His actions, his relationships, will all change and become according to the will of Christ within, instead of being based on the will of his “Ego”. Let us not forget that one needs to be completely emancipated from his “Ego” and his animalistic nature. And

thus, this becomes the fourth means of revealing God's Light, the Christ within us. The type of life we lead, our thoughts, words and deeds.



EPILOGUE

The purpose of this book, as it was for all my previous books, was self-education. I am thankful to the Armenian Apostolic Church where I learned a lot. But most importantly and primarily, I thank God for giving me intellectual knowledge about the spiritual life and the path of perfection. Without His help it would be impossible to be privy to all that information and understanding. We should not forget what Jesus had said: “you have only one teacher and that teacher is the Christ”. Christ is our True and Higher Self. When we are ready to learn, with an open mind and the yearning to learn, He teaches us with the simplest examples, using specific people, special lectures or providing appropriate books to read; so that in reading we also get an understanding of the Truth. Christ teaches, because He gives us the wisdom to properly interpret and understand what we see, what we hear and what we read. Otherwise we may say: “what kind of nonsense are they talking about”. But all this understanding simply is an intellectual knowledge. If we stop there and say: “I know what I need to know” and become proud of what we know and consider ourselves to be a “saint” then we truly become deplorable. The intellectual knowledge is only the first step. The second and the much more important step is to implement in our lives all that we have learned. It is to change the way we live, to live a life pleasing to God (When Jesus was baptized was not the following statement heard: “this is my child in whom I am pleased?”) and to reveal and spread God’s love to all. Once again, I fully rely on God’s help so that some day I can change the intellectual knowledge I have received to an experiential knowledge.

AMEN

Sometimes, we unknowingly limit ourselves, staying within barriers that no longer serve us 🐑. This image serves as a powerful metaphor for how we can feel 'stuck' despite having the freedom to move forward. It's a reminder to step back, reassess, and realize that the gate is open 🚪, and the path to growth is ours to take 🌱





-XIII- ADDENDUM

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Here is a thought of the day; Dear friends,

I dare you to invite in **happiness** that exist in everything; It lives in the rain, cool and fresh, just as deeply as the sunshine, for they bring forth different emotions.

Happiness is enjoying the moment, being present for that gift called living, and allowing it to become intense.

In the early morning, sitting in my balcony and sipping coffee is **happiness**. My hands move slowly in the silence of the dawn, allowing random birdsong and windy gusts to infuse my mind. I feel a burst of joy hearing the rustle of trees, dogs barking, the hum of morning traffic, and in that ordinary symphony, I am happy. Other times, I burst with life in the joy of movement. I love to move to vibrant music, I feel my limbs flow with the beat, my mind soaring on the rhythm. There is something about driving through the countryside, with or without music, in any weather, that invigorates me. There is a part of me, the human animal, that was born to move. To exert myself feels like freedom. There is pleasure in pushing myself to new limits. Yet to move slowly is also a joy, a chance to savor the flow of air, the subtle details of the trees, earth and birds. This is not a mantra to find the good in everything, not quite, for there are times of tragedy, but it is a call to enjoy what is good and to learn from the rest. I have had my share of pain just like anyone else. It gave me the chance to become more empathetic, more sensitive to others in pain.

Problems are an opportunity to innovate.

In isolation we can think and let the creative mind spin new ideas. In unfulfilled expectations we can learn patience and understanding. In grief we can learn to cherish the gift of life each day. We can use our pain and fear to mature the mind and develop the soul. Thus, only the brave of heart can know true **happiness**. So, be bold, my dear friends. Meet life as an equal. For how can the soul dance if it is hiding in the shadows? I dare you!



Mannik Potak

Ageing in Style

Aging is a privilege, but to age with *style* is a blessing beyond measure. Each passing year bestows a richer grace: wisdom that softens our edges, compassion that deepens, and a beauty no longer seen with the eyes but felt through the soul. Time transforms us into something precious, not just elders, but the very heart of our families and communities. With love that asks for nothing in return, we become anchors, steady, tender, and unshakable in what truly matters.

Once, we shone with the brightness of youth. Now, time has brushed us with a gentler glow — a patina of green, weathered yet radiant. This stage of life isn't about fading; it's about *becoming*. Our wrinkles are maps of endurance, love, and laughter — each line a story of living fully. Look beyond them, and you'll find the same spirit that once dreamed, danced, and believed in miracles.

As I stepped into retirement, I discovered a new part of myself — one that had waited patiently to emerge. Aging gave me courage to follow my heart, to write, to express. In words and poetry, I found healing — a way to turn life's changes into light. Now the world feels more alive: skies bluer, sunsets deeper, every flower a gift. I smile at my silver hair and slower steps; they are proof of a life well-lived.

Though my body grows older, my soul remains timeless, still the child who chased butterflies and danced in the rain, still the woman who believes in love. My heart does not recognize age. It knows only that I am still here, still grateful, still whole, still a gift to the world. To age in style is to choose your own path. I've stumbled, taken wrong turns, yet always found a way forward. My hair may silver, my hands may tremble, but my spirit still dances. I've traveled, learned, and discovered one truth — wherever we come from, we are the same at heart. We all love, we all grieve, we all hope. Humanity is woven from one divine fabric. Much

of what I know, I owe to my grandmother — my anchor, my teacher, my sun after the storm.

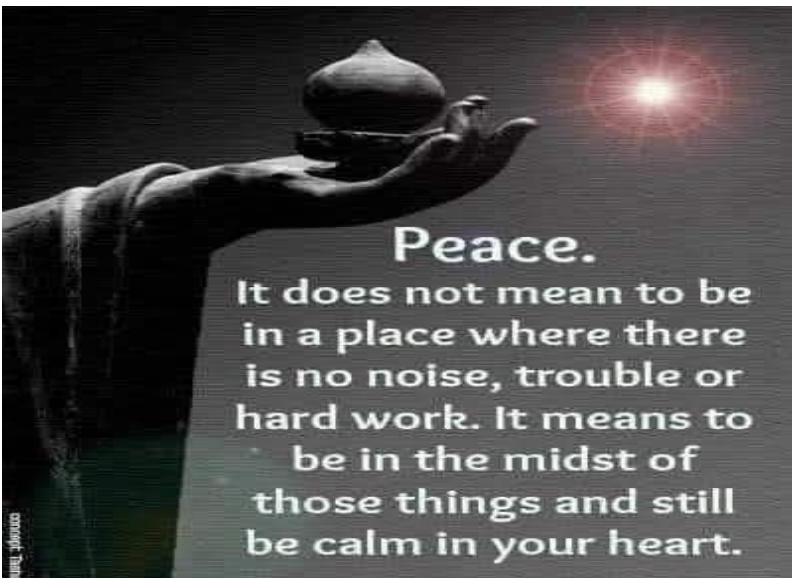
Though orphaned young and married into hardship, she met life with laughter and grace. From her I learned that true beauty lives in resilience, kindness, and the courage to give even when life takes. My family remains my joy, my breath, my endless sky. Aging in style is not about gold or diamonds; it is about living richly in love, gratitude, and purpose. It is about leaving behind footprints of kindness that others may follow when their storms arrive.

As we age, we become the storytellers, the guardians, the soft light for those who come after us. Let us dance, laugh, forgive, and bloom — for wisdom, tolerance, and love are the jewels of age.

To grow older is not to decline, but to rise into grace, courage, and truth. For that, I whisper each morning,

“Thank you, God — for another day.”

Mannik Potak



Artist

Why is it that some of us seem to favor the right side of our brain more than the left? Let me explain. I am certain, as a scientist, you know more about this than I do.

The right brain, the seat of creativity and intuition, often takes the lead when logic falters.

Could it be that trauma, unresolved and unspoken, bypasses the logical pathways of the left brain and instead finds refuge in the right? Like a frightened puppy escaping torment, seeking solace under a chair, the mind too finds a hidden sanctuary.

Perhaps this is a survival instinct, a way to process what cannot otherwise be resolved. Science has yet to fully unravel the mysteries of the mind, but one thing is certain: artists emerge from this healing space. I feel this truth deeply through my own experiences.

When words fail, they speak through metaphors, puns, and raw emotion. Their art becomes a layered language, a conversation beyond what words alone can express.

It's true—people often shy away from stories of pain, trauma, and abuse. Such narratives are heavy; they unsettle and discomfort. Yet, those same people are drawn to a painting steeped in melancholy hues, a stormy sky churning with troubling winds, or a flower lying wilted beside its vase. They are captivated by songs that ache with sorrowful notes, the very emotions they might otherwise avoid.

Artists are born from this paradox: they heal themselves as they heal others. Their creations hold immense power—sometimes even greater than words—to comfort, inspire, and transform. This is how and why humanity has evolved such a gift: to transcend pain and connect through shared experience.

Artists are thinkers on wings, soaring like kites alongside philosophers, yet tethered to the ground by the weight of

their truths. They are anchors to the beautiful details of life, reminding us of what makes living extraordinary. They are the sunlight breaking through storm clouds, the vibrant red of a rose, the melody of a bird's song.

In their art, artists are intimately connected to their right brain's creative force. It pours from them like medicine, healing wounds both seen and unseen. Their hearts speak and dance in words, colors, and movements, performing a delicate ballet of emotion, where every step is an act of love. This gift is not molded—it is innate, a divine inspiration born of the need to survive the unbearable. Through their art, they escape the prisons of their past, transforming pain into something exquisite and reaching out with their hearts to embrace freedom and offer solace to others.

The right brain becomes an outstretched hand, lifting the left brain from drowning in sorrow. As artists heal themselves, they extend that healing outward, touching others with their creations. Yet, we must remember—artists are sensitive souls, and they too need emotional support. Creativity often rises from the ashes: fallen leaves, charred wood, the remnants of what once was. It is sculpted by pain and transformed into beauty. It is not a single-track skill but a multidimensional force, like a spider's web—interwoven, brimming with potential, and capable of connecting everything it touches.

A painting is more than an image; it is a story told in the foundational language of the heart and mind, speaking emotions that transcend words.

Artists pour their souls onto canvases, into written words, melodies, and movement. They are healers of the unseen, saviors of creation itself.

An artist's true calling is to defend and reflect the divine—through their art, their love, and their enduring hope.

Mannik Potak



Life and Love of a Tree

In the heart of our backyard stood a tree, older than the memories of the families who had come and gone before us. Its roots stretched deep into the earth, twisting like veins seeking life, anchoring the land to its stories.

Its bark, thick and weathered, bore the scars of time, scratches from climbing children, initials carved by love that had since drifted away, and the faint impressions of birds' nests that once called its branches home. From one of its strongest limbs hung a swing, a gift for our daughter, who swayed beneath its shade, her laughter carried on the breeze.

. We called it the **Whispering Tree**. When the wind passed through its branches, it sang— a soft murmur, like forgotten stories yearning to be heard. The tree was more than a fixture in our yard; it was *alive* with memory. The previous owners, who had lived in the house for over forty years, told us it had grown from a single seed planted by their young daughter—a little girl who was now grown, with

children of her own.

We met her once, this woman who had been that hopeful child. Her voice was warm and gentle, much like the whispers of the tree.

We were certain the tree remembered her. It remembered the warmth of her small hands pressing the seed into the soil, her joy as she watered it and watched it take root. It remembered her careful touch on its tender leaves, as though it were a part of her. And it remembered her tears—tears of a first love lost—that fell beneath its budding branches.

When the time came for her to leave, to begin a new life of her own, she hugged the tree tightly, pressing her cheek against its bark, and whispered,

“Grow strong, little one. I can’t stay, but you must.”

The tree watched her walk away, its roots aching with the weight of her absence. Yet her essence lingered—woven into its bark, carried upward through its branches, and sunk deep into its roots. It grew tall, a silent witness to the passage of time, welcoming new hands, new laughter, and new memories.

Seasons passed like pages in an endless book. **Spring** draped the tree in a canopy of soft green, a celebration of renewal. **Summer** filled its branches with birdsong and life. **Autumn** set its leaves ablaze with gold and crimson, painting the ground below. And **winter** left it bare and humble, its limbs reaching skyward in quiet surrender.

Through it all, the Whispering Tree stood steadfast and giving. Its shade comforted us, its beauty delighted us, its branches cradled nests of tiny lives, and its roots held firm against the sweeping rains. It was poetry in our garden—**beautiful, strong, and enduring.**

Yet it never forgot the little girl who had planted it, or the love she poured into its growth. When the time came for *us* to leave, as age nudged us toward the simplicity of apartment

living, the tree stood as it always had—watching yet another family move into the house.

The new family, young and busy, had little time for the backyard. What was once a sanctuary of love and laughter grew neglected, the swing left to sway in silence.

The Whispering Tree stood alone—its leaves dull, its branches heavy with quiet. It longed for laughter, for life, and it waited patiently, holding tightly to the memory of the child who had planted it long ago. **“Grow strong, little one,”** her voice echoed in its heart, a distant light in the gathering darkness.

Even as the nearby creek dried up, leaving the soil parched and lifeless, the tree reached deeper—farther than it ever had before. It sought the unseen, the hidden, the buried. And beneath the cracked surface, it found it: a faint stream, flowing like a secret beneath the earth.

With every ounce of strength, the tree drew water upward, drop by drop, until life began to return. Its leaves unfurled—tentative at first, then bold and green, shimmering with resilience.

The family began to notice. Now older, with grandchildren of their own, they started tending to the yard, coaxing it back to life. Laughter returned, echoing beneath the tree’s shade, as though the whispers of its branches had called it home.

Through drought and storm, neglect and care, the Whispering Tree stood as a testament to life and love. Its whispers carried a simple truth: **Even in the harshest seasons, there is strength in reaching deep, seeking the unseen, and never giving up.** The tree never forgot the little girl who had planted it. And when the wind stirs its branches, if you listen closely, you can still hear her voice carried on the breeze, soft and clear: **“Grow strong, little one. Grow strong.”**

Mannik F Potak 2024

Judging Beyond Appearances

In the quiet corners of our world—where others so often fail to look, there is a beauty that humbles the heart. It's not a beauty wrapped in grandeur or perfection, but one woven into the quiet resilience of the overlooked, the dismissed, and the underestimated. Both the donkey and the dandelion live in this realm— a humble creature and a humble flower, neither considered remarkable by the world's standards.

Some may call the donkey awkward, ungainly, or stubborn. Others write off the dandelion as a mere weed, an unwelcome guest in an otherwise manicured lawn. But who are we to judge the creations of God? As John reminds us: **“Do not judge by appearances, but judge with right judgment.”** This wisdom invites us to look deeper, to open our eyes to the quiet miracles all around us. For what the world casts aside as ordinary is often extraordinary in purpose.

The donkey, with its unassuming form and quiet strength, has carried both kings and shepherds. It has borne the burdens of humanity, and walked paths no other creature could endure. Its steadfastness is unmatched. Its spirit, one of service and quiet dignity.

And the dandelion— though dismissed as a weed—is a tiny sunburst of joy, a splash of yellow hope against the green of the earth. It thrives in adversity, pushing through cracks in concrete, spreading its seeds on the breath of the wind, ensuring life endures where none thought it could.

To judge these creations by appearance alone is to miss the beauty of their design. The donkey and the dandelion remind us: God's wisdom does not align with our shallow standards. They embody humility, and the quiet, enduring power of grace. Their worth is not measured by outward form, but by their ability to bring light, to persevere, to give—without asking for anything in return.

When we see with our hearts instead of our eyes, we

realize the donkey is not awkward, but noble— its gaze steady and soulful. And the dandelion is not a weed, but a marvel of nature— its golden bloom a tiny miracle, its floating seeds an act of creation in motion. They teach us to look beyond the surface. To cherish the uncelebrated. To trust that in God's eyes, every creation has its purpose, its beauty, its place in the grand tapestry of life.

So before we rush to dismiss or undervalue what we see, let us pause and consider this: Perhaps the donkey and the dandelion are not merely humble— they are divine reflections of what it means to endure, to serve, and to bring joy to the world in the quietest, most unassuming ways.

The Love of a Donkey

We had a house on an island off the coast of the Mediterranean, a small slice of heaven where time moved gently, and the air carried the mingling scents of salt and wild herbs. The soft murmur of waves was ever-present, a hymn of life's eternal rhythm.

Here, donkeys of every size and hue wandered the landscape like quiet sentinels of this paradise. Their movements mirrored the sea—deliberate, unhurried, and full of grace. They were not just animals to us; they were part of our family, woven into the fabric of our lives.

These donkeys were our companions, guardians, and even our quiet hearths in the chill of winter. Living just below our rooms, their steady breath rose like invisible tendrils of warmth, chasing away the cold and wrapping us in a comfort that spoke of connection more than necessity. Intent and humble, they labored tirelessly alongside us—in the olive groves, grinding at the mills, and navigating the jagged paths that crisscrossed the island, paths as rugged as life itself.

As the golden light of evening stretched across the horizon, I would often sit among them, letting the day's worries

melt away. Their eyes—deep, luminous pools of ancient wisdom—held the secrets of the earth itself. They gazed at me with a knowing tenderness, as though they understood everything: my joys, my sorrows, even the unspoken aches of my heart.

When I spoke to them, their ears would tilt and swivel toward me, catching every syllable as if my words were treasures. They never interrupted or turned away; their quiet patience held a space for my soul to unfold. With them, I felt seen, heard, and understood in a way that no human had ever offered. They asked for nothing, yet gave so much.

In them, I saw a reflection of myself. Like the donkeys, I was shy and often overlooked, lingering in the quiet corners of life. We both carried burdens that the world rarely noticed, yet we moved forward with quiet resilience. Beneath their unassuming exteriors lay a strength I came to admire, a grace in carrying the weight of the world without complaint.

I loved them all, but one stood out among the rest—a tall, sleek donkey I named **Your Majesty**. His coat shimmered like polished mahogany under the sun, and his presence was magnetic, almost regal. Though he belonged to a neighbor's farm, he felt like mine, as if fate had intertwined our paths. His eyes, fathomless and kind, seemed to pierce straight through the noise of life, grounding me in the simplicity of the present.

He learned his name quickly. Each time I called, "**Your Majesty**," his head would lift, his ears pricking forward as if drawn by the magic of the words. When I stroked his mane or traced the gentle curve of his ears, I felt something profound pass between us—a bond built on trust and understanding, unspoken yet unshakable.

One night, that bond was tested in a way I could never have imagined. We awoke to the frantic braying of the donkeys, their cries slicing through the stillness of the night.

Flames surrounded our house, their orange tongues devouring everything in their path. We screamed for help, but none came. The fire was relentless, its heat suffocating, its roar deafening. And then, through the chaos, there came a galloping shadow—Your Majesty. His powerful legs carried him into the inferno, his braying fierce and resolute. One by one, he pulled us from the flames, his strength unfaltering even as the fire licked at his coat, burning him deeply. His cries of pain echoed through the night, but he did not stop.

When we were finally safe, he collapsed, his body trembling and his burns raw. We stayed by his side, dousing him with buckets of cool water that brought fleeting relief to his agony. His eyes, usually so calm and steady, filled with pain yet still glimmered with a quiet assurance that he had done what needed to be done. For days, we nursed him, fearing the worst. But slowly, miraculously, he rose to his feet once more. Though his scars remained, his spirit was unbroken, as majestic as ever.

People often misunderstand donkeys. They call them stubborn, dismissing their hesitance as obstinance. But I've learned that what others see as defiance is, in truth, a profound wisdom—a caution born of instinct, a careful evaluation of the world around them. How could we call that stubbornness when it is a form of survival, an intuitive knowledge that protects both themselves and those they love?

To me, the donkey has always been a symbol of humility and quiet strength. They bear their burdens silently, their resilience echoing louder than any boast. Even in scripture, it was a donkey—not a horse—that carried our Lord into Jerusalem, a gesture that spoke volumes about the value of the meek, the overlooked, and the humble.

I consider myself blessed to have grown up among these extraordinary creatures. Being near them was a kind of

healing, a salve for the soul. They taught me patience, the value of stillness, and the quiet power of enduring life's trials with grace. Their eyes, so gentle and deep, seemed to hold the essence of unconditional love—a love that asked for nothing but gave everything.

The love between humans and animals is not one of words but of shared moments—of warmth, trust, and silent understanding. It is a bond that lingers long after the moments have passed, a love that outlasts time itself.

And so, whenever I think of Your Majesty and the donkeys who walked through my life, I am reminded of what it means to love and be loved. It is to carry and to be carried, to endure and to give, to stand strong in the face of life's fiercest flames.

The Dandelion and a New Life

It was May, and winter's harsh grip had finally loosened. The earth seemed to exhale, shedding its icy weight and dressing herself in vibrant green. The air felt softer. The sunlight warmer. It was as if the world itself had just awakened.

And I, too, was waking—to a new season of life. I had become a mother. My daughter, still so small, was a miracle cradled in my arms—a piece of my heart now living outside my body. Each day with her felt like a revelation, a moment suspended in the wonder of beginnings. We would sit together in the garden chair, wrapped in the quiet intimacy of early motherhood. Her tiny fingers curled around mine while the breeze carried the scent of fresh grass and wildflowers. In her presence, the world felt new again, as if I were seeing it through eyes still untouched by sorrow. The pastures stretched before us like a living canvas beneath a sky so blue it seemed to go on forever. Overnight, as if brushed into being by a kind and whimsical hand, dandelions had burst forth—golden crowns scattered across the green expanse like

pieces of sunlight. Tiny suns were glowing from the emerald grass, unassuming yet radiant. As I held my daughter close, the dandelions swayed in the breeze, dancing in harmony with the rhythm of nature. I found myself smiling—not just with my lips, but with my soul. There was a quiet joy in their simplicity, a kind of magic that whispered of life’s everyday miracles.

In that moment, I saw something of motherhood in those humble flowers. Often dismissed as weeds, the dandelions held within them a fierce resilience and quiet beauty. They were blossoms of sunshine—gentle, humble, extraordinary growing where others might not and surviving where others could not. They reminded me of my daughter—so small, yet already overflowing with potential. Her eyes followed their gentle movements, her lips parting in a soft coo of delight. Perhaps, even in her innocence, she felt what I did—that these flowers held a magic all their own. To me, they were symbols of wonder. Daydreams made real. More enchanting than any fairy’s wand, their golden faces whispered promises of hope renewed.

As the day gave way to twilight’s golden hush, the dandelions began their transformation. Their bright crowns softened into fragile, silvery spheres, each one cradling seeds like secrets ready to be carried into the world. They shimmered in the fading light, delicate and ethereal.

When the evening breeze stirred, the seeds rose gently into the air—weightless, graceful, free. It was a quiet ballet, each seed a note in the melody of life continuing on. My daughter’s wide eyes followed their flight, and I felt tears prick at the corners of mine. So small, those drifting seeds—yet they carried the promise of new life. They would land, root and bloom as silent messengers in nature’s endless story of becoming.

Watching them, I thought of my journey as a mother—

each day a seed on the wind. Fragile, yes, but filled with limitless possibility. The dandelions reminded me to trust the process to embrace the beauty in what I couldn't control and to find peace in the gentle chaos.

The dandelion is not just a flower. Not just a weed. It is a testament to life's quiet miracles. Its magic lives in its humility—in its ability to bring joy without asking for attention, to bloom boldly without needing praise. Like the dandelion, my daughter's laughter, the curve of her tiny hand in mine, the warmth of her breath on my cheek—these were the treasures, quiet, unassuming, and far more precious than anything grand.

Sitting there, with her nestled close and the dandelions glowing in the meadow, I was filled with an overwhelming gratitude. These tiny golden blooms had become part of my story, as they are part of the earth's. They reminded me that beauty often hides in the simplest places, waiting to be seen.

When the last seeds disappeared into the twilight, I thought of their quiet mission. Even as they drifted, their purpose endured—to carry life forward. To root. To bloom again. In them, I saw the same strength I hoped to nurture in my daughter: the courage to thrive in unexpected places, the grace to bring light wherever she may go. Dandelions are not weeds. They are miracles in disguise. They teach us to pause. To look closer. To honor the small, quiet things we often overlook. To see that life's truest magic is rarely loud or grand—it lives in the fleeting, in the fragile, in the deeply felt moments that leave their mark on the heart.

And as I sat there, my daughter stirring softly in my arms, I realized something simple and true: These moments—quiet, ordinary, brimming with life—are the purest kind of magic.

Mannik Potak

The Holiness and the Power of Silence

In silence, the world is created. The universe dwells within us—in stillness.

The fetus grows to the rhythm of the mother's heartbeat, a quiet yet profound force.

A seed, buried in the darkness of the earth, grows silently, emerging to nourish our bodies. So too, silence nourishes the mind and soul, cultivating our growth when we embrace its peace.

Only in total silence do I leave my body, becoming a work of art painted in the colors of my soul.

My thoughts turn into silk threads, weaving warmth and light into my spirit.

In the early hours of the morning, wrapped in silence, my emotions begin to speak. It is then I write—before the chaos of the world unfurls. I hear my heartbeat—steady, rhythmic—like the whiteness of light cutting through darkness, a blank canvas waiting for dreams to unfold. In that sacred moment, I become the wind—a soft breeze filling my lungs with the fragrance of earth and sky. I float on clouds, walk the face of the moon, watch waves kiss the shore in rhythmic percussion. I see the horizon—and move toward it. Only then can I pour my heart onto the page, writing with honesty, painting with feeling, creating from the core of who I am.

Silence is my holy grail., my mother, my father, my loved ones, my family and friends. It gives me the strength to endure any storm, unmasking the illusions that blur this world. Even in winter's chill—its icy stillness—I rest in silence, and wait for the sun. In time, warmth returns. Ice melts. And once again, I feel the soft touch of spring.

It is in silence that my soul, heart, and mind are renewed. It preserves my integrity, shapes my thoughts, refines my speech, cultivates my character. In silence, we can hear the

blooming of flowers, the hush of grass growing, the sacred hum of life within the trees.

Silence is holy—a gift. Do not squander it. Do not waste this sacred breath from God. Use it wisely. We are born with the knowledge of truth. And if you dare to truly listen, you will hear wisdom in all things—in the stillness of a forest at dawn, in the scent of the earth, in the endless rhythm of the ocean's tide.

Silence is a blank page, waiting to be written upon, a thread that weaves through time, rolling endlessly. Even a baby at its mother's breast understands this quiet knowing.

We feel closest to God and to Jesus in silence. Their wisdom does not shout; it lives in the quiet stirrings of the heart.

In stillness, divine truth is revealed. Creativity is born. Healing begins. Only in silence can we connect to others on a spiritual level. In that space, the imagination of the heart awakens, guided by the infinite love of God. For me, there is greater comfort in silent communion with Him than in the noise of a crowd.

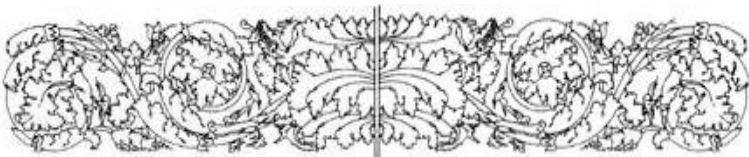
In silence, there is no betrayal— only the steadfast reassurance of His presence.

Silence soothes aching bones, brings peace to troubled minds, and strengthens the weary soul. It is here, in the quiet, that we feel the arms of Jesus around us— carrying us through trials, reminding us of the eternal love of God.

In silence, we are healed. We are renewed. We are reminded of the unshakable truth of His grace. Do not waste the breath of God.

Be still— and the world will reveal itself in glory.

Mannik Potak



My Father's Eyes

In my father's eyes—vigilant and wise—I found both the reflection of my face and the place where I often lost myself.

They were mirrors, deep and infinite, holding a universe of secrets., untold stories, unspoken emotions. Mysteries he never said aloud.

His eyes were shaped by autism—unique, bright, and filled with a kind of wisdom that spoke in silence. Through them, I heard countless stories— a quiet symphony of senses expressed without words or gestures.

The silence between us was never empty. It was alive. It flowed with meaning, unfolding like a river that carves valleys over time.

From him, I learned how to see, to look past what is visible and to gaze into the space behind the eyes—where the soul resides. In those depths, I discovered wonders: a universe of emotion, vast and vibrant. Joy and sorrow intertwined, like waves of color in an ocean of feeling. All of it tucked inside, as if tethered to something divine. Perhaps I inherited some of that quiet power from him. It feels like a gift, an inner compass shaped by his autism. It taught me to seek silence, to work alone, to find clarity in the stillness between myself and the canvas.

Art became my language— a dialogue without words a way to translate the world through feeling. One lesson from an art instructor has stayed with me always. He told us, “When drawing or painting a person, the eyes are everything. They are the heart and soul of a portrait. If you capture the eyes, the rest is technique. It’s the emotion in the eyes that brings the art to life.” That truth lives in Da Vinci’s **Mona Lisa**. What made a small portrait of an unknown woman become a global icon? Was it her mysterious smile or her softly folded hands? No. It was her eyes. I remember standing before her, separated by the bulletproof glass of the

Louvre. Her hands were delicate. Her smile—elusive and intriguing. But her eyes— they were divine. They held the mystery of the world, whispering the emotions we all carry. Da Vinci captured more than her likeness— he captured something timeless in her gaze. She speaks in silence. And in her eyes, we see ourselves— a mirror of the human soul.

Over the years, I've carried that wisdom with me. Now, when I meet someone, I don't focus on the color or shape of their eyes. I'm drawn to their depths, because eyes don't lie. They reveal what words cannot. They hold the sun and the shadows, the fullness of a person's being.

Blue eyes remind me of oceans, where ships sail through endless dreams. Hazel eyes glow with the wild beauty of forests and meadows. Black eyes—mysterious and deep— hold the night sky, where stars flicker in the dark. Brown eyes are grounded, rich with warmth, wisdom, and story. And rare gray eyes are fierce and stormy, like winds that carry both lightning and grace.

Eyes are not just windows to the soul; they are mirrors of the heart. They search for truth. They hold tenderness, and in their gaze, pain can dissolve. Eyes are nature's greatest enigma. Within them, memories dance, joys and sorrows entwined and the love they offer feels boundless and eternal.

For an artist, eyes are a palette. They carry every hue of human experience. They reflect brilliance and sorrow, light and shadow, stillness and spark.

Eyes map the inner universe. They guide us toward adventures and awaken dreams we never thought possible.

So the next time you meet another being—human or animal— pause. Look into their eyes. You may find something divine staring back. And in that moment, you might feel the sacred love and connection woven into us by our Creator, a reminder that within each gaze lives the profound beauty of being truly seen.

Mannik F Potak 2024

Patience, my sweet-heart, patience.

“Patience, my sweetheart, patience.” My grandmother used to sing a song that brought tears to my eyes. Her soft, haunting hum etched itself into the corners of my soul, lingering there like an eternal whisper.

It was in Armenian—a melody both fragile and unyielding, trembling with beauty, heavy with sorrow. The words never changed:

“Patience, my sweetheart, patience.”

She told me it was a lament, a song born of unimaginable loss, its lyrics forged in the fire of suffering.

It was the voice of her people—a chorus of the displaced, those unjustly driven from their homes, their lives scattered like leaves in a brutal wind.

Women and children journeyed through endless deserts, climbing mountains that scraped the sky, leaving behind the soil their hands had once loved.

Under the pale, indifferent gaze of the moon, they huddled beneath ancient trees, their weary bodies wrapped in fragile shadows. And they sang.

Their voices rose in defiance of the silence that tried to swallow them whole.

Though they were hungry, though they were broken, the song became their lifeline—a fragile thread of hope stitching together what was left of their world.

It soothed their little ones, the lullabies flowing like streams through the dry, barren lands of despair.

The children—cradled in the arms of mothers and grandmothers—forgot, if only for a moment, the gnawing ache of hunger and fear. Their stomachs growled, but their hearts were nourished by love. Their tears were quieted by melodies of resilience.

My grandmother’s voice carried the weight of these memories. It was weathered and cracked, like the limbs of an old tree that had survived countless storms.

And yet, when she sang, her voice filled our home with aching beauty, pulling the shadows of the past into the light. Her eyes would close, retreating to those long-ago nights in the wilderness, where hope clung tightly to survival.

That song wasn't just a melody. It was a ghost, a spirit of survival and strength— the echo of a people who refused to be forgotten. From her, I learned that patience was not just a virtue. It was a crucible, a furnace where resilience is born. Patience, she showed me, was more than waiting. It was enduring. It was holding on when the world tried to wrench you free from yourself.

She taught me that patience was a shield— a quiet rebellion against despair. It stood with hope, with faith, with love. One of life's enduring pillars. Her lessons weren't written in books or taught in schools. Her wisdom was woven through bloodlines, forged in the trials she survived. Her words saved me in ways no education ever could.

As a child, whenever I waited— for my mother to come home, for the school bell to ring, for the slow return of a friend— it felt like an eternity.

Impatience clawed at me. But in those restless moments, her melody would rise in my mind. That familiar hum would soothe my aching heart.

One day, she shared with me a truth that carved itself into my spirit. Her voice, heavy with knowing, said: **“Good things come to those who wait patiently. In the end, the laughter will be loudest and strongest.”**

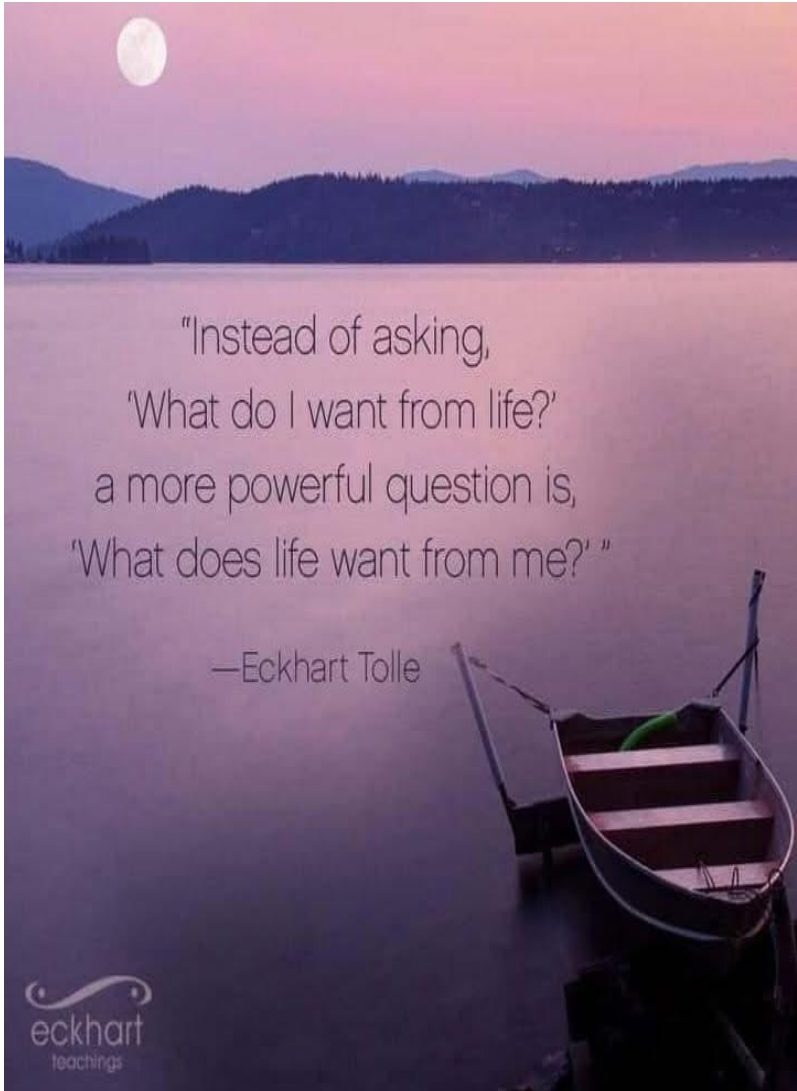
Her words carried the weight of generations. She called it “the pain of waiting”— the ache of enduring life's trials. But it was also the sweetness of reward— the joy that blooms for those who hold fast through the storm.

Her song— **“Patience, my sweetheart, patience”**— became my anchor. It comforted me in my darkest hours, reminding me to trust life's unseen timing. Whenever doubt crept in, her voice would echo in my mind, soft and sure:

“God may be late, but He will never forget.”

And so, I wait. Patiently. My sweetheart, patiently. I've learned to trust the rhythm of life— to hold tight to hope and love. My grandmother's song still lives within me. A quiet anthem for every waiting heart.

Mannik F Potak



"Instead of asking,
'What do I want from life?'
a more powerful question is,
'What does life want from me?' "

—Eckhart Tolle

**Metong-Awaji Gogo** · Follow

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1d · 🌐

At 40, Franz Kafka (1883-1924), who never married and had no children, was walking through a park one day in Berlin when he met a girl who was crying because she had lost her favourite doll. She and Kafka searched for the doll unsuccessfully.

Kafka told her to meet him there the next day and they would come back to look for her.

The next day, when they had not yet found the doll, Kafka gave the girl a letter "written" by the doll saying "please don't cry. I took a trip to see the world. I will write to you about my adventures."

Thus began a story which continued until the end of Kafka's life.

During their meetings, Kafka read the letters of the doll carefully written with adventures and conversations that the girl found adorable.

Finally, Kafka brought back the doll (he bought one) that had returned to Berlin.

"It doesn't look like my doll at all," said the girl.

Kafka handed her another letter in which the doll wrote:

"my travels have changed me." The little girl hugged the new doll and brought the doll with her to her happy home.

A year later Kafka died.

Many years later, the now-adult girl found a letter inside the doll. In the tiny letter signed by Kafka it was written: "Everything you love will probably be lost, but in the end, love will return in another way."

Embrace change. It's inevitable for growth. Together we can shift pain into wonder and love, but it is up to us to consciously and intentionally create that connection.

Credit goes to respective owner



**The Courage To Awaken (Eckhart, M...**

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Aby Vohra · 3h · 🌐

"Inner revolution brings freedom, and the only way to go through an inner revolution is meditation. Meditation is simply forgetting everything you have learned. It's a process of deconditioning, a process of deypnosis. Society has burdened everyone with the burden of thousands of thoughts. Meditation helps you get out of that world of thoughts and into a state of silence.

It's a process of total cleansing, emptying you of everything that has been instilled in you, that has been forced upon you. When you are empty, spacious, clean, silent, then the revolution has happened, the sun has risen: you start to live in its light! And living in the light of your inner sunshine means living right. This is actually the only way to live. Other ways are just a death, a slow death; they mean being in a line that gets shorter every moment – at any moment you could reach the top of the line.

Everyone really tries to be the first in line; there is a great desire to be first in everything. The normal, ordinary life, is what is usually called life. It's not. It's just a pseudo life. It's a process of gradual death or, to be more precise, a process of suicide. The moment you become silent, aware and clear, and your inner sky becomes joyful, you get the first taste of real life. You can call it god, you can call it enlightenment, you can call it liberation; it's the experience of truth, love, freedom, rapture - different names, but the phenomenon is the same. "

~ Osho 🍷

"The Divine Drunkenness"





Thermometer or Thermostat?

In almost every home, there is a thermostat and a thermometer. Though they may sit on the same wall, they serve very different purposes.

A thermometer only reflects the temperature around it. If the room is cold, it registers cold. If the room is warm, it registers warm. It simply mirrors whatever atmosphere it is placed in.

A thermostat, however, does something far more active. It sets the temperature. It shapes the atmosphere. It brings the environment into alignment with the setting it carries within.

In the same way, we often act like thermometers. Someone is in a bad mood, and we pick it up. Work is stressful, and we start feeling that stress. Social media turns negative, and we get discouraged. But God didn't create us to just absorb whatever is around us. He created us to make a difference—to set the tone, not just reflect it.

Holy Scripture says, "You are light in the Lord. Live as

children of light.” (Ephesians 5:8) This is our identity in Christ. That means we are not meant to mirror darkness, stress, or fear. We are called to set a different spiritual climate wherever we go. Light does not imitate darkness; it overcomes it.

If your home feels unsettled, do not wait for someone else to change it. You can bring warmth through gentleness, forgiveness, and encouragement. When someone enters your home, let them sense God’s presence because you have intentionally cultivated it.

At work, where negativity or criticism may be common, resist the pull to reflect those patterns. Offer quiet prayers. Show patience. Bring calm into chaos.

One person with a thermostat spirit can shift an entire room.

Even if you are walking through a spiritually cold season, keep setting your internal thermostat. Remember God’s promises. Choose hope even when hope feels distant. Your faith-filled setting is stronger than any atmosphere trying to surround you.

Friends, choose to live as a thermostat. Don’t just notice the cold or the darkness around you; bring warmth and light into those places. Bring compassion where there is hardness. Bring hope where there is hurt. Set the atmosphere of your home, your relationships, your work, and your heart.

Live as children of light. Adjust the temperature. Change the atmosphere. And watch God work wonders around you.

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Silencing False Alarms

Have you ever reached for your phone because you were certain it vibrated—only to find your pocket empty?

Doctors have a name for this: phantom vibration syndrome. Our minds grow so accustomed to the hum of incoming messages that sometimes they invent one. The brain fires a false alarm because it has been trained to expect a signal.

It seems like a small, harmless quirk of modern life, but it points to something profound about the human heart: what we give our attention to most often will eventually shape us. We condition our hearts the same way we condition our thumbs to swipe across a screen.

Day after day, our constant watch for pings and posts trains our bodies to respond—even when there is nothing there. Spiritually, we do the same. We become so tuned to the noise of the world—deadlines, headlines, opinions, and anxieties—that alarms start going off in our souls. We sense urgency where none exists.

How often does your heart vibrate for no reason? How

often does fear buzz inside your spirit? Just as the phone's vibration can be a false alarm, so can our worries. Not every buzz is a battle. Not every feeling of urgency is a true emergency.

The spiritual life calls us to retrain our senses. We must learn to tune out the false vibrations of fear and tune in to the still, small voice of God.

The psalmist says: "They will have no fear of bad news; their hearts are steadfast, trusting in the Lord" (Psalm 112:7). This is what it looks like when a heart is anchored in God—it does not tremble at every rumor, or shake at every headline, or buzz at every false alarm. Instead, it rests in trust, grounded in eternal truth.

Friends, put down the weight of phantom fears and false alarms. Lay them at the feet of Christ. Let Him retrain your heart, anchor your soul, and steady your spirit. And then, when the world vibrates with noise and fear, your heart will be calm, your steps will be firm, and your trust will be unshaken.

That's the life God is calling us to live, not buzzing with phantom fears, but ringing with His joy.

Bishop Mesrop Parsamyan

"I used to pray that God would feed the hungry, or do this or that, but now I pray that he will guide me to do whatever I'm supposed to do, what I can do. I used to pray for answers, but now I'm praying for strength. I used to believe that prayer changes things, but now I know that prayer changes us and we change things."

- Mother Teresa

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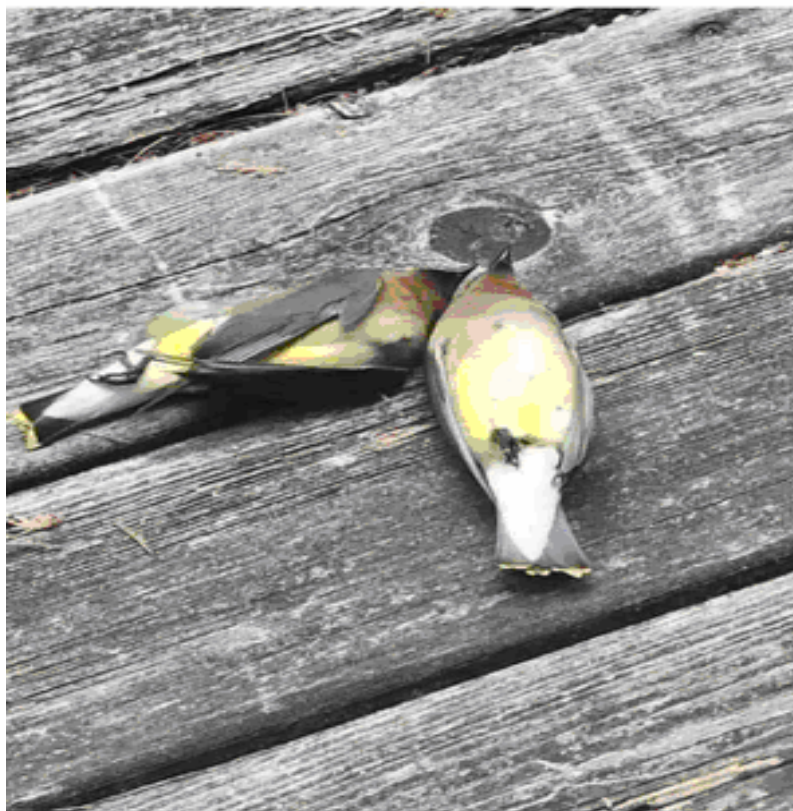
Farhan Rashid · 5d ·

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"Yesterday I witnessed something that took my breath away. I heard a sound at the window of the cottage. When I looked, a cedar waxwing had hit the window and fallen to the deck. It's mate stood beside it. It was clear that the fallen bird was dead. I turned away for a moment and when I looked again, it's mate had hopped over. It lay down beside its partner, their heads touching. It closed its eyes and passed over to Spirit with its mate. The sadness and beauty of the moment was such a privilege to witness. If anyone has ever doubted that animals feel emotion and love, this moment was absolute proof of both. Nature truly has much to teach us."

Author unknown



RELIGION and SPIRITUALITY

A learned man was once asked to explain the difference between Religion and Spirituality.

His response was profound:

Religion is not just one, there are many.

Spirituality is one.

Religion is for those who sleep.

Spirituality is for those who are awake.

Religion is for those who need someone to tell them what to do and want to be guided.

Spirituality is for those who pay attention to their inner voice.

Religion has a set of dogmatic rules.

Spirituality invites us to reason about everything, to question everything.

Religion threatens and frightens.

Spirituality gives inner peace.

Religion speaks of sin and guilt.

Spirituality says, "learn from an error".

Religion represses everything which is false.

Spirituality transcends everything, it brings you closer to your truth!

Religion speaks of a God; It is not God.

Spirituality is everything and therefore, it is in God.

Religion invents.

Spirituality finds.

Religion does not tolerate any question.

Spirituality questions everything.

Religion is human. It is an organization with rules made by men.

Spirituality is Divine, without human rules.

Religion is the cause of divisions.

Spirituality unites.

Religion is looking for you to believe.
Spirituality you have to look for it to believe.
Religion follows the concepts of a sacred book.
Spirituality seeks the sacred in all books.
Religion feeds on fear.
Spirituality feeds on trust and faith.
Religion lives in thought.
Spirituality lives in Inner Consciousness.
Religion deals with performing rituals.
Spirituality has to do with the Inner Self.
Religion feeds the ego.
Spirituality drives to transcend beyond.
Religion makes us renounce the world to follow a God.
Spirituality makes us live in God, without renouncing our existing lives.
Religion is a cult.
Spirituality is inner meditation.
Religion fills us with dreams of glory in paradise.
Spirituality makes us live the glory and paradise on earth.
Religion lives in the past and in the future.
Spirituality lives in the present.
Religion creates cloisters in our memory.
Spirituality liberates our Consciousness.
Religion makes us believe in eternal life.
Spirituality makes us aware of Eternal Life.
Religion promises life after death.
Spirituality is to find God in our interior during the current life before death.
-We are not human beings, who go through a spiritual experience.
-We are spiritual beings, who go through a human experience.

**Buddha's Teaching** · [Follow](#)

1d · 🌐



The Broken Bowl 🙏

In a small village, there lived a young man. He was very poor, but there was one thing he treasured deeply: a simple clay bowl that his grandmother had given him.

Every day, he carefully washed the bowl, dried it, and placed it on the same wooden shelf.

He often thought: "As long as I still have this bowl, I will be happy."

One afternoon, a monk passed through the village. People gathered under a big tree to listen to his teaching.

The young man also came, still holding the bowl in his hands.

The monk smiled and asked, "Why are you holding that bowl so tightly?"

He replied, "This is the most precious thing I have. If I lose it, I'll have nothing left."

The monk looked at the bowl gently and said, "Then this bowl is not only in your hands, it is also holding your heart."

While they were talking, a little boy ran by and accidentally bumped into him, and the bowl slipped from his hands. It fell to the ground and shattered.

Everyone around gasped.

He froze. His heart pounded, and in his mind there was only one scream: "This must not happen!"

The monk calmly looked at him and asked, "Right now, where is your suffering? In the broken pieces on the ground, or in the thoughts inside your mind?"

He looked down at the shattered pieces.

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He looked down at the shattered pieces.

The bowl did not cry.

The ground did not cry.

Only he was crying.

Slowly, he realized: The pain was not in the broken bowl, but in his attachment to the idea that everything "must" be the way he wanted.

The monk said softly, "Everything that is born will one day break, everything that begins will one day end.

You cannot stop this.

But you can choose how you hold it in your heart."

Tears were still running down his face, but his chest suddenly felt lighter.

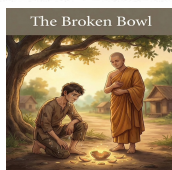
He bowed to the monk and whispered, "So... I can suffer because of a broken bowl... or I can learn to let go and keep walking."

The monk smiled, "Exactly.

Letting go does not mean you never loved.

Letting go means you are free to love without being chained by it."

That night, he picked up all the broken pieces, silently thanked the bowl in his heart, and for the first time, he felt a quiet freedom begin to grow inside him.



**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**

