
FROM LIGHT TO LIGHT «II»

A large, colorful rainbow pyramid. The pyramid is composed of many thin, parallel lines of color, creating a vibrant, multi-colored effect. The colors transition from red at the base to purple at the top, following the spectrum of a rainbow. The pyramid is centered on the page and extends from the bottom towards the middle.

AWAKENING

AWAKENING

FROM LIGHT TO LIGHT «II»

VAHE SIVACIYAN



TORONTO
- 2015 -

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NOTE

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





ACKNOWLEDGEMENT

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

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

*

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



FEAR



THE FEARFUL MOUSE

There was a mouse that was scared of the cat. Its life became unbearable because of the constant fear it experienced. One day its guardian angel seeing its condition took pity and decided to help by turning it into a cat. The mouse, now having become a cat, instead of being happy, was still miserable. This time it feared the dog and once again life became hell for him.

The guardian angel once again took pity for the mouse, and to help, this time turned it into a tiger. The fear continued in the tiger as well. This time the tiger feared the hunters.

The guardian angel noting that no amount of help got rid of its fear, changed it back to a mouse and said: "You are a fearful being with no bravery at all. Your psychology is that of a mouse, therefore I can not help you."

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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.

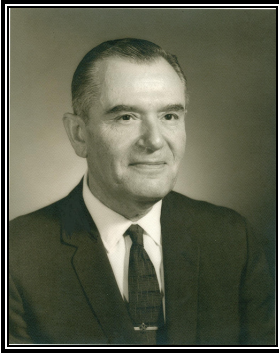


He immigrated to Toronto, Canada with his parents, where he completed his high school education. In 1968 received his Bachelor of Science degree from the University of Toronto, and in 1972, his Medical Doctorate degree from the same university. He specialized in Internal Medicine and in the sub-specialty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

IN MEMORY OF AYDA

The sun rises and the sun sets. This appears to be an absolute reality because the entire world sees and experiences the phenomenon every day. But from the perspective of an astronaut, from space, the real truth, that the sun never rises nor does it set, is revealed. Instead, it shines its light in all directions at all times.

When people are born and they live, we say that they have life. Then they die and we say that they gave up their lives. From our human perspective, this appears to be an absolute truth. It is hard to deny this when we see the lifeless body of the deceased. From this we surmise that Life and Death are opposites. Birth may be the opposite of Death, but not Life.

Christ said "I am the Life and the Truth". Since the only truth is God, then Life also must be of God and with God and therefore, it must be eternal and can not die. If we believe this, then we should also believe that people do not have life but are life and can not die.

On November 10, 1955, Life found it necessary to incarnate itself in an infant who was named Ayda Ozzorluoglu. She was born to her parents, Fidan & Vartan. Through Ayda, Life brought joy and laughter to all that got to know her: her parents, her brother, Arman, to whom she was very close and loved dearly, as well as to his wife, Elena and their children Matthew and Nadia, and also to their many relatives.

Then Life shone its light on Vahe when she took his name on February 21st, 1987. Once again through her, life brought happiness and joy, wisdom and bliss to Vahe, his family, relatives and to all their friends.

Life, using the excuse of a year-old illness of ovarian cancer, in all its wisdom and with the Will of God, decided to leave behind Ayda's mortal shell and returned to its source, to God.

Therefore, because of this knowledge, in the Armenian Church, a song of joy, "ee verin Yerusaghem" (Jerusalem of the highest), is sung at funerals. Today, also let us rejoice by singing in order to celebrate the joy, happiness and wisdom that Life brought to this world through Ayda.

She will be remembered for her wisdom, knowledge, ideas and insight, but most of all, her contagious laughter.



1955-2010



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

AYDA SIVACIYAN



FOREWORD

I would like to express my gratitude and thanks to Reverend Prof. Solo Nigosian for his dedication and willingness to read this book prior to its publication and for providing the comments within the following page to serve as forewords for the book.

V.S.



REFLECTIONS ON RELIGION & SCIENCE

Dr. Sivaciyan is not only a competent cardiologist but also a “gifted poet” and an “enlightened spiritual” person. His present book **“Awakening”** is very fascinating, compelling, and comprehensive. With his abundantly informed mind and insightful understanding of science and religion, he is able to express his views to those who join with him in the search for truth. His thought provoking observations and interpretations, including the numerous exquisite poems and beautiful illustrations, will lead the reader into a new understanding of spiritual life.

The book is a personal presentation of nine topics, sub-divided into several themes **“Religion & Science”**, **“Seven”**, **“Mankind”**, **“Sickness & Death”**, **“Love of Church-Love of Religion or Love of God”**, **“Solomon’s Counsel”**, **“The Calamity”** and **“What is Salvation”**. One may agree or disagree with his line of reasoning – but it gives the reader something to think about. Its simplicity, its forthrightness and its challenge is powerful and at times disturbing. Nevertheless, his arguments generate a valuable contribution: ancient metaphors must change, stereotypes must be undone, and smugness eliminated. His kernel of insight is sound and important. Its message is the product of a skilled and informed interpreter — a *magnum opus*.

Rev. Dr. Solo Nigosian
Prof. University of Toronto





THE DERVISH AND THE SCORPION

A dervish wants to save a scorpion that has fallen into the water. When he reaches with his hand, the scorpion stings him. The dervish tries a second time, and the scorpion stings him again

Those who had witnessed could no longer resist speaking out, and with great excitement caution him saying: "Although you are trying to save the scorpion, it is stinging and hurting you, why do you keep on trying to help?"

The dervish gives a very wise and meaningful response to the question: "The nature of the scorpion is to sting, and my nature is to love all that is created and to show compassion. Since the scorpion is behaving according to its nature, why should I change my nature?"

PREFACE

A

In 2013 I had published the book “From Light to Light” and in 2014 a collection of poems called “Gentsaghaluys” which translates as “Enlightened Living” (only in Armenian). Both books reflected my views about how mankind should behave while here on earth, the obligation to pursue a spiritual path and the importance of a proper life conduct, if he/she aspires to pursue this spiritual path. Although I have some knowledge of several different religions, I have been careful in making sure that the views expressed are all based on truths presented in the Bible. It is possible that some of the presented views may differ from the beliefs of some of the readers, but I do not think they differ from what Jesus had taught us.

It is important that each individual, instead of accepting the superficial belief systems handed to them verbally, should personally dive into the depth of his/her own religion and understand the true meaning, personalize it and more importantly live it, instead of just believing. The degree of correctness of a person’s belief system is always reflected in his/her behavior and lifestyle. When we look at the present condition of the world, it becomes impossible not to ask the following question: “I wonder if there is anyone left in the world that still believes in God?” Yes, I am sure there are a lot of people that say they do, but to truly believe in God is not saying: “I believe”, but it is to show it with deeds and behavior, in other words it is to show it by practicing it. Is it not written in the Bible that “Faith without deeds is dead”?

What good is it, my brothers and sisters, if someone claims to have faith but has no deeds? Can such faith save them? Suppose a brother or a sister is without clothes and daily food. If one of

you says to them, “Go in peace; keep warm and well fed,” but does nothing about their physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead. But someone will say, “You have faith; I have deeds.” Show me your faith without deeds, and I will show you my faith by my deeds. You believe that there is one God. Good! Even the demons believe that and shudder. You foolish person, do you want evidence that faith without deeds is useless? Was not our father Abraham considered righteous for what he did when he offered his son Isaac on the altar? You see that his faith and his actions were working together, and his faith was made complete by what he did. And the scripture was fulfilled that says, “Abraham believed God, and it was credited to him as righteousness,” and he was called God’s friend. You see that a person is considered righteous by what they do and not by faith alone. In the same way, was not even Rahab the prostitute considered righteous for what she did when she gave lodging to the spies and sent them off in a different direction? As the body without the spirit is dead, so faith without deeds is dead. (James 2:14-26)

In my first book “From Light to Light”, I had simply expounded on some basic topics. In the second book of poems mostly their practice was emphasized. It was not a repetition of the first book, but it was the completion. I felt that I should expand further the content of the second book in a prose form with certain additions; hence, the present book called “From Light to Light II – **THE AWAKENING**”.

My purpose of writing on this subject is not to teach others, but to teach myself. In medicine also, I have noticed

that the best way to learn a topic is to prepare for a presentation. By compiling these pages, taking notes, I have learned an immense amount of knowledge. Since it was already written, then why not also publish it? Perhaps the reader, finding a new approach, may develop further interest and investigates further and dives into the core of it to better understand his/her religion. I do not pretend to be an expert in the field of theology; I only express a simple view that has affected me implicitly. It is possible that someone else also may be thusly affected and helped. Whatever happens is God's will, as His Grace Bishop Meghrig Parikian had written in the foreword of my book of poems: "... without God's will not even a leaf moves in this world".

After the publication of my first two books, some of my friends sent the following quotations by e-mail:

(Originals were in Armenian; here I will present their translations.)

"Study well your population. Whatever you write should pertain to their lives."¹

"In any country, any literature worth reading should have some tie to the past or especially the present life of the people. The words used and the ideas presented should not wander in imaginary and abstract realms that are difficult to confirm. Instead they should represent what exists on earth, namely the nature and the humanity and their problems, as well as the human interrelationships. As far as I am concerned, even poetry should conform to this view. They should stay away from non-existent imaginations that hover in the air."²

I am not certain of the motive of my friends. Were they thinking that the content was too abstract and did not match the daily life of our community? Perhaps, they were cautioning me, but it is also possible that they were encouraging me.

I am certain, there are some that consider these subjects

too abstract or may consider them to be mythology. It is true that for a great majority of individuals, religious matters remain unproven. There are those who rely only on their five senses for proof. There is also an experience that comes only as a result of a higher consciousness. This is the source of faith. This will never be obvious to all that do not develop that higher level of consciousness. If their lives are not conducive to the development of a higher consciousness, then they will never be able to have its experience. "Whatever we sow, that is what we reap."

We, as Armenians, tend to be proud of being the first nation who accepted Christianity. Mankind can not be proud of something he/she does not believe in, therefore we must be believers. Then if we believe in what Jesus taught us, then the spiritual path must also be relevant to us. Yes, I agree with what is written in the above quotations and their suggestions. Exactly for that reason I also have the courage to publish this book. Its content and similar topics are important for me. They may also be relevant to the members of my community and why not to the rest of the world? For those who consider these topics to be too abstract, I tried to merge the abstract (spiritual) with the physical sciences.

In the oppressively negative present day atmosphere of the world there is also an Awakening. It is important for us to be part of this Awakening, and as at the outset of Christianity, once again we should try to be the flagbearer now as well. I truly think that this movement is already taking foothold in our society. As a salient example of this I will present the following quotation translated from Turkish. The talk was given by a representative of the Armenian patriarchate of Constantinople at a gathering commemorating the 17th anniversary of the CEM society (A sect of Islam - Sufi organization) in Turkey.

" ... In the Holy Book there is a verse that says:

“God formed man of the dust from the ground, and breathed into his nostrils the breath of life; and man became a living being. ... God created him in his own image. ... God planted a garden in Eden, in the east; and there he put the man whom he had formed, to keep and to take care.” All the problems that we are facing today and that we seem to be lost in, stem from the fact that we have failed in our duties as custodians of what was given to us to keep and to take care of, the garden of Eden (the paradise). A healthy environment can only exist when love is present and there is trust and equality. This responsibility is one given to mankind only. The honorable president of the Society in his speech mentioned that as a result of drought there have been migrations. Today that drought is present in people’s hearts. Because of it people ignore each other and have become selfish. The peace and happiness of a person does not come from anywhere except through the heart of another individual. Just because of this, I do not want the rights given to me by the law; instead I want a place in your hearts. If I were to be in your hearts, everything that belonged to you would also belong to me; but if I had no place in your hearts, then nothing would belong to me. I would be separate from you.

I was present at a meeting, and asked as to why we did not have peace and love, and I also added that there were two reasons, the clergy and the politicians. The clergy do not live according to their vows and their calling. The politicians promise but never fulfill their promises.

Dear friends, I will try to explain this using an

illustrative story: A man was taken to heaven; he noticed that everywhere was beautiful and the angels were attending to everyone. He asked one of the angels as to what they are selling there in heaven. The angel responded saying that they were selling love, justice, conciliation, understanding and mercy. The man became very excited and asked if he could get some to take with him. The angel's answer was "as much as you want". The man ordered 500000 tons of justice and 200000 tons of love and mercy. The angel said "just a minute" and departed. The man started thinking: I suddenly got excited and ordered tons of stuff, because I knew there were none of these on earth, but how am I going to carry all that down to earth? When he was still in deep thought, the angel returned and placed a small pouch on the counter and said: "here is your order". The man flabbergasted, once looked at the pouch and then to the angel and indicated that he had ordered tons of justice, love and mercy but he was given only a small pouch. The angel laughed and said: "Here we only sell the seeds of all the things you asked for; if you sow these seeds in peoples hearts they will grow and multiply and will give you many tons". Politicians in public and in Parliament speak beautiful words; the clergy, in churches or in mosques speak beautiful words, but since the world has not become a better place, we should distance ourselves from such people. We need people who know their duty of improving society and the world, who intend to have a positive impact; hence, we need wise people. It is not sufficient just to be smart or clever, there

should also be a loving heart that goes with it; otherwise, the result could be catastrophic. A man of law without love in his heart ends up being unjust.

Tonight as I cherished the honor bestowed on me, I also wanted to share with you the worries that were festering in my heart. In the Holy Book, it is written: “If a man can not love the brother that he sees, how can he love God that he does not see?” The way to God does not pass through the mosque, through the “namaz” (Islamic ritual of worship), through the church or through fasting, instead it passes through the heart of another person. This means to be part of their sorrows and to try to wipe their tears. If I am not able to realize this, my being clergy and my faith mean nothing.

I thank you from the bottom of my heart and bless you all.”³

In Dec 2014, in St. Mary Armenian Church of Ortakoy, there was also an unprecedented gathering of the Sufi sect of Islam. A women’s choir sang a Sufi religious song “Allahuakber la ilahi Illalah ...” At that gathering the locum tenens Armenian patriarch His Grace Bishop Aram Ateshian said the following in his speech: “90% of what Jesus has said and what Mevlana has said are the same”, and he gave examples.

The purpose of this book is to promote this awakening, within the limitations of my capacity.

1- Arpiar Arpiarian

2- Markar Sharapkhanian

3- “CEM Vakfi” 17th anniversary celebration dinner –speaker Fr. Zaven Balikci.

B

As I indicated in section “A” of this preface, 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.

* * *

C

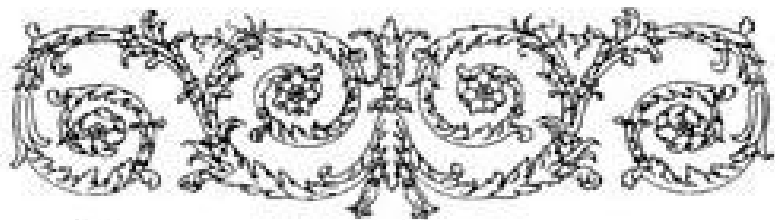
Chapter VI: « Solomon’s Counsel »

This chapter is based on a quotation from the book of “Proverbs” in the Old Testament. It represents a sermon which I prepared and read at the request of the pastor of St. Mary’s Armenian Church following Mass on the fifth Sunday of Lent in 2014.

Chapter IX: « Addendum »

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

Vahe Sivacian





- I -

RELIGION AND SCIENCE



RELIGION AND SCIENCE

In the past, as opposed to the present, “Science” had a different form. People were preoccupied with “Religion”, “Astrology”, “Numerology”, “Alchemy”, “Metaphysics” and “Demonology/demon possession”. The understanding of today’s man is very different and hence also the science he pursues. Today instead of religion we have “Philosophy”, and all the natural sciences that followed. We have “Astronomy” instead of astrology, “Mathematics” instead of numerology, “Chemistry” instead of alchemy, “Physics” instead of metaphysics and “Psychology/psychiatry” instead of demonology/demon possession. It is true that this type of a change represents a major step forward. But, after the relatively recent advances of “quantum physics”, scientists are starting to believe that by discarding the old “sciences” they may have done a disservice. As a result of scientific experimental observations the scientists have shown that people born under the sign of Mars have a higher incidence of being physically strong and have a better chance of becoming world-class athletes. As the saying goes, “they may have thrown out the baby with the bath-water”. As a result, overall humanity may have suffered a loss. There even appears to be some attempt by some to backtrack. This seems to stem from the fact that as a result of the findings from experiments in quantum physics and the solutions of the complex mathematical equations, scientists are all confused as to the nature of reality. It appears that what seems to be solid and real to us, does not even exist as material. They have come to a point where they are trying to show a connection between physics and the world as we know it with consciousness. Obviously they are looking for the effect of “the consciousness” in the outside world. Definitely God is there also, but Jesus found it in His “inner world”, in his soul, without any expensive cyclotrons or

other equipments. Where science fails to reach, the spiritual life will take us.

According to the scientists, physicists and cosmologists all the laws of the universe can be expressed by mathematical equations. This fact and also the fact that everything in nature is interconnected and in perfect harmony and balance, shows us that the universe and of course nature is created intelligently, therefore by an intelligence. It would be impossible to have such a complexity to have occurred by pure chance. In the bible we also note that intelligence was the first thing that was with God, before starting the Creation. In the following quotation, it is intelligence that is talking:

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

“The LORD brought me forth as the first of his works, before his deeds of old; I was formed long ages ago, at the very beginning, when the world came to be.” (Proverbs 8:22-23)

Hence, the world is created with intelligence. Is that not what scientists also found out? According to scientists, the mathematical equations contain an element of uncertainty, called “the uncertainty principle”. This stems from the fact that when the location of a subatomic particle is determined, its mass remains unknown and uncertain, and when its mass is accurately determined its location becomes unknown and uncertain. One wonders if God has introduced this uncertainty for Him to be able to intervene without going against the sound mathematical principles.

Scientists also tell us that the universe has come about from a single point, which they call “**singularity**”. This point is said to be infinitesimally small and infinitely dense. This point exploded with a “**big bang**” spreading energy in all directions, which in time gave rise to the visible and invisible

cosmos with all its known energy forms and matter. The big bang was also the beginning of space and time, which were essential to contain all and allow change and evolution to occur.

The first verse of the Bible goes as follows:

“In the beginning God created the heavens and the earth.” (Genesis 1:1)

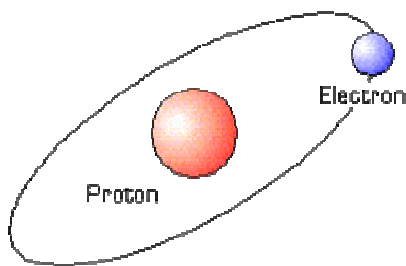
“In the beginning” represents the time. If there is a beginning, there must also be a continuation and also an end. **“Heavens”** refers to space. Energy and space are inseparable. Interestingly in the Armenian language, the word for space is “միջոց” (michots), but at the same time the same word is also used for “the means”. Is it not true that the energy from the big bang is the means by which the whole of the universe has come about? **“The earth”** refers to the creation of matter. We should be careful not to confuse the word “earth” here with the “world”. Most may think it implies the world, but the bible does not say “the world”. We all agree that it would have been impossible to create the world before the galaxies, stars and planets. In the book of Genesis, in the succeeding verses, we read that stars and galaxies were formed later, after “earth”.

It is extremely surprising that the two views of “creationism” and “evolutionism” have sparked a major controversy. Those, who only believe what they become aware of with their five senses or do not believe in the presence of God, have insisted that nature has come about according to Darwinian Theory of evolution. Those who follow religion, do not subscribe to the theory of evolution and insist that God created each species separately. This controversy had reached such heights that in the first half of the 20th century, there was a trial based on this in the United States. The trial was triggered by the firing of a teacher for teaching the theory of evolution to his students. The trial

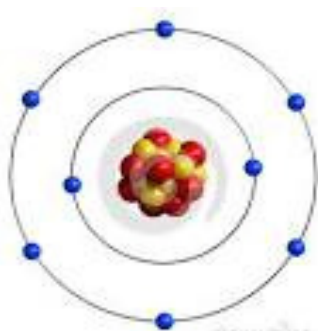
became so famous that it was nicknamed “the monkey trial”. This name was in reference to humans having evolved from monkeys or having been created directly and separately by God. This type of an argument is of great astonishment. Are human beings really that stupid and ignorant that despite being educated give rise to such arguments? They seem to be bereft of any intelligence. But, it appears that they were all intelligent people, otherwise how could they have been educated to become a judge, lawyer, teacher, mayor or clergy? But, as I have indicated in the chapter titled “The Man”, pride and arrogance take away a man’s wisdom and intelligence. Parallel to all the other laws of nature and physics, evolution is also another natural law. How can we accept all other laws of nature and physics and ignore evolution? Darwin only discovered this law, he did not make it. Along with all the other laws, evolution is also a law put in place by God to serve the Creation. There is no dichotomy between creation and evolution. Evolution is also God’s law and a servant of creation to fulfill God’s will.

As we indicated above, after the “Big Bang”, there was only energy first and this energy penetrates the whole of the universe. Physics has proven that matter is formed from energy. Matter is formed from a variety of molecules and each molecule from atoms. (See Figures 1-a & b)

In the chemical table of elements, 118 elements are depicted. Each element has its unique property, which is determined by the number of protons in its nucleus and the number of orbiting electrons around the nucleus. Until the first half of the 20th century, scientists believed that one could not destroy matter nor could create it. It was only possible to change its form. After the advent of the atomic age, the above dictum has changed. Now, a new law has replaced it. The new dictum is that it is impossible to create or destroy energy; it is only possible to change its expression.



Hydrogen Atom (H)

Figure: 1-a**Figure: 1-b****Fig.1-a:Hydrogen atom with 1 proton and 1 electron****Fig.1-b:Oxygen atom with 8 protons, neutrons & electrons**

During the last 50 to 60 years, scientists have also proven that the proton and neutron are not the smallest particles in nature. They also are formed by even smaller particles known as “Quarks”. It was only a few years ago that in Switzerland, they were able to see the smallest particle yet, called “the Hicks Bozon”. They feel that it is the building block of all the other particles. Journalists have called it “the God particle”. We also should not forget that the “photon” of light and the “neutrino”, that travel at the speed of light, despite being waves, also have some of the properties of particles. Light passes through transparent matter but not through all matter; whereas, the neutrino passes through all matter without encountering any resistance.

It appears that today quantum physics has proven the presence of God; therefore, it is surprising and difficult to believe that there are still people that do not believe in God.

Let us try to reconcile the scientific findings with that of religion. So far science has proven that the universe came about from nothingness, a point without dimensions which has been called “**singularity**”. Energy from this point spread everywhere and that energy appears to be some form of

electromagnetic radiation, in other words **“Light”**. The visible light is also part of this electromagnetic radiation “the Light”.

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

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

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

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

The above quotations tend to confirm that all that there is, are just expressions of that same light. Matter has come about by the collision of those photons of light. They appear to be small “packets” of energy. First the subatomic particles form, which eventually form the protons and neutrons and the various atoms. Based on this, everything in the universe including ourselves, is nothing but just light in different forms, likely with lower frequency and slower propagation.

Scientists have also proven that the universe is still expanding. This tends to prove that there was a time when it did not exist, hence it was created. Einstein’s theory of relativity showed the properties of light and gave some understanding of the universe beyond the physical existence. He showed that anything other than matter was **absolute and**

pure. Light travels at 300,000 Km/sec. When the speed of anything approaches the speed of light, the passage of time slows down. At the speed of light, time does not pass at all. A photon travels at the speed of light, therefore for that photon, time does not pass. The photon therefore, not being subject to the passage of time is outside of time, therefore the photon is **eternal**. If time does not exist for the photon it can be anywhere at the same time; therefore the photon is **omnipresent**. Since the photon is the cause of all matter, then the presence of everything is dependent on the photon, therefore the photon is **omnipotent**. Since all past and present knowledge is transmitted and stored by light, the photon therefore is also **omniscient**. In reality the photon does not exist in the physical realm, yet we still see it. All matter exists in a 3 dimensional state (width, length and height) and has a volume. Any object traveling close to the speed of light decreases its dimension corresponding to the direction of travel. At the speed of light, that dimension becomes “0”. Since its volume is determined by multiplying its height, length and width dimensions, if one becomes “0” then the result of the multiplication also becomes “0”. Therefore that object, without any volume, no longer exists in the physical universe. The photon travels at the speed of light, therefore does not have any volume, hence it does not exist in the physical universe, but it only appears to be present. Don’t we say that this world we live in with all our experiences is only a dream, an illusion and not a reality? Don’t we also say that the only Truth (Reality) is God?

In the physical realm all matter has a mass. When the speed of an object approaches the speed of light its mass increases. At the speed of light its mass becomes infinite, regardless of how small it was at the outset. A photon travels at the speed of light, yet its mass is not infinite, therefore at the outset its mass must have been “0”. This also proves that

the photon does not exist in the physical world. In the physical universe everything exists between two poles: absolute existence or absolute non-existence. Beyond the physical existence all qualities are either non-existent or they are **infinite**. The above mentioned qualities, namely absolute or pure, eternal, omnipresent, omnipotent, omniscient and infinite, are they not the same with what religion has told us about the qualities of God?

The above short citation of physics tends to show us that the universe, with all its content, is formed by nothing else other than light waves. These waves represent vibration that has varying frequencies. Physics also tells us that light as well as being a particle is also a wave with frequency of vibration. When we speak, we propagate the vibration of sound. Sound can not be present in a vacuum. It is the air that vibrates and propagates the sound waves. Therefore, sound waves have a vibrating substrate, namely the air. Similarly, when we see waves on water, the water is the substrate that vibrates and transmits the propagation of the waves. But it appears that the electromagnetic waves vibrate in empty space and do not have a substrate that propagates the waves. But this is false, it appears that the waves of the known electromagnetic spectrum also have a substrate that vibrates and propagates these waves. The scientists tell us that the space of the universe is not an empty vacuum but is full of energy. The nature of this energy is not known; therefore it is called “**Dark energy**”. This dark energy is the substrate that vibrates and propagates the above mentioned known electromagnetic waves. The dark energy, being a form of energy, likely has its own vibration which probably occurs in empty space without a substrate. (See Figures 2-a & b) Scientists are in the process of devising experiments called “Zero point energy”. The idea is to make use of this energy, but they do not even know the nature of this energy. They

suspect that this energy contains all frequencies, from one wavelength covering the whole universe, as well as infinitesimally short wavelengths and everything in between. Today science has given us a spectrum of known electromagnetic waves. (See Fig. 3-a & b) The visible light is also part of this spectrum. These waves have different properties based on their frequencies.

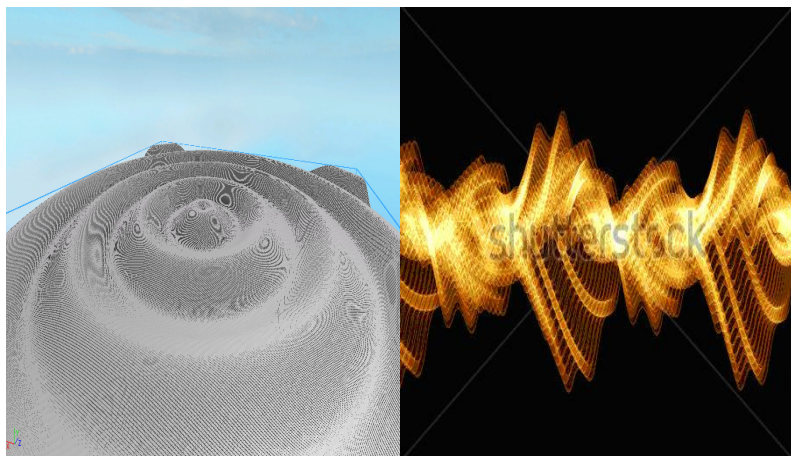


Figure: 2-a

Figure: 2-b

Fig.2-a: The substrate supporting the circular waves, and Also in Fig.2-b: the substrate supporting the waves also have their own frequency of vibration.

These waves also have the ability of carrying information by virtue of alterations in their frequencies. This alteration is called modulation. This modulation may be either of the frequency of the wave or its amplitude. (See Figure: 4)

Various examples of carrying information by modulation in everyday life include the use of radios, televisions, and cell phones.

Even a very complex waveform can be reduced to basic sine waves through Fourier analysis. (See Figure: 5) Scientists to this day have no clue as to the type of frequencies involved in “dark energy”.

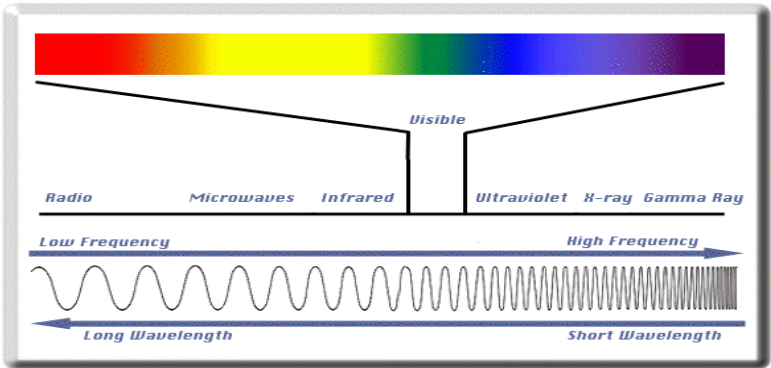


Figure: 3-a
Presently known electromagnetic wave spectrum including the visible light

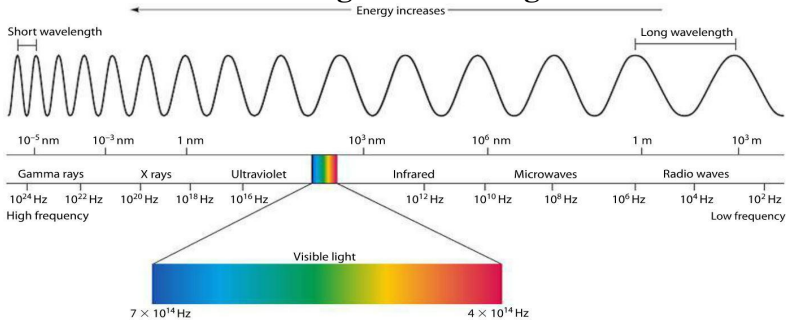


Figure: 3-b
Showing the wavelengths and frequency of vibration of the various waves depicted in Fig. 3-a

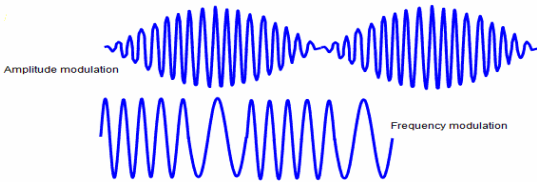
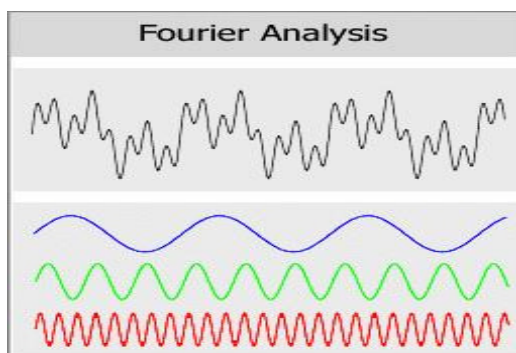


Figure: 4
The top picture shows amplitude modulation, and the bottom picture shows frequency modulation



The top complex wave form through Fourier analysis may be reduced to the three separate sine waves seen below.

Figure: 5

Quantum physicists are suggesting that the billions of galaxies with their billions of stars, and each star, with all its planets constitute only 5% of the universe. Twenty-five percent of the remaining 95% is called **“dark matter”**. It can not be seen, but because they can measure its gravitational effects, it must be present. The remaining 70% is composed of pure energy. As the nature of this energy is yet unknown, it is called **“dark energy”**. Because all known energies are in wave form, it stands to reason that the dark energy is also a wave and all the other energies, as well as matter, are formed by this energy. All known and still unknown laws and knowledge (science) is contained by that energy. As the axons and dendrites of the brain cells form a mesh-like network with millions of interconnections, it is considered that the dark energy also forms a similar network throughout the whole of the universe, hence all is interconnected. (See Figures: 6 & 7)

In Princeton there is an ongoing project called “Global consciousness project”. They have placed sensors in 65-70 different locations throughout the world. These sensors are called “Random number generators” and these numbers are collected by a computer in Princeton every second from each of the 65 locations. (See Figure: 8)



Figure: 6
Network of brain cells and nerves in the human brain

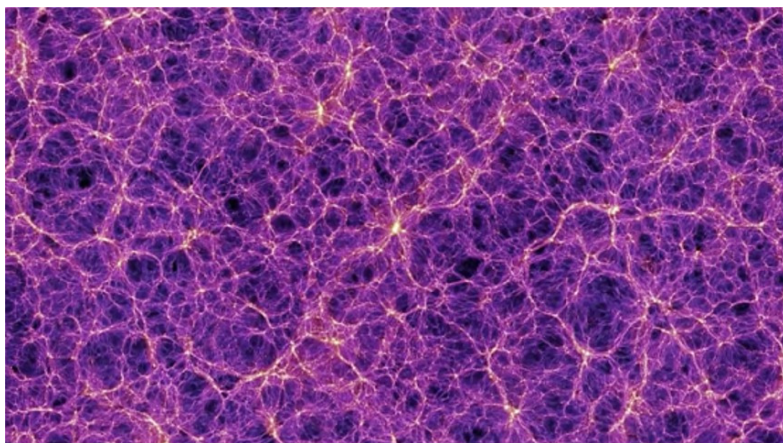


Figure: 7
A Swiss scientist's impression of the network that may be present in the universe as a result of the dark energy

The interesting fact is that they also do not know what these numbers represent and what their source is. Although they are not certain, they think that the source of the information obtained is not any of the known energies of the physical world. They have noticed that shortly before any major

natural or man-made disaster, where large number of people die, the numbers in the information collected increase substantially. There is a view that this information is originating in people's subconscious and likely reflect in general people's thoughts, or more likely perhaps their emotions. Their premise is that everything is interconnected and interdependent. These numbers may actually be tapping into and reflecting the **social consciousness**. They also have another premise that there is an **information field** and that is where the numbers are coming from.

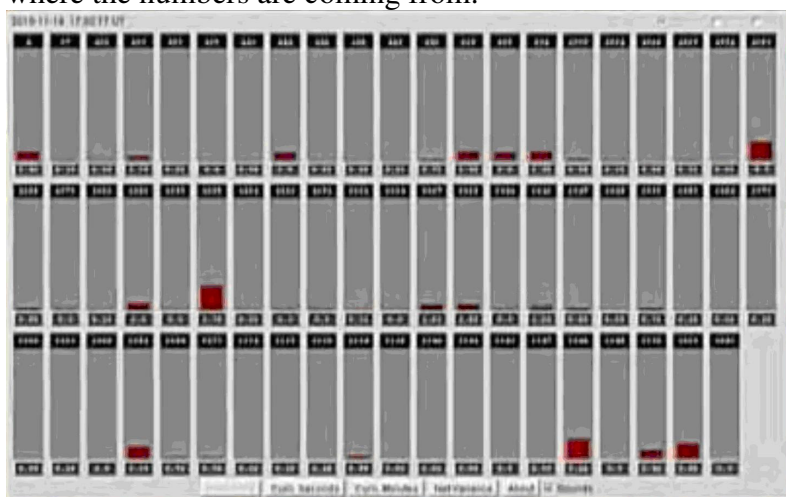


Figure: 8

At Princeton, computer collected random numbers

The purpose of the project is to be able to predict disasters before they occur. If the dark energy represents the “brain” of the universe, then it should not surprise us that all is interconnected. Is it possible that humanity's general behavior in a given environment changes the general frequency of its own energy as well as that of the environment? And this changed energy affects nature, giving rise to natural disasters? They may somehow actually be recording this change in frequency in the form of random number generation.

In Japan, Masaru Emoto, as a result of his interesting experiments, has shown that the energy of given music or the frequency of human energy, which is the result of his thoughts and words, have an effect on molecules of water: We should consider the fact that approximately 70% of the human body is made up of water.

In his experiment, Emoto has shown how a droplet of water is affected by our conversations, from the sounds we make, from our intuitiveness and from our level of consciousness. After exposing water to various situations, he had taken a droplet of water and, after freezing it, had the various formed crystals photographed by darkfield microscopy. He had shown that various shaped crystals were formed and the environment affected their shapes.

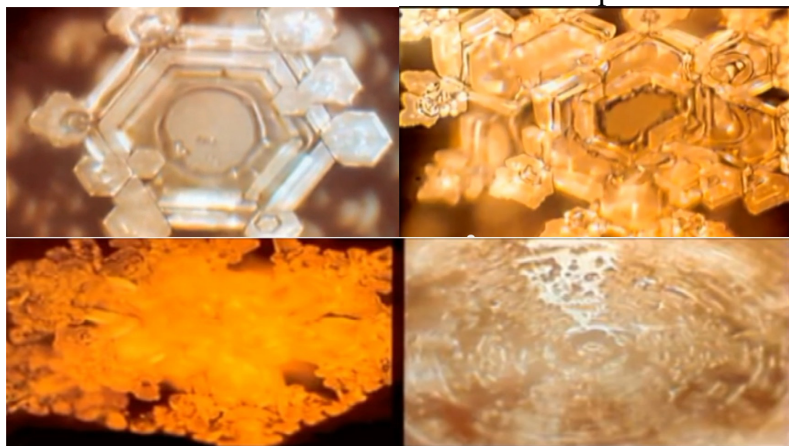


Figure: VIII-a-d

Upper row left-water was exposed to Bach music, right- exposed to Beethoven.

Bottom row left- healing music, right- heavy metal.

As we are all aware, no two snowflakes look alike. In the same way, when water freezes it forms various shaped crystals. The difference between snow and ice is that snow is frozen water from a gas form and ice is frozen water from a

liquid form. In figure VIII-a-l, Emoto is showing the various water crystals he has photographed. All these were in fact exposed, in water form before freezing, to various genres of music (Fig. VIII-a-d), as well as to various thoughts and emotions (Fig: VIII-e-h). With this second set, Emoto had written a thought on a piece of paper and had attached that paper to a beaker full of water. After leaving the water in the same beaker for 24 hours, he had frozen a droplet of that water.

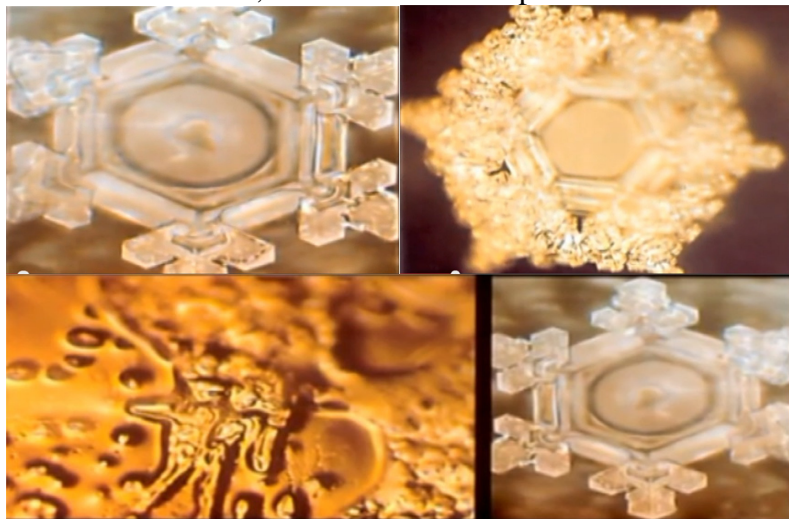


Figure: VIII-e-h

**Upper row left- the writing on the paper was: “Thank you”, right- the writing was: “Love and appreciation”.
Bottom row left- the writing was: “you make me sick”,
right- once again compared to the “Thank you”.**

He had also photographed the influence of spoken words on water droplets. For purposes of comparison, he collected polluted water from a creek and had a picture taken of its crystals and compared them to that of the pure water. He then gave a sample of the polluted water to a Buddhist monk, who prayed over it, and he subsequently froze a droplet of the polluted water which had been exposed to

prayer. (Fig: VIII-i-l). These results showed that the simplest thoughts, words and even deeds have their effects both on the world (earth) and on individuals, since 70% of both are made of water.

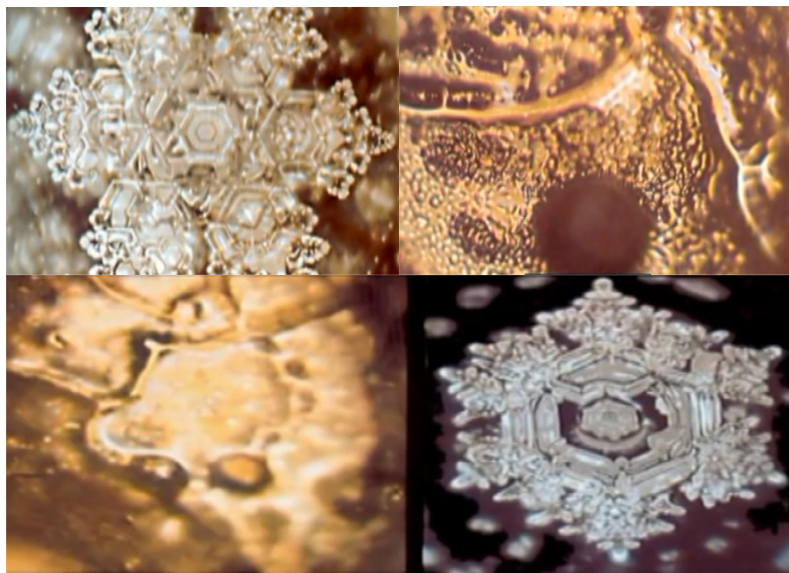


Figure: VIII-i-l

**Upper row left- crystal from clean (pure) water,
right- from the polluted water.**

**Bottom row left- again same polluted water,
right- same water after being subjected to prayer.**

In Stuttgart, Germany, an interesting experiment was also carried out at the aerospace institute. A few students had taken some water from the same container, all at the same time, and had formed a droplet and had it photographed. Surprisingly, the pictures of the water droplets from each student differed from each other. When each student has made several droplets, surprisingly all of them looked alike. (See Fig: IX a & b). Therefore it appears that even the frequency of the “energy body” of an individual has an effect on the water, as seen by the various forms of the drops.

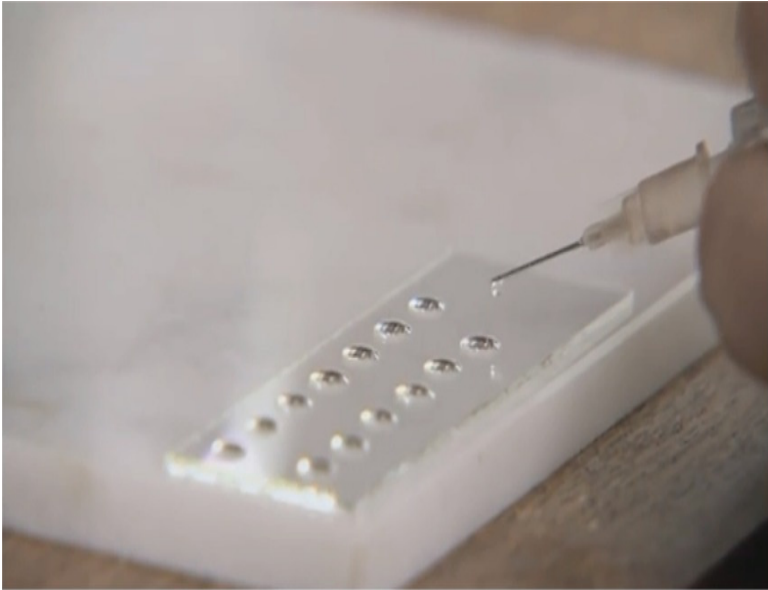


Figure: IX-a
Showing the drops of water

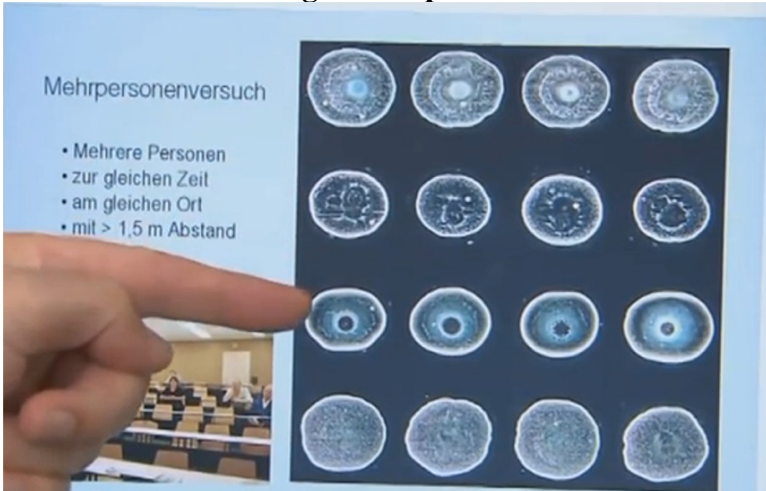


Figure:IX-b
Four drops from 4 different students – From up-down
Four drops of water from same student – Right-left

Hence, prayer, the church sacraments, the blessing of water and the various rites all have a positive effect on us. In the same way, all our thoughts, feelings and emotions also have their corresponding effects, both on our environment as well as on nature.

That which science calls “**dark energy**”, centuries ago Jesus called it “**The Holy Spirit**”. Science tells us that the energy came from a single point called “**singularity**”. Does not religion also tell us that “The Holy Spirit” came forth from the “Father”?

“... how much more will your Father in heaven give the Holy Spirit to those who ask him!”

(Luke 11:13)

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

“Therefore, anyone who rejects this instruction does not reject a human being but God, the very God who gives you his Holy Spirit.”

(1 Thessalonians 4:8)

The human mind is not capable of comprehending God. In the same vein, science also has not understood the source of that energy, namely the “dark energy”. Not understanding the nature of the source, it has just been called “**singularity**”. Does not the Bible also say God is “**one**” without a second?

“Hear, O Israel: The LORD our God, the LORD is one.” (Deuteronomy 6:4) (Mark 12:29)

“... There is no God but one.”(1 Corinthians 8:4)

“one God and Father of all, who is over all and through all and in all”. (Ephesians 4:6)

“Why do you ask me about what is good?” Jesus replied. “There is only One who is good.

(Matthew 19:17)

“Why do you call me good?” Jesus answered.

“No one is good, except God alone. (Mark 10:18)

As the physicists say that with a “big bang”, the “dark energy” spread everywhere forming the universe as we know it, religion also says that the Holy Spirit came forth from the “Father”, and the universe, including the world and us, are the expressions of the energy of the Holy Spirit. All “graces” including being created, come from the Holy Spirit. Is it not true that the expression of this energy in the physical world represents God’s Son? If this had not been true, the Bible would not have said: “You are all children of God”.

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

“See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him”. (1 John 3:1)

Is it not true that that same energy is also in us and a part of us? Of course it is up to us as to how much of that energy we allow to flow through us. If that had not been the truth, the Bible would not have said the following:

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

Scientists admit that they do not know the nature and properties of the “dark energy”. But a scientist has speculated that in one cubic meter of space there is enough energy to boil and evaporate all the waters of all the oceans of this world.

Just like the sound waves represent a vibration, all waves are also vibrations. When we talk about energy, we should understand that we are talking about waves that are vibrations. Is it not true that the energy of the “universe”, the Holy Spirit, is also a vibration? Does not the Bible say that in the beginning was the “Word”? The word was God’s “voice”, sound; hence the “Word” is a vibration. Is it not true that all things were made by it? And the “word”, the vibration became “flesh”, in reality meaning “matter”. It was also the light of man, meaning our souls.

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 all mankind. The light shines in the darkness, and the darkness has not overcome it. There was a man sent from God whose name was John. He came as a witness to testify concerning that light, so that through him all might believe. He himself was not the light; he came only as a witness to the light. The true light that gives light to everyone was coming into the world. He was in the world, and though the world was made through him, the world did not recognize him. He came to that which was his own, but his own did not receive him. ... The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth. (John 1:1-14)

In eastern religions, the sound “AUM” (OM) represents God’s “word”, voice, hence the vibration. The word “Amen” also

comes from the first and the last letters of “AUM” (The letter “M” in the Armenian alphabet is pronounced as “men”). (Also see Chapter IV of my first book – “From Light to Light”)

Why are the church services in general, especially in all Apostolic Churches, conducted by chanting? Worshipping God is an expression of love towards God. One can not worship someone he/she does not love. The best expression of love is done by singing. Is that not true? Does not a lover best express his love to his beloved by serenading? But, the chanting during worship has an added purpose. The purpose is to create an atmosphere of vibration that will affect those present in such a way that they will also be able to increase the frequency of their own vibrations. Chanting represents sound vibration that permeates the atmosphere. Because of this, the melody of chanting, the enthusiasm and spirit in which it is being chanted and the understanding of the person chanting, play a great role in generating the above mentioned atmosphere. It is very likely that we may all have had experiences of going to church, taking part in the service and coming out feeling spiritually uplifted. The opposite experience is also very likely, that coming out of the service, we feel nothing. There is no doubt that these variable feelings are highly dependent on the individual’s state of mind and receptiveness at that time. But, these variations are also dependent on the atmosphere of vibration generated during the service of worship. If the service is conducted as a custom or as a job, then it can not create the necessary atmosphere of vibration to have an effect on the congregation. If the chanting is not coming from deep down, the bottom of the person’s heart as an expression of awe and love, but only as duty, then it will have no effect. The same can also be said for changing the language of the service from the classical to vernacular. The meaning of the words is not as important as the quality of vibration they generate.

Fortunately, there have been people who have studied

the effects of vibration and its frequency. For the first time, a German musician and physicist Ernst Chladni had sprinkled sand on a metal plate. Striking the side of the plate with his violin bow caused the plate to vibrate. He noticed that all the sand particles moved about to form a specific pattern. He noted that the same frequency always formed the same pattern and different frequencies formed varying patterns. Approximately 50 years ago, a Swiss scientist, Hans Jenny, furthered the study by using amplifiers and single frequency sound tones and observing the different wave patterns they created on the surface of water. He also noticed that each frequency yielded a specific pattern unique to that frequency. Different frequencies yielded various different patterns according and corresponding to the frequency. He also noticed that these patterns were commonly seen in nature (ie: shapes of galaxies, shapes of flowers, the skin pattern of animals such as the leopard or the pattern on the shell of a tortoise). (See Figure: 9)

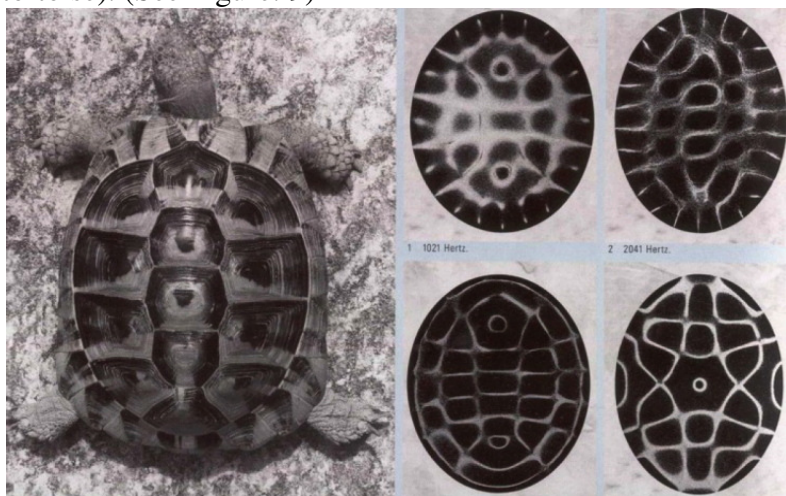


Figure: 9

**On the left: shell pattern of an actual tortoise.
On the right: similar patterns obtained on water by sound**

In my first book “From Light to Light”, in the section on “Numerology” (Chapter VIII, part 2) I had also discussed the significance of the “Golden Ratio” or “Divine Proportion” and the importance of the “Fibonacci numbers” and the “Golden Spiral”. These last two are interconnected. They appear to be present everywhere in nature, even in DNA that forms the nucleus of cells. (See Figure: 10)



Figure: 9

**A model of
the shape of DNA
that corresponds
to the “Golden Spiral”**

These numerical ratios also appear to be related to the frequency of vibrations and caused by them. Similar patterns were produced on water using different frequency sounds. Hans Jenny also mixed corn starch in the water, thereby increasing its consistency. He noticed that various shapes rising above the surface were constantly moving, giving the impression of dancing beings. When he turned off the sound, the “figures” also settled and the thickened water with the starch stayed level and motionless. Hans Jenny called this “Cymatics”. The word comes from the Greek language and means “vibration”. His successor, Alexander Lauterwasser, published a book showing all the various patterns obtained by different frequencies of sound.

As the thickened fluid gave rise to various forms, is it not possible that we are also the product of the vibratory frequencies of the energy that permeates the entire universe? The creative energy of God, namely the Holy Spirit that is the

cause of all creation, permeates each one of us. It is acting on “thickened water”, meaning more solid matter, thus giving rise to the plant and the animal kingdoms’ various species based on the frequency of the energy. Is this not our “dance” just like the figures dancing on thickened water? Does not the Bible say: “God made man of the dust of the ground” and the “dust of the ground” represents the thickened, denser matter?

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

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

Each individual and each member of the animal kingdom vary from each other just because of the differences of the frequencies forming them. When that energy and of course also its vibration ceases, matter also becomes immobile. We call this death. And the cessation of the flow of that energy within the individual, we call it by various names such as: giving up the soul, giving up the breath or departing etc. The truth is that the energy (The Holy Spirit) flows in everything at all times. Therefore, what we call death, is only the cessation of flow of higher frequency energy through the body of the individual, that which we call the “soul”. This represents the bulk of the energy flow that had been flowing through the individual. The energy with much lower frequency, commensurate to the level of molecules and atoms, still flows through the lifeless body of the person. If that had not been true, there would be no decomposition of the dead body. In other words, the molecules and the atoms continue their “dance” at their own level. God is in all of the creation and the whole universe represents His body. His presence in us with higher frequency energy we call “soul”

and His energy we call **Holy Spirit**. The expression of that energy in the material world, we call **Christ**. The energy of the Holy Spirit with all its various frequencies flows throughout the universe for the benefit of all without any discrimination. It is up to us to decide as to which frequencies of that energy we will utilize. Animals behave according to the frequency of their energies, hence according to their nature. They do not have the ability to change their frequencies. Even in animals we see different temperaments. These are likely related to minor variations in the frequency of their energies. But God created man according to His own image. Therefore man has the capacity to use and benefit from all the frequencies in that energy. But man, by his free will and by free choice, determines as to what frequencies are going to permeate his being. This does not occur just by wishing or wanting. If he/she wants high frequency energy, it is imperative that he/she lives accordingly. His thoughts, words and deeds need to be conducive in allowing high frequency energy to function in him/her. By his actions, he should not block the flow of that energy. A person's "dance" in this world, namely his/her life with all the events and emotions, good or bad, are the result of the frequencies of energy he/she allows to flow through him/her. Man has the ability to increase the frequency he uses, to such high levels, as to realize God-revelation in his own being. Only then can he say:

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

Because all the expressions of our personal lives, everything we are subjected to in our lives, are the result of the effect of that energy that permeates our being and the quality (frequency) of that energy is dependent on our thoughts, words and deeds, it is understandable as to why a sin against the Holy Spirit would be unforgivable. The unforgivable nature of this sin is also explained in a different way in the unshakeable universal law given to us in the Bible: "You

reap what you sow”. Because this law is unchangeable, not to allow proper energy of the Holy Spirit to work through us becomes the sin that is unforgivable.

At this point it is appropriate to mention the teaching points of the story of “The Pump” in the “addendum” section of this book. “This story is all about life. It teaches us that we must give before we can receive abundantly. More importantly, it also teaches that faith plays an important role in giving”. Does this not correspond to the unshakeable divine law “You reap what you sow”?

The world’s greatest crisis is not the political one; rather it is the crisis of level of consciousness which gives rise to all the other crises. Man has the ability to increase the frequency of the energy forming him. This in turn gives him/her a higher level of consciousness. The Holy Spirit by Its nature is ready to bestow on us all his “graces” (given by higher frequencies). I can not understand why we do not allow it and block it. In nature everything is functioning according to and determined by the frequency of this energy. Beauty is the expression of these occult laws. When the mind is at peace, then the individual will be better prepared and receptive to have and experience higher frequency energy. Just as a resistance in an electrical circuit decreases the amperage, hence the energy of an electrical current; similarly the energy of the Holy Spirit encountering resistances in our beings loses “amperage”, the higher frequencies. We need to take care not to be swayed by our senses and emotions and all the worldly pursuits they generate. We need to be careful not to react to external stimuli. Instead we need to calm the mind through meditation and stop the endless chain of thoughts, to facilitate the flow of high frequency energy through us.

**Blessed are the pure in heart, for they will see
God.** (Matthew 5:8)

Medical experts tell us that repetition trains the brain, therefore also the mind. This tends to occur by forming new connections and synapses between various brain cells forming new electrical circuits. These connections persist throughout the life of the individual. This is called neuroplasticity. In the past, in primary school it was mandatory to memorize poems. It was not important what was being memorized, but the act of memorization was. To be able to memorize, the student had to concentrate on the piece to be memorized, repeating it many times. Similarly we should also, through repetition, change our nature to remove the resistances to the flow of the energy. It is impossible to change our nature in one day. For some it may take a whole lifetime and it requires constant repetitions of thoughts and deeds that may be contrary to our present nature that had developed as a result of our heredity and childhood environment and experiences. These repetitions, as well as meditation, are examples of self-directed efforts of making use of the above mentioned neuroplasticity. At the level of energy, one should be prepared to accept all that life dishes out to him/her, including sorrow.

The entire universe is a vibration. We tend to think that only sound and hearing, as well as light and sight, are mediated through vibration and not the rest of our senses. The truth is that all senses are mediated through vibration. Smell and taste were thought to be chemical only, but it has been proven to be also vibrational. There are some people that see sound as colors. The colors vary according to the frequency of the sound. This is called “**synesthesia**”. The vibration permeating the universe is also the “**brain**” of the universe. It is also the link between our internal and external worlds. The flood of thoughts prevents us from consciously knowing of the presence of that energy. Fear and love are two different feelings and based on one or the other, the brain

ends up creating appropriate connections. The different circuits created also allow different frequency energies to flow, which in turn determines our natures. The energy itself is neutral, infinite and eternal.

Approximately 30 years ago, the theory of “**fractals**” was advanced. According to this theory, the whole was repeated in its parts. (See Figures: 11-a & b and 12) This reality was hidden from us by many unnecessary parts. At the time, the discovery was so interesting that one of the local newspapers published a color picture every week. The picture was a page large and did not look like anything, but if one was to look at it in a certain way, not focusing on the unnecessary parts, a three dimensional picture would pop-up into view. (See Figures: 13-a & b and 14-a & b)

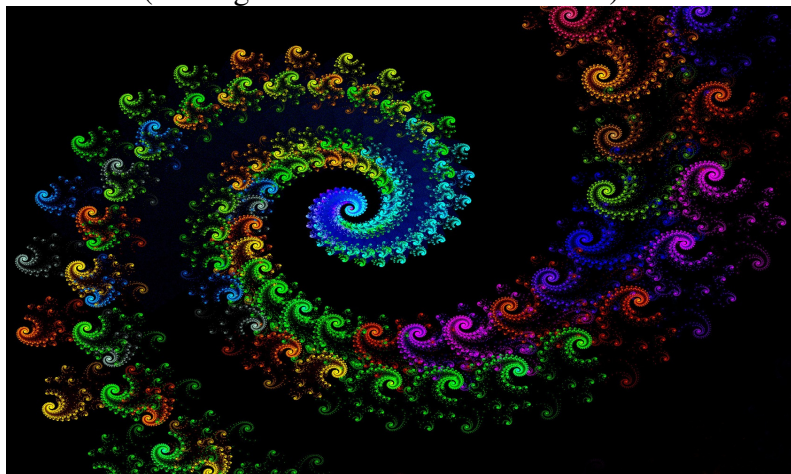


Figure: 11-a

An example of “Fractals”, where the large picture is repeated in its part, and in part of the part as well ...

According to this discovery, it appears that the macrocosm is repeated in the microcosm and is the cause of all creation. Is it not true that the sun with its planets and the nucleus of an atom with its electrons represent the same picture, one large and the other microscopic?

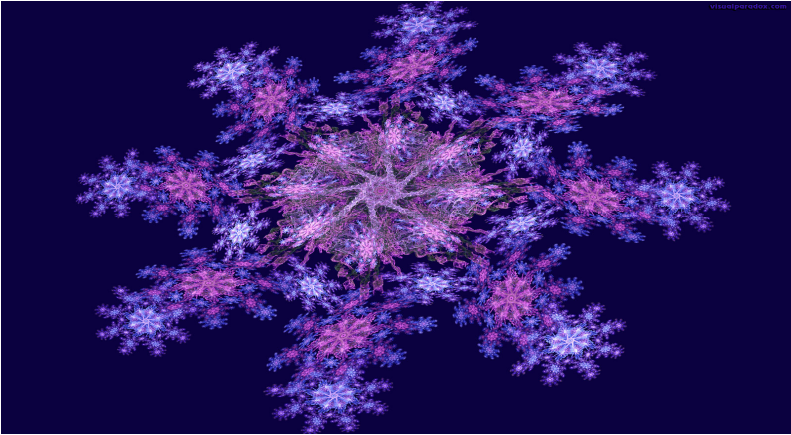


Figure: 11-b
A similar example as in Figure 11-a



Figure: 12
An example of “Fractals” from the plant kingdom, The form of the full leaf is repeated in its part, and again in the part of the part, and again in the part of the second part ...



Figure: 13-a

In the blue-green section representing the water in the middle of the picture, one should be able to see the three dimensional picture of four dolphins depicted in Figure 13-b.

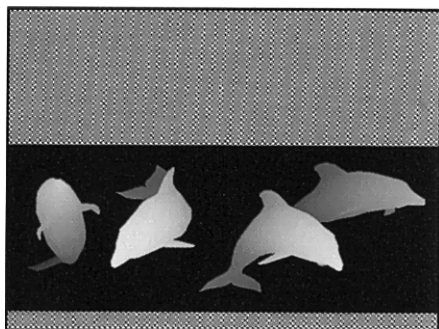


Figure: 13-b

That which we should be able to see in 13-a



Figure: 14-a

In the green section in the middle of the picture, one should be able to see the three dimensional picture of a horse and three trees depicted in Figure 14-b.

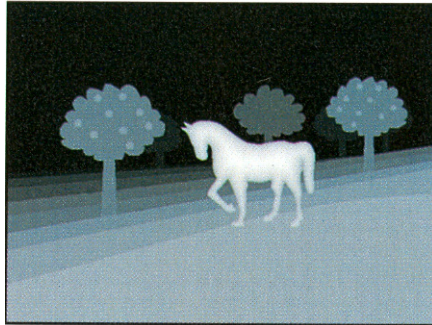


Figure: 14-b

That which we should be able to see in 14-a

Therefore it should not be surprising that God is also in every individual and also in everything. Is it not true that as God permeates the entire universe, our souls also permeate

our entire bodies? This is the meaning of having been created in the image of God. Because we are in the creation itself and are part of it, the Spirit of God is also within us as well. Our duty is to ignore all the unnecessary stuff (thoughts, emotions, wants and desires) so that we can actually see the presence of God in us and in everybody and everything else.

Today man with the use of light has been able to create holograms. They look so real that some retail stores have made use of a hologram of a person opening the door and welcoming customers into the store. They look so real that some customers have taken them to be real people. Don't we also say that this world is an illusion? Is this world also not a hologram created at the macrocosmic level? Don't we say that only God is "the Truth", in other words, the only reality? Or, is it that we say these but we really do not believe in what we say? The truth can only be known through consciousness, because Truth and consciousness are one and the same. Only a peaceful mind can comprehend the Truth. The creator and the created are one. Jesus had the understanding and the level of consciousness and therefore had experienced it, hence he could say:

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

Life and death, one individual versus another, are all the same and truly deep down there is no difference between them. At night, during our sleep, when we dream, who is the creator of that dream? The dream appears in us and ends in us. Are we not also present in all our dreams? But, being present in our dreams, experiencing sensations and emotions, we never see ourselves in our dreams. This waking life also is nothing but another level of dream, and in this life we do not see our true Self, the dreamer of this dream. It is not that we do not have the possibility or the ability to see the "dreamer", but we have forgotten that there is a "Dreamer" to be seen. We need to get rid of this forgetfulness and we need

to wake up from the dream. Just as depicted by the previous figures 13 & 14, to be able to see the hidden images, we need to look in a special way requiring pattern recognition. By ignoring all the unnecessary thoughts and using **“pattern recognition”**, we can see our true Self, the Christ within us. The purpose of religion is to teach us this “pattern recognition”. This represents the link between the macrocosm and the microcosm. Heaven is in being **“awake”**. God is in us; we need not and should not look for Him outside of us. It is only by ignoring all the thoughts, feelings, emotions and desires and anchoring (concentrating) the mind on the Christ within, can we find peace of mind. This is the same **“peace”** that Jesus promised to us. He also told us to control all anxiety and fears. (In the Bible often “heart” is used to mean “mind”).

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

(John 14:27)

When we succeed in achieving that mental peace, then we will also be called God’s children.

Blessed are the peacemakers, for they will be called children of God. (Matthew 5:9)

It may be appropriate to present the following metaphor:

Water can exist in vapor, liquid and solid (ice) forms. When it is in vapor form we can not see it and most of the time, we also do not know that it is there. Sometimes it presents itself in the form of clouds adding beauty to the scenery. At other times in the form of dark clouds it causes fear. When the humidity in the air increases significantly, we start feeling its presence, this makes us uncomfortable. At times the humidity in the air precipitates out in the form of rain and becomes the life-giving water. Without water there

would be no life. Water also cleans everything. When it cools down further, it solidifies, becoming solid ice. The ice appears to have one purpose; to melt and become water and then evaporate and dissolve in the air. We use ice for some beneficial purposes, but in general we try to melt it so that it will not be the cause of accidents. From the laws of physics, we know that as the frequency of vibration of the water molecules increase, it tends to become gas (steam) and evaporates. When the frequency of the molecular vibration decreases, it first becomes liquid and later more solid ice. As its temperature increases the frequency of vibration of its molecules also increases and as the temperature decreases, the frequency also decreases.

On a thermometer -273.15°C represents 0° Kelvin, also known as absolute 0° . Scientists have managed to produce temperatures very close to 0°K but have not reached it. Even at those temperatures matter seem to change drastically and lose its usual qualities. Some liquids become **superconductors** to electricity, in other words they present zero resistance to the electrical flow. They also show properties of **superfluidity**, meaning the complete absence of viscosity and it does not appear to conform to the laws of gravity and tracks up the sides of containers. Hence all properties appear to be as a result of vibration and dependent on the frequency of vibration.

This scientific story of water is a metaphor for a better understanding of the relationship of the universe and, of course, also of man with God. It also serves to comprehend the idea of the Trinity. In this metaphor the humidity in the air (water vapor) represents the Father. He is not seen but He is there and present, permeating the entire atmosphere. In the same way God also permeates all of the Creation. The entirety of the universe represents His body. Sometimes we get a glimpse of His beauty, knowledge, wisdom and truth when we see clouds and the rest of nature. Just as sometimes we

feel the humidity, occasionally we also feel His touch that causes great awe. As the vapor precipitates as water and rains on earth, giving life to all animals and plants, so does the energy of God in the form of the Holy Spirit rains and flows in the universe, giving the life energy and the blessings to all, from the tiniest atom to the largest animal. When the frequency of this energy decreases, it also tends to become denser, producing the solid matter. Due to this density, the whole of the material universe has been created with all its aspects, including the world and also us. The appearance of the energy of the Father, the Holy Spirit in the physical realm, we call the Christ. Christ, therefore, is the revelation of God in the physical world. In all of the Creation, man was given the special ability to be able to see this revelation of God, the presence of Christ in this world, and to strive to realize this revelation also in him/herself. As the ice in time melts and evaporates to dissolve in the air, we also need to increase the frequency of our vibration to be able to also increase our level of consciousness, so that by sanctifying ourselves we will be worthy also to dissolve and be one with God. That which is vapor is also in the water and the ice. Therefore God is also in us. Running water with increased turbulence (waves), does not freeze. We also need to increase the frequencies of the energy forming us. This is only possible by removing the resistors to the high frequency energy flow into us. In religious terms, it is known as the graces of the Holy Spirit. This is possible by the way we live in this world and the way we relate to others and to nature.

**To see a world in a grain of sand and heaven in a wild
flower, Hold infinity in the palm of your hand and
eternity in an hour.**

William Blake



“The supreme happiness of life is the conviction that we are loved; loved for ourselves, or rather in spite of ourselves.”

“When grace is joined with wrinkles, it is adorable. There is an unspeakable dawn in happy old age.”

Victor Hugo

HUMAN NATURE

Man, hence his nature is formed of 24 elements. The first 5 elements are the basic ones. These are:

a- Earth, b- Water, c- Air, d- Fire and e- Ether (space)

There are also 5 finer elements called the senses. These are:

a- Solid- touch, b- Liquid- taste, c- Gas- smell,

d- Light- sight and e- Sound- hearing.

Corresponding to these last 5 elements there are also 5 organs.

These are: a- Skin, b- Tongue, c- Nose, d- Eyes and e- Ears

In addition to the above five organs there are also five other organs with five various functions. These are:

a- Talking – Vocal chords, mouth and lips

b- Breathing – Lungs

c- Digestion – Stomach and small bowels

d- Elimination of liquid waste products – Kidneys

e- Elimination of solid waste products – Large bowel

The remaining four elements are the following:

a- The mind – ability to think

b- Intellect – ability to analyze and judge

c- Free will – ability to choose

d- Individuality – the Ego

The five basic elements represent the five qualities of the energy.

A- Earth: Earth represents the matter and our physical body. It is given to us through our mother; therefore, it represents mother's love. When this love takes root and grows in us and from us spreads to everyone else, it guides us towards communion with God, which is the way to salvation. As our bodies are born from our mothers, the physical universe is born of God.

B- Water: Water, being a liquid, represents blood that circulates in our bodies, ensuring its equilibrium. Blood also ensures and represents life. One can not survive without

blood. Water, blood and the energy are strongly linked to each other.

“For there are three that testify in heaven: the Father, the Word and the Holy Spirit, and these three are one. And there are three that testify on earth: the Spirit, the water and the blood; and the three are in agreement.” (1 John 5:7-8)

John the Baptist was baptizing with water for the washing of sins. Water also is a cleansing agent as well as being the source of life. Therefore in a similar fashion the purpose of one's life through meditation, repentance, penance and worship should be self cleansing, meaning sanctification to be able to keep his/her spiritual equilibrium.

“Jesus answered, “Very truly I tell you, no one can enter the kingdom of God unless they are born of water and the Spirit.” (John 3:5)

“Jesus answered, “Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.” (John 4:13-14)

“Whoever believes in me, as Scripture has said, rivers of living water will flow from within them.” (John 7:38)

“He said to me: “It is done. I am the Alpha and the Omega, the Beginning and the End. To the thirsty I will give water without cost from the spring of the water of life.” (Revelation 21:6)

C- Air: From birth to death the body requires to breathe air to survive. The air should be pure not to cause diseases. Today there are a lot of people that smoke; this causes both the air and their lungs to be impure and weak, giving rise to

illness. A sick person's mind can not be calm to be a vehicle for God revelation. In the Bible, anywhere, is it ever mentioned that Jesus was ever sick?

D- Fire (Light and/or Heat): They are both expressions of energy. The human body has a 37°C temperature. A dead body loses its heat. Science tells us that body heat is the result of internal chemical reactions and that is true. On the other hand we should not forget that the energy of the molecules and the atoms are also nothing but an expression of the universal energy that forms them. The molecules and the atoms are only the intermediaries between us and the universal energy, the Holy Spirit (dark energy). The heat of the world comes from the Sun. The Sun also represents Light. In the same way, the temperature of the human body is also caused by his Light, the Christ within (his Soul), which is part of God. The universal energy is the source of all knowledge; therefore, It gives us not only consciousness but also knowledge and the ability to develop self knowledge (self realization). Self knowledge is the key to guide us towards God revelation, because God is also our true nature which we have forgotten. Man's body is God's temple and his soul is God's Light, His Fire. When this soul dissolves in the spirit of God then one becomes worthy of salvation. The eye is the organ of sight, the means to see the Light. We should not block our vision and keep the body, the temple in the dark.

“The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!” (Matthew 6:22-23)

“Your eye is the lamp of your body. When your eyes are healthy, your whole body also is

full of light. But when they are unhealthy, your body also is full of darkness. See to it, then, that the light within you is not darkness. Therefore, if your whole body is full of light, and no part of it dark, it will be just as full of light as when a lamp shines its light on you.”

(Luke 11:34-36)

E- Ether (space): All “bodies” in the physical existence have a volume and take up some space, therefore without space we would not and could not exist. Because space is everywhere and is full of energy, it also permeates our minds, conscience and our hearts, and with the energy it contains it guides us to develop divine qualities such as mercy, compassion, peace, forgiveness and love. It also guides us from ignorance towards light of knowledge, a higher consciousness. Those, who realize and become victorious, will have eternal life.

“Whoever has ears, let them hear what the Spirit says to the churches. To the one who is victorious, I will give the right to eat from the tree of life, which is in the paradise of God.”

(Revelation 2:7)

“The one who is victorious I will make a pillar in the temple of my God. Never again will they leave it. I will write on them the name of my God and the name of the city of my God, the new Jerusalem, which is coming down out of heaven from my God; and I will also write on them my new name.” (Revelation 3:12)

When all the five elements function in harmony and in equilibrium, the individual will also be healthy. What one eats, drinks, his/her environment, magnetic fields affecting him/her, his/her thoughts, words and deeds all have

undisputable effects on the person. Thoughts occur as a result of electrical activity in the brain, therefore they represent electrical currents. We know that all electrical currents generate a magnetic field around them. Therefore, thoughts also generate a magnetic field which has a direct effect on energy flow. In the human body we have magnetic centers known as “**chakras**”. The human body is a silo of energy. It receives certain energy from the food we consume. This is the chemical energy. It also receives energy from the mystical force, the Holy Spirit.

“Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’” (Matthew 4:4)

The word that comes from the mouth of God is the Holy Spirit.

Man has seven energies:

a- Physical, b- Reproductive, c- Psychic, d- Conscience, e- Will, f- Mental and g- Spiritual

Man, by ignoring his/her ego, surpasses it. In other words he becomes “victorious” over his/her ego and yearns for the Truth. His/her spiritual energy becomes very strong and may be visible to all as a halo around him/her. This is what was happening to Jesus at the time of the transfiguration. The healing and life giving energy flow in nature is not only for the benefit of a few, instead it flows for the benefit of all without discrimination. But it is up to us to benefit from it.

It is with the power of God, the Holy Spirit, that everything in the universe has come about. It is also the cause of man. Man, with all his/her variations and qualities is alive and present as a result of that energy. The presence of God’s energy in man is known as soul, the Christ within (**C**). Man also has individuality (**I**). When God’s energy passes through

the prism of the person's individuality it becomes conditioned. When it forms the person's body (**B**), mind (**M**) and intellect (**In**), they are commensurate to the appropriate conditioning. For this reason each person differs from another, because our individualities condition the energy in different ways. As a result of these three "bodies" (physical, mental and intellectual) man has the following experiences. Through the physical body he becomes the experiencer (**E**). Through the five senses of the body he experiences the world. With his/her mental body he/she becomes the feeler (**F**). With the intellectual body he/she becomes the thinker (**T**). Man's life reflects what he/she does through these three bodies and the quality of what he/she does also depends on the conditioning that had occurred by his individuality. The product of these functions therefore become his deeds (**D**) through the body, his emotions (**Em**) through the mind that forms attachments and his thoughts (**Th**) through the intellect, that gives him/her wants and desires. (See Figure: 1)

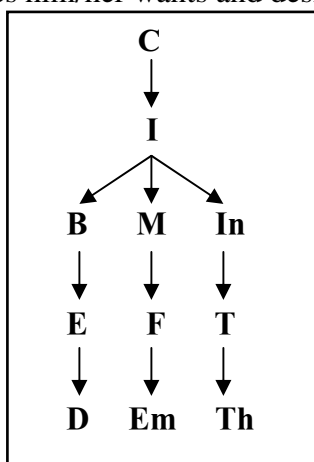


Figure: 1

When the attention of the individuality of the person is directed to and busy with the effects and products of body, mind and intellect and attached to them he/she can not see

God. God is always looking at the individual, but to know this, to also see Him we need to look in His direction, otherwise how would we know that he is looking at us?

In the Armenian Apostolic Church on Palm Sunday evening there is a special service called “opening of the door”. During this service there is a plea addressed to God to open the door which is repeated three times. I will attempt to translate the prayer.(Actually the doors represent the chakras.)

“ Lord open to us, Lord open to us, Lord open to us the door of mercy, we beseech you with our laments”

“Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me.” (Revelation 3:20)

Hence, the opening of the door is dependent on us.





THE SECRET OF BEAUTY

They ask an old lady as to what she uses to keep her face so beautiful and radiant and her demeanour so robust and healthy and overall very attractive.

She gives the following answer:

- “ - For my lips, I use truth
- For my voice, softness and sweetness
- For my eyes, compassion
- For my hands, mercy
- For my looks, modesty
- For my heart, love
- And for all those who don't like me, prayer.”



- II -

SEVEN



SEVEN

In the “Neumerology” section of my first book “From Light to Light” (Chapter VIII – second part) I had written about the meaning of the various numbers. I do not see any reason to repeat them here. The number “7” being the number representing God, has a special place in the human psyche, because all of his life’s expressions and experiences are strongly connected intertwined with the number seven. Hence, it is appropriate and perhaps our duty to know and to learn all the influences that the number “7” has on the human life.

In all Armenian Church altars, at the top the letter “Է” of the Armenian alphabet is seen. This letter represents God as well. It stands for the third person, present tense of the verb “To be”. God was not and will not be, but God only is. God is not subject to time and is not in time, rather time is in God. Therefore past and future do not apply to God. Therefore, it is felt to be appropriate for this letter to represent God. Both in the old as well as new testaments quotations about God are always in the present tense.

God said to Moses, “I AM WHO I AM” (Exodus 3:14)

“Very truly I tell you,” Jesus answered,

“before Abraham was born, I am!” (John 8:58)

This letter is also the seventh letter of the Armenian alphabet. In the west also, in the Latin alphabet the seventh letter is “G” which also represents God.

Why has number seven attained such an important position? In the following pages we will try to see this importance.

Let us first analyze the first verse of the Bible.

“In the beginning God created the heavens and the earth.” (Genesis 1:1)

In the original and in the classical Armenian the sentence

contains seven words. In the Armenian language the word “God” also contains seven letters. In the original text other than seven words in the sentence, it also contains seven other numerological qualities pertaining to the number seven. One may think that this could just simply be a coincidence. The probability to show one quality showing number seven would be one-in-seven. But the probability to show seven qualities connected to the number “7” would be 1 in 823,543, almost an improbability. Even in the Armenian translation there are similar qualities pertaining to number seven. As we already noted above, the sentence contains seven words. “In the beginning” (the Armenian equivalent) and the word “God” (in Armenian) both contain seven letters. The object of the sentence “the heavens and the earth” (in Armenian) contain 14 letters, which is 7×2 . In the Armenian vernacular as well four out of the six words of the sentence contain seven letters each.

The number “7” represents completion and perfection, because God completed the creation in seven days and sanctified the seventh day. Therefore it is not surprising that the number seven represents what is “holy”, hence God.

THE PHYSICAL WORLD

Because God is in all of His creation, the totality of the creation represents His “body” and everything within the creation is a part of His “body”. Therefore the number “7” also should have a special role within the creation and hence, in our lives.

The constellation “Big dipper” that points to the “North Star” has seven stars. (See Figure: 1a & 1b)

Why is this constellation considered to be important? There are many other constellations that have different number of stars; therefore the seven stars in the “Big dipper” could just be a coincidence. Although the stars are part of the physical universe, but connecting some of these stars and presenting

them as constellations spring forth out of the human subconscious. Therefore, the “Big dipper” also represents a more abstract idea. It points to the bright, dependable “North Star”, which over the centuries has guided travelers to find their directions. In a more abstract sense the “North Star” represents the “guiding divine light” of every human being, the Christ within.

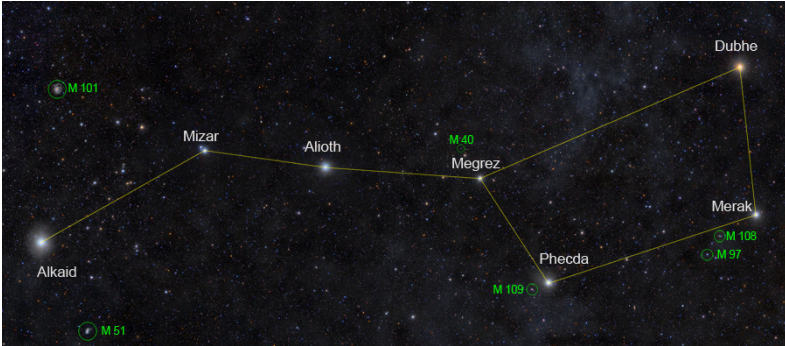


Figure: 1a
The constellation “Big dipper” with its seven stars

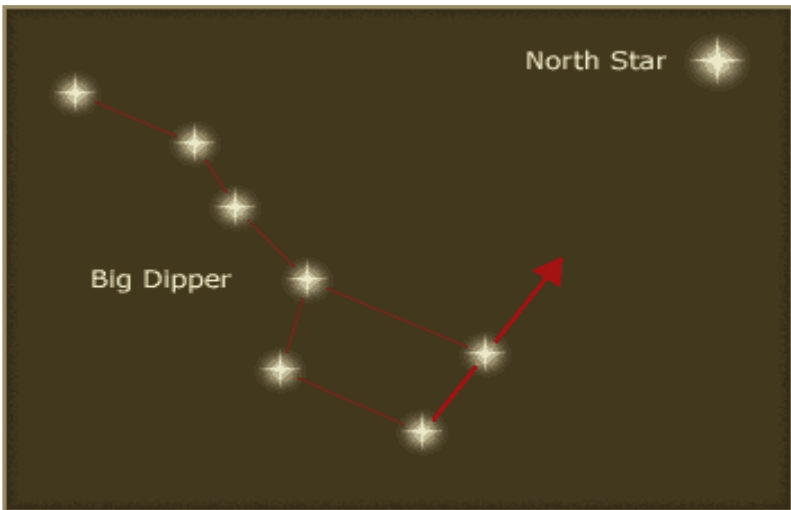


Figure: 1b
The “Big dipper” pointing to the “North Star”

In man, for the revelation of Christ to occur, it is essential that the power of the Holy Spirit should rise through all the seven chakras all the way up to the seventh chakra without encountering any resistance. Hence, the abstract meaning of the seven stars of this constellation is the representation of the seven chakras. (More information will be given about the chakras further down in this chapter.)

In the “heavens” above, with the naked eye we are able to see only seven heavenly bodies that belong to the solar system. In my book “From Light to Light”, in the first part of chapter VIII on “Astrology”, I had written about these “stars”. Actually only the Sun is a star. These are: The Sun, the Moon, Mars, Jupiter, Saturn, Venus and Mercury.

In the second part of chapter VIII of my book “From Light to Light” on “Numerology”, I had written about seven metals that corresponded to the above named “stars”. These metals were instrumental in assuring the progression of civilization. Surprisingly, the numerical value of the ancient Armenian names of these metals is the same as the atomic number of the metals. (See Figure: 2)

Old Armenian Names of metals				
Ո Ս Վ Ի	– Gold	Au <u>79</u>	$\text{Ո}^{24} + \text{Ս}^{29} + \text{Վ}^{15} + \text{Ի}^{11}$	= <u>79</u>
Մ Ե Դ	– Copper	Cu <u>29</u>	$\text{Մ}^{20} + \text{Ե}^5 + \text{Դ}^4$	= <u>29</u>
Ա Ր Ծ	– Silver	Ag <u>47</u>	$\text{Ա}^1 + \text{Ր}^{32} + \text{Ծ}^{14}$	= <u>47</u>
Ա Լ Գ Ս Թ	– Iron	Fe <u>26</u>	$\text{Ա}^1 + \text{Լ}^{12} + \text{Գ}^3 + \text{Ս}^1 + \text{Թ}^9$	= <u>26</u>
Վ Լ Ս Է Վ	– Tin	Sn <u>50</u>	$\text{Վ}^{15} + \text{Լ}^{12} + \text{Ս}^1 + \text{Է}^7 + \text{Վ}^{15}$	= <u>50</u>
Ա Ր Ճ Ի Ճ	– Lead	Pb <u>82</u>	$\text{Ա}^1 + \text{Ր}^{32} + \text{Ճ}^{19} + \text{Ի}^{11} + \text{Ճ}^{19}$	= <u>82</u>
Ս Ն Գ Ի Վ	– Mercury	Hg <u>80</u>	$\text{Ս}^{29} + \text{Ն}^{22} + \text{Գ}^3 + \text{Ի}^{11} + \text{Վ}^{15}$	= <u>80</u>

Figure: 2

The week has seven days and the seventh day is considered “holy”. This corresponds to the seven days of the creation.

The world has seven continents. These are: Africa, Antarctica, Asia, Australia, Europe, North America and South America.

The world also has seven oceans. These are: Arctic, Antarctic, Indian, North Atlantic, North Pacific, South Atlantic and South Pacific.

There are seven notes in a musical scale.

The visible light has seven colors.

In the chemical table of elements there are seven levels.
(See Figure: 3)

Periodic Table of the Elements

The table displays elements grouped by their atomic number and chemical properties. The seven levels are color-coded as follows:

- Level 1:** Hydrogen (H) to Helium (He)
- Level 2:** Lithium (Li) to Neon (Ne)
- Level 3:** Sodium (Na) to Argon (Ar)
- Level 4:** Potassium (K) to Krypton (Kr)
- Level 5:** Rubidium (Rb) to Xenon (Xe)
- Level 6:** Cesium (Cs) to Radon (Rn)
- Level 7:** Francium (Fr) to Oganesson (Og)

The Lanthanide and Actinide series are shown at the bottom, separated from the main table.

Figure: 3
Periodic table of elements with its seven levels

To remain healthy one needs to sleep about seven hours every night.

The human body has seven ductless glands. These are: Pituitary/Hypothalamus, Thyroid, Parathyroid, Thymus, Adrenal, Pancreas, for men Testicles and for women Ovaries.

As per usual teaching man has five senses. These and their organs are: Touch-skin, Taste-tongue, Smell-nose, Sight-eye and Hearing-ear. But according to the ancient Egyptians man also had a sixth sense. Thought with its organ

the mind was considered as a sixth sense. (See Figure: 4) In addition, there is also the sensation of Love, with its organ being the heart. This represents the sensation of the flow of the power of the Holy Spirit in and through us and its radiation from us to others. This brings the number of the human senses to seven as well.

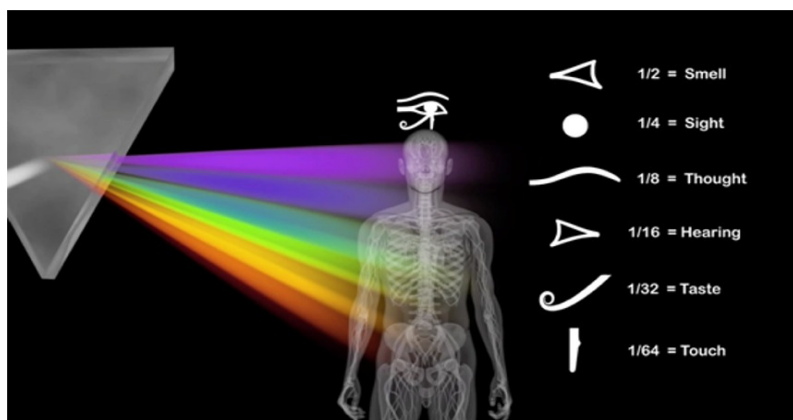


Figure: 4
List of the Egyptian six senses

CENTERS OF ENERGY

Man has seven centers of energy called “chakra”. (See the “Addendum” part of my first book “From Light to Light”) (See figure: 5). The following represent the list and names of the chakras: Root or Base chakra, Sacral chakra, Solar plexus or Naval chakra, Heart chakra, Throat chakra, Brow chakra and Crown chakra. The seven chakras correspond to seven different levels of consciousness of the person. Each chakra allows its own level of consciousness and serves for a specific purpose. In Hebrew writings there are references to seven “heavens” and seven “hells”. When the individual is able to free himself from the seven deadly sins that block the energy flow from each of the chakras then he transforms them to heaven. If not, they turn to seven levels of hell.



Figure: 5
The seven human energy
centers (chakras) and
their corresponding
position on the human
body.

Crown

Brow

Throat

Heart

Solar plexus or Naval

Sacral

Root or Base

Apostle Paul had said that he could get to the third heaven, meaning that he was able to raise his energy freely to the level of the third chakra.

I know a man in Christ who fourteen years ago was caught up to the third heaven. Whether it was in the body or out of the body I do not know—God knows. (2 Corinthians 12:2)

Corresponding to the seven chakras man also has seven energies. There should be no misunderstanding, there is only one energy and that is the energy of the Holy Spirit. But the expression of that one energy from each different chakra is different and appears to give us seven different energies. The differences belong to the frequencies of energy that the different chakras allow. These energies are:

a- Physical energy – This allows us to have physical power. A sick person is also physically weak, because illness itself is an indicator of a lack of energy. Illness occurs because of the lack of energy. Compared to women, men have the ability to use more physical energy. As a result they have always domineered and suppressed women, instead of respecting them. Women by giving birth to a newborn baby serve God revelation; hence, they deserve to be worshiped. Unfortunately in the world most of the societies are patriarchal. Even today in the 21st century, when we think that man is civilized we still encounter discrimination against women everywhere, and somewhat more blatant in some Muslim countries. These are all as a result of ignorance. God has given this extra energy to man, not to subdue women but to serve and protect them.

b- Vital energy – As God has given more physical energy to men, He also has given more vital energy to women. We all well know that if a man gets sick, even a simple flu like illness, he becomes useless, needing to be taken care of. On the other hand with the same illness a woman continues with all her household duties. During pregnancy a woman, despite providing energy to the foetus, still continues with all her daily duties and chores. If it were ever possible for a man to become pregnant, I am certain he probably would not get out of bed until the end of his pregnancy.

c- Psychic energy – It is a proven fact that women are

more sensitive than men. They also become emotional much easily, but they can control their anger better than men. Anger wastes a large amount of energy. Perhaps just because of this, women conserve their psychic energy more and hence, they are more intuitive. Intuition appears to be a gift given more to women.

d- Energy of Conscience – This represents the power of love. This energy has been given to women abundantly. To note this, it is sufficient to watch a woman caring for her newborn baby. This, of course, does not mean that men do not have enough of this energy as well. The man going to battle, to protect his country from invaders, is ready to give up his life for the love of his society and his country. Qualities of being conscientious, merciful, sacrificing, giving and helpful are all expressions of this energy of love.

e- Energy of the Will – The energy of the Will is an absolute necessity to succeed in all our endeavours and tasks. It tends to brush aside all difficulties that present and threaten to sabotage the successful completion of the task at hand. It nullifies fear and gives faith, perseverance and patience.

f- Mental energy – Mental energy gives man the ability to think properly and logically. It also gives him intelligence along with the ability to properly judge and choose. Increase in this energy also gives wisdom to man. Wisdom is knowledge of God. In the previous chapter “Science and Religion” I had presented research being conducted in trying to record and measure the mental energy of the general public. With this they were going to try to predict major tragic events. In Russia, scientists have succeeded in realising telekinesis. With only mental energy, the individual was able to move a simple object over a short distance. As a result of this, the individual was significantly weakened indicating usage of very large amount of his

energy. Did not Jesus say: “those who have faith can move mountains”?

...“Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.” (Matthew 17:20)

This and other similar deeds are possible only when we get more mental energy that makes us privy to occult laws of the Holy Spirit.

g- Spiritual energy – The expression of spiritual energy sanctifies the individual. Very few have succeeded in increasing their spiritual energy to sufficient level to accomplish this. Those who have succeeded are the real saints. For this reason saints are very few, but as a result of their spiritual energy they have had a major influence on a large number of people and their environments.

ARMENIAN APOSTOLIC CHURCH

The number seven has had its influence on the Armenian Church as well. There are seven services, which depict the human life, their fall and “separation” from God and their return to join God again at least in their consciousness. These services are: The Evening service (Vespers), Service of Peace, Service of Tranquility, Nocturne service, Morning service (Matins), Sunrise service and Midday service. For the meaning of each service and how they relate to the human condition see my first book “From Light to Light” chapter I.

The great lent period before Easter lasts seven weeks. This period of penance reaches its zenith on the evening of Palm Sunday when a special service is held for “opening the doors”. The doors are the chakras for abundant entry of the energy of the Holy Spirit. Seven days after this we are blessed with the resurrection of Christ.

DEADLY SINS

During confession we confess for the deadly sins. These also are seven in number. The deadly sins are: Pride, Greed, Gluttony, Envy, Anger (Wrath), Lust, Sloth (Laziness). Before receiving communion it is of paramount importance to change the seven deadly sins into seven virtues through penance. These seven virtues are: Humility, Charity, Temperance, Kindness, Patience, Chastity and Diligence.

Each one of the seven deadly sins corresponds to each one of the seven chakras and prevents the flow of the energy of the Holy Spirit through that chakra. They also waste the energy that is already within the individual. All the deadly sins are the result of ignorance. The present life-style of humans throughout the world appears to be based on ignorance and desires and wants. Arrogance is the result of desires and selfishness. Men in general think that pride and showmanship are great virtues. When they succeed in their task, they flaunt power and subjugate their inferiors. They feel proud thinking that they are virtuous. They believe that only proud people can be courageous. Do we think that a virtuous man will ever feel proud of his virtue? Pride is born of ignorance and prevents one from coming out of ignorance as well. When a person, as a result of pride, misuses the power given to him by his position in life, he gets punished. A proud man can not have faith in God. Selfishness is the result of ignorance as well. It gives rise to all the other deadly sins and everything else that springs from them. These are our true enemies.

How to recognize an ignorant person from a person who is “awake”? The ignorant person fears death and can not release himself from the grip of worldly desires and wants. The “awake” person knows that his true Self is immortal and he harbors no worldly desires or personal wants. It is

impossible for a man to fulfill all his desires, because as they get fulfilled, in their place many more appear. Man always wants more, thinking that they will give him happiness. Only those who are able to curtail their desires and wants can have mental peace. Happiness is the expression of this mental peace. Those who allow hatred and envy to express in themselves, they also become the object of hatred and envy. Tyranny is an expression of fear. Anger (wrath) is the enemy of wisdom and takes away the ability to have positive thoughts. These sins are called “deadly sins” because they kill the spiritual life of a person. More elaborate explanation is given about each one of the deadly sins later in this chapter, when they are discussed in conjunction with their corresponding “idols” or “demons”.

CHURCH SACRAMENTS

The Sacraments of the Church are also seven in number. These are: Baptism, Confirmation, Penance (Reconciliation), Marriage, Holy Orders, Anointing of the Sick and the Eucharist (Communion).

In general, it is thought that Jesus partook only of two sacraments, namely Baptism and the Eucharist. The other five sacraments were added by the universal and orthodox churches sometime in the XIIth century. Is it not true that the descent of the Holy Spirit on Jesus in the form of a dove after His baptism represents the sacrament of Confirmation? Is it not true that the final death of his “ego” along with the death of His physical body on the cross represents His final anointing? As a result, His glorious resurrection gave Him eternal life. Jesus was also ordained. According to the apostle Paul’s letter to the Hebrews, Jesus was ordained by God Himself.

“In the same way, Christ did not take on himself the glory of becoming a high priest. But

God said to him, “You are my Son; today I have become your Father.” And he says in another place, “You are a priest forever, in the order of Melchizedek.” (Hebrews 5:5-6)

Before Jesus started His ministry, He went to the wilderness where He fasted for 40 days and was tempted by Satan (His Ego). When he said: “Away from me Satan” he had already received the Sacrament of penance from the Father. During the wedding in Cana when Jesus performed His first miracle turning water to wine, he was actually also blessing the marriage, hence giving rise to the Sacrament of marriage. During the service of marriage there is crowning of both the bride and the groom, representing the union of two souls achieving wholeness. Jesus’ crown of thorns also represented His union with wholeness.

In this context, in the Armenian language a single word is used for three different meanings. The word “Khorhurt” means “Sacrament”, “mystery” and “thought”. The first two are closely linked to each other. In the old days, the first meaning (Sacrament) also meant to form or to give shape. The word with its second meaning is used often in the Bible meaning “hidden”, “occult” or “secret”. Its third meaning “thought”, in other words what we think, is this also not a mystery? No one knows what someone else thinks, and also we do not know where our own thoughts originate from.

Mystery is based on seven basic tenets.

- a- Man has an outer and an inner being (self).
- b- The inner Self is eternal
- c- The inner Self is the great mystery
- d- The inner Self is the Son of God
- e- Hell is the identification with the outer self
- f- Heaven is in finding the inner Self and revealing It.
- g- The Son of God, The Christ despite being our Soul is also one with the Father.

The seven sacraments of the church also correspond to the seven chakras. The sacraments provide divine grace to the individual throughout his life at various stages to prepare for a life commensurate to the revelation of Christ within the individual. When the individual makes the right use of the additional energy of the Holy Spirit that he has received, he elevates his level of consciousness, thus serving for the revelation of Christ within him.

Similar “sacraments” are common in many religions. In chapter V “Love of Religion” as an example I have indicated that baptism is present also in many other religions.

Sacraments have two basic properties. The first property is its exoteric (external) ceremony. This requires the use of certain “tools”, objects, such as: water, Muiron (oil), bread (host), wine, cross, chalice ... In addition to using the “tools”, the spoken words are also very important. This first property is the expression in the physical world of a great mystery that takes place in the spiritual realm. Without the external ceremony, those present would not understand the importance of what is taking place. The second property of a sacrament is its esoteric (mystical, occult) characteristic. This reflects a change at the spiritual level. These sacraments are the links between the visible and the invisible worlds. Augustinus the blessed has summed up the meaning of the sacrament in a short phrase: “Visible sign of an invisible blessing”. The invisible spiritual world is a field of energy and the sacraments are a form of a plea to facilitate the flow of the energy of the Holy Spirit into the individual. From birth to death they ensure the spiritual growth of the individual. Each sacrament acts on a specific chakra. Of course, other than the external ceremony, the spiritual effect on the individual depends on the degree of spiritual awakening of the priest performing the ceremony and the receptiveness of the receiving individual. Otherwise the

sacraments just become an external ceremony, a tradition and will have no effect on the individual. The ceremony should be performed with full understanding and utmost diligence without shortcuts. The words and sentences used during the ceremony are words of power and along with the chanting, create an atmosphere full of special vibrations. All these depend on the degree of mysticism of the performing priest. The true mystic knows that only the true Self of the individual knows all and is conscious of all. Also knowing time, the Self objectifies time as well; hence, it is eternal and lives only in the present, meaning the mind It controls is centered only on the task at hand. Such a mind also objectifies his experiential self, his individuality. Such a person knows that it is impossible to know the true Self. The true Self is the Son of God, the Christ; hence, It transcends all our human characteristics and is not subject to them. It being common in all sees all individuals as himself. To be a mystic is the duty of every individual. This is to respond positively to God's call. It is to understand the invisible within the visible and by the visible. The mystics are those who see God in all of His mysteries. Each person, despite continuing his daily activities and completing all his duties and tasks, can still be a mystic. This requires spiritual awakening and meditation. Meditation is not a fleeting, unimportant undertaking. It is a scientifically, practically and experientially proven method of achieving spiritual awakening. For its success one needs faith, patience and perseverance. The gifts of the Holy Spirit are Gods energies, and the mystic has the ability to mobilize these energies. Because of this, it is essential for the priest, performing the ceremony of the Sacrament, to be a mystic. Every person's aim in life should be to live truthfully and to live "consciously" (see chapter VIII – part 2) and to strive for perfection. Everyone is searching for God, but surprisingly

they do not want to find Him. Because, they know very well that if they find Him their lives will change completely. With a higher level of consciousness comes also greater responsibility. Because of this added responsibility many are satisfied with just a simple belief system which is passive, rather than choose faith which is active.

With this introduction let us analyze the seven Sacraments of the Church.

SACRAMENT OF BAPTISM

“Confessing their sins, they were baptized by him in the Jordan River.” (Matthew 3:6)

“As soon as Jesus was baptized, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and alighting on him.” (Matthew 3:16)

“And I myself did not know him, but the one who sent me to baptize with water told me, ‘The man on whom you see the Spirit come down and remain is the one who will baptize with the Holy Spirit.’” (John 1:33)

“Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit,” (Matthew 28:19)

Baptism is the first sacrament. In general it is thought that it is unique to the Christian faith and a requirement to be a Christian. In Chapter V and in the section of “Love of Religion” I have included the following paragraph:

Baptism has been and is also part of non-Christian religions. The Jewish sect of Essenes practiced the right of baptism. It is highly likely that John the Baptist belonged to this sect. Even today, within the Hebrew religion, baptism is practiced for the

cleansing of the sins. In their tradition it is not only once in a lifetime, but can be performed many times. In the ancient religion of Mithraism, the practice of baptism was a known ceremony. According to archeological digs, this religion existed between the years of 69B.C. and the middle of the Vth century A.D. within the Roman and Persian empires. Baptism has also been noted in the ancient religions of Egypt, Tibet, Mexico, Mongolia, Greece, Scandinavia and Peru.

The basic tool of the ceremony of Baptism is water. Water is the sign and the means of cleansing (cleaning). Hence, at the physical level it represents the cleansing of the individual's sins. Why should cleansing of sins require a physical rite? It is mainly because, from that day onward, the life of the individual, in this physical world, should change. Baptism is the sacrament of the faith. On a spiritual level, Baptism "opens the gate" for the power of the Holy Spirit to flow into the person so that he can benefit from the "gifts" of the Holy Spirit. Hence, Baptism is the beginning of a spiritual journey. It is said to get rid of the "original sin", the sin committed by Adam and Eve. What was the sin that Adam and Eve committed? In general, it is thought, that it was their disobedience and eating the fruit of the tree of knowledge. It is difficult to believe that God would be against knowledge, because all that have found Him have also found all knowledge. Is it not true that Jesus, by revealing Christ within himself, was privy to all the occult laws (knowledge)? Through this knowledge he was able to heal the sick, raise the dead, calm the storm ... The sin of Adam and Eve was to give in to their "Ego" and develop pride; hence, they put their "Egos" on God's throne. As a result of this sin of theirs, they were banished from Paradise. The latter just means the loss of the consciousness of knowing the presence of God

within themselves. In other words they took the reins of their life from the Christ within and gave it to the “Ego”, their individuality. Guarding of the Gates of Heaven, which indicates closure of the door of heaven to them, is a metaphor for the forgetfulness of the means of realizing the bliss once they had. Jesus succeeded in finding the way and being merciful also taught us what to do. But, contrary to the teachings, in general, humanity, just like Adam and Eve, have given the reins of their lives to their “Egos”. The Sacrament of Baptism opens the door to a spiritual journey, the way back to paradise. Don’t we say that water is life giving? In Jesus’ time, baptism was performed on adults. The person being baptized had to choose the spiritual path willingly and with faith before being baptized. Much later baptism of babies was adopted and became the norm. This approach can not be wrong, because Jesus himself said:

“Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these. Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it.” (Mark 10:14-15)

In case of baptism of babies, it is a celebration of the revelation of Christ through the baby. It is true that the baby is oblivious of what is truly going on and does not have the judgment or discrimination to be able to make decisions and choose. But when he/she reaches adulthood, it is the duty of the Godfather to teach him/her the truth and the path of spiritual life. Exactly for this reason it is important to choose an appropriate Godfather. Most people think that the duty of a Godfather is to buy toys to the child. Also in our custom, on the event that both parents happen to die before the child reaches adulthood, the Godfather takes on the role of parenting. These definitely are good customs and should continue. But the true role of a godfather starts after the child

grows up. But the now adult, despite being baptized chooses to give the reins of his/her life to his/her “Ego”, will never benefit from the added power of the Holy Spirit and Its gifts. Baptism only opens the way for energy flow. It opens the first base chakra facilitating the start of the flow of energy up through the seven chakras, the beginning of a spiritual journey.

SACRAMENT OF CONFIRMATION

Within the Armenian Apostolic Church, the sacrament of Confirmation is given immediately following the sacrament of Baptism. Because they follow each other, some think that they are one and the same sacrament. In fact two separate sacraments are given. In the biblical quotation above (under Sacrament of Baptism) we note that the Holy Spirit descended on Jesus in the form of a dove right after his baptism by John the Baptist. This was Jesus receiving the sacrament of Confirmation. This sacrament gives the recipient the power and gifts of the Holy Spirit. The sacrament of Baptism had opened the way and the sacrament of Confirmation is the actual power making use of the “open gate”. Hence, it bestows on the individual the hope of eternal life. The tool of this sacrament is the “Meuron”, the holy oil used for anointing. The baby is anointed in the following fashion:

a- Forehead: “... a seal of incorruptible heavenly gifts.”
– Thoughts not to be corrupted and remain pure and holy.

b- Eyes: “... enlighten your eyes that you may never sleep unto death.” – Gift of spiritual awakening so that the person does not pass this worldly life in a spiritual slumber.

c- Ears: “... be unto you for the hearing of divine commandments.” – This is to understand the true and abstract/mystical meanings of the teachings of Jesus.

d- Nose: “... be to you a sweet fragrance from life unto life.” – This gives the individual the ability to always be

satisfied and also gives patience. Along with these also the ability to always be appreciative regardless of the life circumstances, so that for him/her life will always be as a fragrant flower.

e- Mouth: "... be for you a guardian for your mouth and a strong door for your lips." – As with the anointing of the head the individual was given the gift of controlling his/her thoughts, to have only good thoughts. Similarly, here, the ability to control the words (speech) is given, so that the individual will only speak good words that are not harmful or hurtful.

f- Hands: "... be to you a cause for charity and for all virtuous deeds and behavior." – This gives the individual the ability to control his/her deeds and have only good and helpful deeds. None of the deeds should cause pain to others or hurt them in any way.

g- Heart: "... may confirm in you a pure heart and renew within you an upright spirit." – This gives the individual the ability to be generous, merciful, and compassionate. These are all expressions of love.

The above seven anointments represent the seven sense organs. There are also two more anointments.

h- Back: "... be to you a shield of strength thereby to quench all the fiery darts of the Evil." – This gives the individual the ability to confront and ignore his/her own Ego and not to fall prey to its desires and wants, to avoid selfishness.

i- Feet: "... may direct your steps unto life everlasting that you may not be shaken." – This allows the individual to stay on the path of truth throughout his/her life and gives the ability not to fail in the pursuit of spiritual life and the perseverance needed to do so culminating in the revelation of Christ within himself.

"Suddenly a sound like the blowing of a violent

wind came from heaven and filled the whole house where they were sitting. They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.”

(Acts 2:2-4)

The sacrament of Confirmation was given to the apostles on the day of Pentecost.

SACRAMENT OF REPENTANCE

The sacrament of penitence is given to a sinner who has truly repented and is sorrowful for sin he has committed. In some Christian denominations improper attention is given to this sacrament, despite the fact that it is considered one of the compulsory sacraments. The only two sacraments that are not compulsory are marriage and ordination. This sacrament comprises of three parts. The first is the persons true repentance. The meaning of this is the cultivation of purity within the individual. The direction of the mind's attention should no longer be outward, the pursuit of worldly pleasures. Instead the mind's direction of attention should be inward, towards the Christ within, which means spiritual pursuits. The second part of the sacrament is the confession. The person should admit being “a prodigal son” and fully surrender to the mercy of Christ. Henceforth the reins of his/her life he/she should take from his/her “Ego” and give them to the Christ within. This gives the person a major responsibility. This responsibility is to be forgiving and to be merciful toward everybody, including his/her enemies. The third part of the sacrament is the penalty that the church imposes on the person. Because of the grace of the Holy Spirit received through this sacrament, the individual willingly and with joy accepts the penalty. We should not forget that whatever we sow, that is what we reap. Therefore the sinner will reap, suffer the consequences of his/her sins.

Even God does not interfere with the universal laws he has put in place to govern the universe. But God's mercy and forgiveness reveals itself in the form of the additional grace that the person receives. This grace allows the person to accept and endure the negativity in his/her life which is the crop he/she reaps as a result of his/her actions. The meaning of this third part of the sacrament of repentance is justice. From this moment on, whatever negativity and suffering appears in the individual's life are accepted without complaint, with patience and tolerance. In the Armenian Church, every Sunday before communion there is confession, but this is not the sacrament, although it is also a part of the sacramental rite.

Interestingly, in the Armenian language the word for repentance is "abashkharel". The prefix "ab" gives the opposite meaning to a word (as the prefix "un" in the English language, such as happy and unhappy). The word "askharh" in Armenian means "world". Hence the verb "ashkharel" means to go after worldly pursuits. Therefore the word "abashkharel" means the opposite, namely to ignore worldly pursuits. When a person repents, it means that, from that moment on, he/she foregoes all worldly desires, wants, habits, addictions and the seven deadly sins. All these are born out of the "Ego", therefore repentance therefore is to leave behind the "Ego" and to ignore it. Hence this represents a change in direction of the mind from being directed outwardly towards the world to being directed inwardly towards the Christ within. The main influence of this sacrament is on the third chakra, the solar plexus chakra, which controls the feelings and sentiments. Without repentance it is impossible to have communion with God. To have communion with God means to be one with God.

In the early mornings, before the Holy Mass, the Armenian Church has two services the "Nocturn Service"

and the “Morning Service”. The purpose of the “Nocturn Service” is for the spiritual awakening of the individual. After the awakening, the purpose of the “Morning Service” is to glorify God in preparation for communion at the end of the Holy Mass. These are rituals performed at the physical level, that should also be realized at the energy level within the person. Before the “Nocturn Service” starts both the public and the priest turn towards the west (in all Armenian Churches the altar is towards the east) and take an oath of resignation from the illusory world, from Satan, namely their own “Ego”s and from Satan’s demons which are the seven deadly sins. Then they turn towards the east, towards the altar, towards God. This is the oath of repentance.

“I resign from the devil and from all its lies, its illusions, its thoughts, its ways, its ill will, its malicious angels, its wicked officers, all those that carry out its ill will and all its lowly energies, I completely resign.”

This oath is also part of the Sacrament of Repentance. What is the meaning of going to church and taking communion, if the person has not been present from the beginning of the “Nocturn Service” and has not taken the oath. Do we think that, that communion is acceptable? Do we find the “nocturn” and “morning” services boring that we only go for the Holy Mass? What is our understanding of repentance?

Another part of the sacrament of repentance that is included in the church services is the confession. This represents a realization of the sins committed and truly repenting. After the above oath of repentance, the day’s celebrant priest recites his confessional. He has a second confession again at the start of the Holy Mass. The general public have their confession near the end of the Holy Mass, just before the communion. The purpose of the confession is to recount the sins committed and the promise to never repeat

them again. At the end of the confession the priest prays to God asking for His mercy for the faithful who have completed the confession.

Without repentance it is not possible to have communion with God. The seven weeks of lent represents a period of repentance. Each week corresponds and gives the opportunity to remove the blocks for the energy flow from one of the seven chakras. Thus, the individual one by one eliminates each one of the deadly sins. On the evening of “Palm Sunday”, the Armenian Church has a special service called “Opening of the Doors”. This is that station in this journey of repentance, where, the individual, during the previous six weeks having eliminated the blocks for energy flow through the first six chakras, is pleading to God to open his chakras for abundant energy flow through them. The chakras can only be opened by Christ within. We can only prepare ourselves.

“I am going to send you what my Father has promised; but stay in the city until you have been clothed with power from on high.” (Luke 24:49)

“But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.” (John 14:26)

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

It is not that the Holy Spirit is somewhere else and now will come to us. The energy of God, which is the Holy Spirit, is everywhere at all times. But, we are not susceptible recipients. When the Christ in us opens the chakras, then we become recipients of the energy also known as the graces of the Holy Spirit.

The following is the plea for the opening of the chakras from the Palm Sunday's "Opening of the Doors" service.

" Lord open to us, Lord open to us, Lord open to us the door of mercy, we beseech you with our laments"

The doors represent the chakras through which the energy flows into us. After this, there is only one hindrance for the energy to rise all the way to the seventh chakra, so that God-revelation can take place in the individual. This hindrance or block is the last deadly sin, namely pride. It is possible to get rid of this deadly sin only by the death of the "Ego" on the cross. The "Ego" is very smart and devious. Not to lose the battle it will play its last trump card, the pride of having succeeded. This guarantees failure and shows that the individual is still attached to his/her "Ego". As Jesus did in the wilderness, we should also, instead of showing pride, say "Begone Satan". It is only through the death of the "Ego" that we will be able to resurrect the Christ within us. Hence the Holy Thursday, the day of Jesus' crucifixion, the day of the death of the "Ego", is the official day for the sacrament of repentance in the Armenian Church. A special "Repentance Service" was performed Holy Thursday morning.

SACRAMENT OF MARRIAGE

The sacrament of marriage is the union of two individuals. As previously indicated, the creation is based on duality (male & female), and the sacrament of marriage by joining these two halves is to create wholeness. Wholeness is perfection and represents God. Therefore wholeness is also creative. Is it not true that in a family, the birth of a child is another revelation of God? Is not each baby a revelation of God? When wholeness represents God then marriage becomes an expression of divine love. With divine love also comes chastity and living a "clean" life. In such an environment one also learns all the expressions of love.

These are respect, trust, mercy, charity, sacrifice, well wishing, compassion, service and to rejoice with those who are joyful to double their joy and to sympathize with those who are sad to halve their sadness. Is it not true that every parent behaves this same way with their children?

Although the marriage between two homosexuals appears to be an accepted truth in some jurisdictions, this union can not form a whole, therefore can not serve for God-revelation. We should not be judgmental regarding the individuals; our duty is to love everyone, because Christ is there too. If they want to live together, by all means it is their choice and right and no one should stop this, but not as having received the sacrament of marriage. What is wrong is the demeaning of the sacrament of marriage by bringing it down to human level incited by financial benefits. This in itself is an affront to the Holy Spirit. I am surprised at the ministers and the priests that perform the sacrament of marriage in such situations; are they not aware of what the sacrament stands for?

SACRAMENT OF ORDINATION

Ordination, the bestowing of authority was established by Moses and is being continued in Christianity as well. Jesus also gave to His disciples the authority to preach, to heal, to forgive sins, to exorcize demons, etc. The disciples also, by giving authority to their successors, transferred the graces they had received at Pentecost. Hence all the churches that continue this tradition are known as the apostolic churches.

The person to be ordained must have spiritual temperament and with ordination, would receive more graces of the Holy Spirit including wisdom. The purpose of the ordination is to bestow grace and wisdom on the individual and give him the authority to serve the church. This authority allows him to perform sacraments, to preach, to read and to

teach. The sacrament of ordination corresponds to the fifth chakra, the throat chakra. The sphere of influence of this chakra is speech, therefore it is appropriate that through this sacrament the individual receives the grace of the Holy Spirit to read the Bible, to understand and to teach to others. For this to be realized it is imperative that the candidate for ordination must have cleared the way for energy flow through the first four chakras, so that the energy can be expressed through the fifth one.

a- He should not be lazy. He should be present at all services from beginning to end. He has to provide time to read the Bible and study for better understanding, so that he can teach appropriately.

b- He should be chaste and live a “clean” life. He should be intelligent, good, not ostentatious, modest, honest, dignified, honorable, a good example and truthful. It is important to be chaste, because sexual intercourse causes immense expenditure and a waste of an individual’s stored energy. Even married priests are to remain chaste before partaking in any church service or rituals. In the Armenian Church it is a well known requirement that married parish priests have to remain in the church rather than at home with their wives Saturday nights when they are the one performing the Holy Mass next day Sunday morning.

c- The candidate for ordination has to be whole, meaning healthy both mentally and physically. To be healthy mentally means he should have control over his feelings and emotions. He should not be swayed by them. He should not feel or express anger under any circumstance. Physical health is also important. The body should not be missing any parts, even the tip of the little finger. Any kind of illness or missing part is an indicator of lack of energy. At the level of energy it indicates the person’s unworthiness for the ordination.

d- The person should be able to reflect the love of God

that he receives, hence love should emanate from him to everyone around him. A person can not worship the God he does not love. Worship is the result of extreme love. His love of God must have reached its epitome, and this becomes evident by the love he shows towards everyone, including his enemies. Of course, this invariably is followed by the love for his religion and his church.

During ordination the ordaining bishop cuts the candidates hair in the form of a cross. The meaning of this is the rejection by the candidate of any worldly and physical desires. In the Armenian Church there are nine degrees of ordination. Usually the first four are given together and is known as chorister. The chorister is given the authority to:

1: Opening of the church doors

2: Reading in the church as well as partaking in the choir.

3: To perform exorcism.

4: To light the lamps in the church.

The next two degrees are also in general given together, but not necessarily.

5: Deacon

6: Arch deacon.

Up to the sixth degree is called “lower ministration”. The next three degrees are called “high-ranking clergy” and are given by ordination and anointing

7: Priesthood: In the Armenian church the candidate has the option to choose to be a married priest or a celibate priest. When the candidate decides to be a married priest, it is imperative that he be married before being ordained as priest. I am not certain as to the reason for this. It is possible that the sacrament of marriage pertains to the fourth chakra and the sacrament of ordination to the fifth chakra. I wonder if it is not proper to receive a lower chakra sacrament after a higher chakra sacrament has been given.

8: The degree of Bishop: The bishop in addition to all the authority of the priest has the authority to also ordain.

9: The degree of Katolicos (The supreme head of the church, corresponding to the Pope of the Roman Catholic Church) The Katolicos has all authority including the ordination of Bishops.

SACRAMENT OF THE SICK

This sacrament is given to very sick people. Although the illness is a physical issue, its underlying cause is an imbalance of the energy flow of the patient which eventually expresses itself as a physical ailment. The purpose of this sacrament is to provide added energy to the individual, so that healing can take place. Of course this healing is fully dependent on the person's receptiveness and the lessons learned as a result of the illness. The meaning of this sacrament is the inheritance of eternal life and salvation. Its abstract meaning is more important. The real reason for the sickness is the seven deadly sins. These deadly sins prevent the flow of energy through the individual or prevent proper distribution of any energy that has entered the body. Because this sacrament is given to those at death's door, the death in this case becomes the death of the seven deadly sins. For the individual to be able to realize the death of the seven deadly sins within him/herself requires God's grace, which is the added energy flow. This sacrament provides the added energy. This is basically the cutting off of the seven heads of the dragon, which represents the "Ego" (See below the section on the book of Revelation). This corresponds to the first step of "going to heaven" as expressed by Jesus to Nicodemus: "unless one is born again, he cannot see the kingdom of God". Of course "going to heaven" is not what we believed in as a child, going somewhere above the clouds after death and live there forever, meaning endless time, in happiness. Instead it means, by developing mental peace, to give the

reins of our lives to our true being, the Christ within us. Hence, it is to be ecstatic with God's presence and with his/her way of life and conduct to create the "heaven", the paradise here on earth.

SACRAMENT OF COMMUNION

As baptism is the beginning of the spiritual journey, communion is the end of this journey. The Sacrament of Communion takes place during the Holy Mass and the communion received at the end of the Mass. Both peace and love represent the meaning of this sacrament. In an abstract sense, communion with God represents the union of the individual with his/her lover and the lover is God. This is possible for every individual by God-revelation within him/herself. For the realization of this revelation, the presence of a peaceful mind is essential. The love is the infinite love of the individual for God. God worship is only possible if there is love. The expression of that love is the love we show towards the entire creation, all humanity and all of nature and to care for all these as a new mother cares for her newborn child.

The Sacrament of Communion has a very deep meaning. Usually one thinks that by taking communion all the sins are forgiven and forgotten. In the future they again commit the same sins over again and they take communion again. It is not possible to cheat God. For the sacrament to have its beneficial effect, the individual without guile has to have prepared him/herself. For the true communion the individual has to have changed his/her beliefs, way of life and the way he/she sees the world and others.

Jesus, himself established the Sacrament of Communion during the "last supper", when He said:

"Take, eat; this is my body, which is distributed for you and for many, for the expiration and remission of sins." "Drink ye all

of this; this is my blood of the new covenant, which is shed for you and for the expiration and remission of sins.”

The bread and the wine represent and are the body and blood of Christ. Is it not true that our bodies are also the bodies of Christ? The Gospels tell us that our bodies are the temple of God and the Spirit of God lives in us. The bread is the staple food that nourishes our physical bodies, and the wine the “spirit” that makes us “lively”, hence the Spirit that makes us alive. When Jesus said: “do this in remembrance of me”, the meaning is self evident. By “do this” He meant live this physical life and by “in remembrance of me” gave us the purpose of our lives. The purpose of our lives is, throughout our entire lives, to remember and fix our minds on the Christ within us (also see chapter XIV “Interpretation of the Holy Mass ...” in the book “From Light to Light”).

In general it is thought that the Sacrament of Communion performed with bread and wine is unique to Christianity.

Then Melchizedek king of Salem brought out bread and wine. He was priest of God Most High, and he blessed Abram, saying, “Blessed be Abram by God Most High, Creator of heaven and earth.” (Genesis 14:18-19)

As noted in the biblical quotation on page 76-77 (Hebrews 5:5-6), Jesus also was a priest of the Most High of the order of Melchizedek and by blessing the bread and the wine had performed the Sacrament of “blessing”, namely the Sacrament of Communion. Hence, this Sacrament is much older than what most people think and the right to perform It was given by God to the priests of the order of Melchizedek, as was Jesus.

THE GRACES OF THE HOLY SPIRIT

Paul, in I Corinthians has mentioned nine graces of the Holy Spirit. This does not mean that the Holy Spirit has only nine graces. Paul gave these nine only as examples, to point out that all human qualities and capabilities are His graces. But during a spiritual journey, for the appropriate changes to occur in the individual, he/she has to earn the following seven graces. These are:

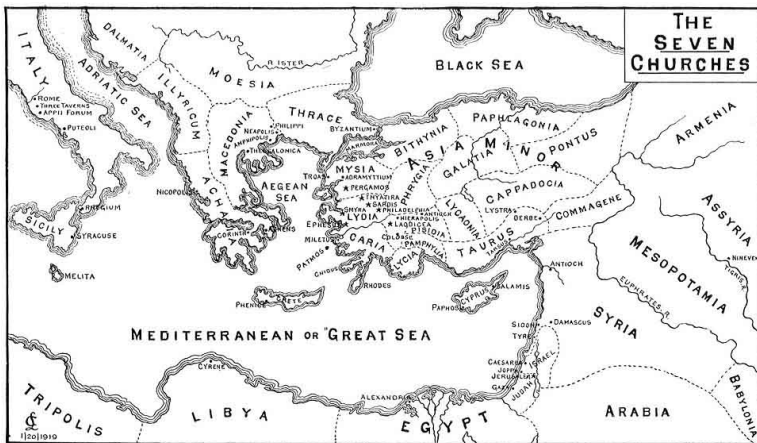
- a- Wisdom- so that he/she does not deviate from the path of Truth.
- b- Faith- having understood the mystery of Truth, to rely on It fully.
- c- Prudence- to have the ability to judge appropriately and to choose the way of the Truth.
- d- Conviction and courage- to develop the will power to persevere in the quest of Truth.
- e- Knowledge- to understand the ways of the Truth and achieve enlightenment which opens the door of all sorts of other graces.
- f- Piety- to be able to see the Truth everywhere and hence have love toward all.
- g- Humility- to worship, to prostrate in front of the infinite mystery of the Truth.

Of the above graces, some are also mentioned by Paul. When the individual succeeds in changing him/herself, he/she may receive all sorts of additional graces. These usually represent abilities to be used for the benefit of the society, such as the ability to prophecy, ability to heal, ability to perform “miracles” etc. These are usually the result of having received the above mentioned, the grace of knowledge.

THE BOOK OF REVELATION

When we consider the number seven, it is impossible not to write about John's Revelations mentioned in the New Testament. Within the Armenian Apostolic Church, during any of the services, there are no readings from the Book of Revelations. According to one of the bishops, it is felt that John's visions are mostly allegorical and difficult to understand their true meanings and may give rise to wrong interpretations. John's vision's many aspects deal with the number seven. The purpose here is to present all the parts that represent the number seven and to present a personal interpretation or just one view. This is not to say that this view is necessarily correct. There are other interpretations by "experts" and theologians, those who are interested may look them up and read them.

The instruction given to John was to write his vision and to send them to the seven churches of Asia (Revelation 1:11). (See Fig. 6)



In the vision he saw seven lampstands and in the center Christ with seven stars in His right hand (Revelation 1:16). The seven lampstands represent the seven churches and the seven stars represent the angels of those seven churches (Revelation

1:20). Seven separate messages are given to the seven churches (Revelation 2 and 3). The following represent these messages advice and warning or caution.

- a- To the church of Ephesus
 - Warning – Loss of “first love”, meaning love of God
 - Advice – To repent.
- b- To the church of Smyrna
 - Warning – Fear because of tribulations and suffering
 - Advice – To have faith and patience
- c- To the church of Pergamum
 - Warning – The throne of Satan, selfishness and immorality
 - Advice – To repent and to conquer, so as to obtain the hidden manna, the graces of the Holy Spirit
- d- To the church of Thyatira
 - Warning – Not to follow false prophets and to worship idols
 - Advice – To repent, otherwise will be subject to illnesses. Whatever one sows that is what one reaps.
- e- To the church of Sardis
 - Warning – To watch out for ignorance and spiritual death
 - Advice- Awakening
- f- To the church of Philadelphia
 - Warning – Has kept God’s word but needs more “power”
 - Advice – He (God) will open the door for them, and He will keep them from the hour of trial.
- g- To the church of Laodicea

Warning – Pious in appearance, but attached to worldly richness and ignorance.

Advice – To look for spiritual riches

John sees heaven where God's throne was along with 24 other thrones and 24 elders. In front of the throne there were seven torches which were the seven spirits of God (Revelation 4:5). God had a book in His hand that was sealed with seven seals (Revelation 5:1). Jesus Christ is presented as a lion as well as a slain lamb (See Fig. 7) that had seven horns and seven eyes which are the seven spirits of God sent to earth (Revelation 5:5-6).



Weep not; lo, the Lion of the tribe of Judah, the Root of David, has conquered, ... I saw a lamb standing, as though it had been slain ...

The seven seals of the sealed book are opened one by one (Revelation 6). When the seventh seal is opened, John sees seven angels, who were given seven trumpets. The seven angels one by one blow the seven trumpets (Revelation 8-11).

John also sees a seven headed dragon with seven diadems (crowns), one over each head (Revelation 12:3). He also sees a beast rising from the sea that had seven heads (Revelation 13:1).

Again John sees seven angels that had the seven plagues (Revelation 15:1). These seven angels received seven bowls (Revelation 15:7).

In the wilderness John again sees a beast with seven

heads (Revelation 17:3).

I do not think that what is presented in the Book of Revelation should be taken literally. Even the seven churches, despite being named specifically, have an abstract meaning. At the time there were other churches as well, such as the church in Jerusalem. Why are there only seven churches and seven letters? The word “church” means assembly of the faithful. It is highly possible that the warnings and the advice given in the letters to the seven churches are actually warnings and advice to each individual during their spiritual quest to reach the seven levels of spirituality. These levels correspond to a person’s seven chakras. The seven lampstands that represented the seven churches and the seven torches likely represent the seven chakras. The seven corresponding angels likely represent the above mentioned seven virtues that correspond to the seven chakras. It is highly possible, that the 24 elders represent the 24 elements that form human nature. At the same time, the opening of the seven seals corresponds to the wide opening of the seven chakras for the energy of the Holy Spirit to flow freely into the individual. According to the vision, only Christ was able to open the seven seals. Is it not true that within the individual only the Christ within is able to open the chakras?

But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you (John 14:26)

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

The dragon with seven heads most likely represents the individual’s “Ego”. The beasts of the sea and the wilderness

also with seven heads each represent selfishness with all its ramifications. When the individual with repentance, change in lifestyle and God worship, follows a spiritual path in his/her life, may become worthy to receive the grace of the Christ within and may have the opening of the chakras to receive the “power” (energy) of the Holy Spirit. Usually the “Ego”, the dragon does not allow this to succeed. To block the flow of energy through the seven chakras it raises its seven heads. It does not want to lose its control of the seven chakras. The seven crowns on the seven heads represent its sovereignty over the chakras. To block the energy flow it uses the seven deadly sins. Hence, the seven heads represent the seven deadly sins.

The seven angels that receive the seven golden bowls containing the seven plagues likely represent the disastrous effects of the individual’s lifestyle and the “punishment” that it brings on him. The punishment is not given by God. God is love, thus will never punish. It is only the result of his actions. People will reap what they sow. When an individual comes to a full realization of this truth and accepts all the plagues without losing faith and continues his God-worship with patience throughout all tribulations, he/she will have God’s name written on him and will be part of the 144,000 who were saved. But those who complain and lose faith will have the number of the dragon written on them (666) and will be condemned to death. (Also see the chapter on “Numerology” in my book “From Light to Light”)

It is appropriate at this juncture to point out the seven plagues that correspond to humanities lifestyle and the punishment we are about to suffer.

- a- “...foul and evil sores came upon the men”. Is it not true that cancer is rampant in the world and has become the number one killer?
- b- “... it (the sea) became like the blood of a dead

man, and every living thing died that was in the sea”. Is it not true that most seas are polluted and the schools of fish are all disappearing?

- c- “... the waters of the rivers and fountains became blood”. Is there not a shortage of potable water in the world? It is being said that the next major war will not be for oil but for fresh water.
- d- “... it (the sun) was allowed to scorch men with fire”. Is it not true that the depletion of the ozone layer and the increased ultraviolet radiation causing skin diseases and the effects of the global warming are a manifestation of this?
- e- “... its (the beast’s) kingdom was in darkness”. Does not this represent the time to reap what we have been sowing so far?
- f- “... its (the great river) waters dried up”. Is it not true that we constantly seem to hear news about drought somewhere in the world?
- g- “... poured his bowl into the air ... and there was thunder and great earthquake”. Is it not true that the air we breathe is polluted? Also it is said that the magnetic field of the earth has decreased 15% over the last 150 years. Apparently, this decrease usually occurs about 5% every 100 years. But, more recently it has been noted that it is decreasing 5% every 10 years. Some scientists think that we may be in for a polar shift in the near future. This would of course cause major catastrophes in the form of earthquakes leading to a complete change of geography.

All these plagues, are they not the result of humanity’s lifestyle and greed? Are they not the crops, as a result of the “seeds” we have been sowing for some time now, that we have started reaping?

IDOLS AND DEMONS

In the Bible we also encounter false gods, demons and malicious spirits. They usually cause mankind to sway from the spiritual path. The number of these is also seven. Most people think that there are external idols that men worship, or they are external beings (spirits) that cause man's downfall. People think that they get possessed by these entities and get used by them to do evil. On the basis of this belief, they do not take on the responsibility for their actions, instead they blame these demons, saying: "the devil made me do it". Of course, all these beliefs have their basis in the biblical stories, when these stories are interpreted literally. The real purpose of these stories, are hidden in their abstract meanings. When the individual is not interested in the spiritual path, then the abstract meaning will not be obvious to him. Just because of this Jesus said: "Though seeing they do not see; though hearing, they do not hear or understand". At this point I find it important to repeat a paragraph from my first book "From Light to Light".

"Sometimes, in humanity, we see "reflections that appear to be broken" as a result of the "winds and storms". We call them human frailties. The winds represent the storms of our thoughts. The waves represent the storms of our emotions. As a result of these, we feel as if we are about to sink and drown as did the apostles during the storm on the Sea of Galilee. We should not fear. The moon is full and unbroken in the sky. Christ is in the boat sleeping. There is no way that boat could sink. What we need to do to alleviate our fears is to wake the sleeping Christ. He would calm the storm calming both the winds and the waves."

Without a doubt the story of the boat and the storm did take place, but likely Jesus made it happen to teach and

through the event give a lesson of how to develop mental peace and equanimity.

The Old Testament represents the story of the Jewish nation and their relationship with God. But the abstract meaning of the Old Testament represents the life of any one individual and his relationship with God. To show the proper relationship between man and God and the right path to salvation, God has chosen and used the Jewish nation. More importantly, through the story of this nation God also shows what can happen to an individual that fails to follow the right path. When we say the Jewish nation represents the “chosen people”, this does not mean God loves them more than the peoples of other nations. There is no discrimination in God.

In the same way, the stories of the false Gods, demons and evil spirits should be interpreted with their abstract meanings, rather than considering them to be external beings. They are all born out of our “Ego”s and correspond to the seven deadly sins. If we want to have communion with God, first we have to repent for and get rid of these seven deadly sins.

The following represent these false gods or demons:

a- Lucifer or Satan - Pride

“How you have fallen from heaven, morning star, son of the dawn! You have been cast down to the earth, you who once laid low the nations!” (Isaiah 14:12)

Jesus said to him, “Away from me, Satan! For it is written: ‘Worship the Lord your God, and serve him only. Then the devil left him, and angels came and attended him.’ (Matthew 4:10-11)

Lucifer represents a person’s individuality. This separates men from the animals and gives men the ability to realize God-revelation within himself. Lucifer, the bright morning star, announced the coming of the sun, here used as

an allegory for the revelation of the Light of Christ within the person. Hence, the angel Lucifer represents the person's individuality that also is supposed to announce the revelation of Christ in himself. But his superiority over animals gave him pride and decided to take God's place. This caused his downfall, thus creating Satan. According to the verse quoted above, even Jesus was tempted by His "Ego", but His vision fixed on God, he could easily say without any doubt or trepidation: "Away from me, Satan". In both the New and Old Testaments of the Bible there are numerous references to Satan. In the next quotations, of course "He" and "lawless" refer to Satan.

He will oppose and will exalt himself over everything that is called God or is worshiped, so that he sets himself up in God's temple, proclaiming himself to be God.(2 Thessalonians 2:4)

The coming of the lawless one will be in accordance with how Satan works. He will use all sorts of displays of power through signs and wonders that serve the lie, (2 Thessalonians 2:9)

b- Abaddon – Greed

"Death and Destruction (Abaddon) lie open before the LORD: how much more do human hearts!" (Proverb 15:11)

Death and Destruction (Abaddon) are never satisfied, and neither are human eyes. (Proverb 27:20)

Today, for the sake of a little more profit, people are ready to sacrifice their humanity as well as nature, as we see the pollution of the air, water and soil. Deception, cheating, indifference, unscrupulousness, that give rise to wars, deaths and deportations, appear to be a commonplace and considered "normal" within the society. It also appears that money has become the god of humanity. Hence, man has started worshipping it.

“Jesus answered, “If you want to be perfect, go, sell your possessions and give to the poor, and you will have treasure in heaven. Then come, follow me.” When the young man heard this, he went away sad, because he had great wealth.” (Matthew 19:21-22)

“Jesus looked at him and said, “How hard it is for the rich to enter the kingdom of God! Indeed, it is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God.”(Luke 18:24-25)

The greed or riches do not just indicate money, but greed for all kinds of worldly pursuits and one's attachments to them.

c- Baal of Peor or Beelphegor – Gluttony

“You saw with your own eyes what the LORD did at Baal Peor. The LORD your God destroyed from among you everyone who followed the Baal of Peor;” (Deutoronomy 4:3)

They yoked themselves to the Baal of Peor and ate sacrifices offered to lifeless gods; they aroused the LORD's anger by their wicked deeds, and a plague broke out among them.” (Psalm 106:28-29)

“And what was God's answer to him? “I have reserved for myself seven thousand who have not bowed the knee to Baal.” (Romans 11:4)

Is not gluttony also a form of greed? People usually think that gluttony is eating too much. Undoubtedly it is. Man seems to be living to eat, rather than eat to live. We should not forget the tables and the diverse amount of food, when we entertain. Gluttony is not just overeating. In the Armenian language the word “vorgramolutyun” indicating gluttony has two parts. The last part “molutyun” also means addiction. Is not gluttony just that, an addiction to food? Hence, in this sin all sorts of addictions are also included,

such as smoking, recreational drugs, alcohol, gambling and even addiction to sex and more... .

d- Beelzebul – Envy

“It is enough for students to be like their teachers, and servants like their masters. If the head of the house has been called Beelzebul, how much more the members of his household!” (Matthew 10:25)

Our teacher is Jesus Christ. Hence, we also need to be meek and humble just like Him and surrender to the will of God. This means to accept all that we encounter in life and not to complain and to thank God for the good and the bad. If we can realize this in our lives, then envy can never take hold of us again. Envy is the result of dissatisfaction with the present situation.

e- Leviathan – Anger

“In that day, the LORD will punish with his sword—his fierce, great and powerful sword—Leviathan the gliding serpent, Leviathan the coiling serpent; he will slay the monster of the sea.” (Isaiah 27:1)

In the western mythology the dragon always guards the access to a treasure. It represents a struggle or a fight. The hero has to fight the dragon and slays it to gain access to the treasure or to his lover. Killing the dragon is killing his own “Ego”, so that he can join his “lover”, the Christ within. In the same way the “Ego” blocks the way to that treasure, which is the person’s higher Self, the Christ within. Without the “death” of the “Ego”, the resurrection of Christ within the individual is not possible. This becomes possible by developing full mastery and control over our feelings and thoughts. In the 4th Chapter, the following is written regarding anger:

“As a result of anger, a person loses his/her wisdom and

thus, the ability to reason, to judge and to choose wisely. When he/she loses the power to reason, he/she loses his/her mind, which is the first step of his/her downfall.

e- Asmodeus – Lust

“...was reproached by her father’s maids, because she had been given to seven husbands, and the evil demon Asmodeus had slain each of them before he had been with her as his wife.” (Tobit 3:8)

Is it not true that lust is also a form of addiction? It does not only prevent the energy entry, but also wastes a large amount of energy that is already within the individual.

g- Mammon – Sloth-Laziness

“No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.”

(Matthew 6:24)

“No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.” (Luke 16:13)

We tend to think of laziness as a failure to carry out our duties in our every day lives. The real laziness that is considered to be one of the deadly sins is the laziness in carrying out God’s word, laziness in working towards the realization of God revelation within ourselves. It is the laziness in carrying out what Jesus taught us.

“Laziness brings on deep sleep, and the shiftless go hungry.” (Proverbs 19:15)

In this passage “going hungry” means not to receive the blessings, the graces and the energy of the Holy Spirit. Does not the absence of the Graces of the Holy Spirit open the doors of hell? Laziness leads to ignorance.

SUMMARY

After presenting the influence of the seven demons or deadly sins on the human character or life, it is important to come to a conclusion. It appears that the number seven (7) has a strong link with the relationship of God and His creation, and of course with the relationship of God and man. Every man's life is a part of God, is His Son, hence is the Christ. The energy of the Holy Spirit is constantly at work within us and thus guarantees our survival. To what degree we allow this energy to enter and work in us depends on us, the way we live, the way we think, talk and act. This energy enters our being through the previously mentioned chakras. As indicated in the Old Testament, the human Soul is connected to the Spirit of God through a silver cord attached to the individual at the top of his/her skull at the seventh chakra.

“Remember him—before the silver cord is severed, and the golden bowl is broken; before the pitcher is shattered at the spring, and the wheel broken at the well, and the dust returns to the ground it came from, and the spirit returns to God who gave it.” (Ecclesiastes 12:6-7)

When the silver cord is severed, the entry of the greater portion of the energy of the Holy Spirit also ceases and the person goes into a coma. He/she loses all consciousness. Consciousness is the presence of God. The “Golden bowl” and the “pitcher” represent the heart. The “wheel at the well” refers to the circulation of the blood. The words “shattered” and “broken” refer to the arrest of the heart and the stoppage of the blood circulation, hence indicating the death of the body. Where as the following refers to the spiritual death:

“After he drove the man out, he placed on the east side of the Garden of Eden cherubim and a flaming sword flashing back and forth to

guard the way to the tree of life.”(Genesis 3:24)

Adam being driven out of paradise indicates the loss of his connection with his inner Christ. The cherubim with flaming sword guarding the way to the tree of life indicates man's forgetfulness and ignorance with regards to the means of reestablishing the connection with the Christ within. Don't we say: "Suffering and hell was brought on by Adam and Eve and salvation through Jesus Christ"? Jesus realized in His own life how to eat of the tree of life and become immortal and He taught us, so that all of humanity would also be saved. That which was forgotten, Jesus revealed it. We will benefit from His teachings only if we have faith in Him and His teachings and carry them out in our lives.

The energy of the Holy Spirit flows in us from the top down. We have the ability to raise the same energy that is in us from below to the top and when we succeed, we also succeed in the realization of the God revelation within us. But unfortunately the rising energy is subjected to resistances and dissipates without rising to the top. Those resistances are the seven deadly sins. Each one of them blocks the flow through one of the chakras. As these sins prevent appropriate entry of energy into us, they also waste the energy that is already in us. In the Bible these deadly sins are also likened to idol worship or demons. The stories give the impression that they are "beings" outside of the individual that enter the person and that they become possessed. That which was considered possession in the Middle Ages, is very well known today that they are mental illnesses. The truth is that they are the results of one's own doing; they are what one is reaping as a result of the bad seeds one has sown in the past. When we are under the influence of the seven deadly sins, or it is better said we are enslaved by them and in a more poetic way of saying is that they are the idols that we worship, we block the flow of

energy into our being.

The seven days of the creation most likely correspond to the seven chakras, in other words, in the physical realm, each day represents the addition of a chakra. Each chakra has its own property and allows only energy of a given frequency that matches its own frequency. The first chakra at the bottom, the “root or base chakra” has the lowest frequency and the top chakra, the “crown chakra” responds to the highest frequency.

The first day, with low frequency energy matter was created and perhaps simplest form of life such as viruses that could not multiply on their own. Viruses multiply only by using the ability of other biological cells.

The second chakra with higher frequency energy has made it possible for “life” to multiply and self propagate from the simplest unicellular organism to the mammals and of course man.

The third chakra gives the ability of sensing and also the ability to have feelings. Man and animals alike are subject to various feelings, such as anger, sadness, happiness etc. Even plants have rudimentary sensations. The leaves know to turn towards the sun and the roots grow towards water.

The fourth chakra allows for the expression of love, and along with this of course compassion, mercy and self-sacrifice. Animals also have the ability to love. Just like humans they also love and care for their offspring. Sometimes some dogs love their masters so much that they sacrifice themselves to save their masters from some danger.

The fifth chakra gives the ability to speak. It is thought that only humans are capable of speech. Today, scientists are telling us that many animals have their limited vocabulary for communication. To us they may sound like simple meaningless utterances. I wonder what the animals think of our conversations?

The sixth chakra allows intelligence and gives the ability to solve problems, to judge and to choose. Again according to the scientists some animals have the ability to judge and choose appropriately and also the ability to solve basic problems.

The seventh chakra is unique to the human. God gave this to man on the seventh day along with man's individuality. This was the means also for God-revelation through the human. Hence, Adam and Eve were with God, meaning "fully conscious", until their fall. Because God-revelation had occurred, the Creation was completed and the day was declared a Holy day.

All of the creation is based on duality, such as matter and anti-matter, the two poles of a magnet, the electron with a negative charge and a proton with a positive charge, large and small, love and hate, male and female, life and death etc. Man also has two charioteers, his true Self, the Christ within and his ego. Man with his/her fully developed sixth chakra has the ability to judge and choose the charioteer of his/her life. He decides to give the reins of his/her life to the Christ within or to his/her ego. From the days of Adam and Eve it appears that the great majority of individuals, of the human race, has decided to give the reins of their lives to their egos rather than the Christ within.



The following list presents the seven chakras and the corresponding negative as well as positive operative influences.

CHAKRAS

Crown
Brow
Throat
Heart
Solar plexus
Sacral
Root or base

DEADLY SINS

Pride
Greed
Gluttony
Envy
Anger
Lust
Sloth-laziness

DEMONS OR IDOLS

Satan
Abaddon
Baal of Peor-Beelphegor
Beelzebul
Leviathan
Asmodeus
Mammon

CHAKRAS

Crown
Brow
Throat
Heart
Solar plexus
Sacral
Root or base

CHURCHES

Philadelphia
Sardis
Thyatira
Ephesus
Smyrna
Pergamum
Laodicea

WARNING OR ADVICE

Opening the “door”
Spiritual death
Illnesses
First love
Fear and suffering
Throne of Satan
Pious only in appearance

CHAKRAS

Crown
Brow
Throat
Heart
Solar plexus
Sacral
Root or base

VIRTUES

Meekness
Mercifulness
Truthfulness
Love to all
Forgiveness
Chastity
Service

GRACES FOR CHANGE

Faith
Wisdom
Knowledge
Devotion
Conviction
Piety
Prudence

CHAKRAS

Crown
Brow
Throat
Heart
Solar plexus
Sacral
Root or base

POWERS

Spiritual
Mental
Will
Conscience
Psychic
Life
Physical

SACRAMENTS

Communion
Sacrament of the sick
Ordination
Marriage
Repentance
Confirmation
Baptism



**If You accept the belief
system of the masses,
You will inherit the
Destiny of the masses.**



- III -

THE MAN



THE MAN

Before starting the actual topic, I would like to present the following story.

An artist wished to create the face of Jesus in an oil painting. Using his imagination he made several attempts, but none of them reflected the holy expression he wanted to show. Thus he became very disappointed.

One day he saw a boy whose face reflected that same saintly expression that he wanted to create. After getting permission from the boy's parents, he painted the same facial expression as the face of Jesus. This time the painting he had created was to his liking and perfectly reflected what he had in mind.

Those who saw the painting admired it; some were enchanted by the purity of the expression of the face, some others by the capturing smile and some others by the beauty of the eyes. Because of this painting and the interest it generated, he became a famous painter and henceforth all his paintings were selling at high prices.

Many years passed and one day he again decided to paint an unusual painting, this time the face of Satan. Again from his imagination he created several paintings, but he was not satisfied by any of them. They were not properly reflecting the evil expression he wanted to create.

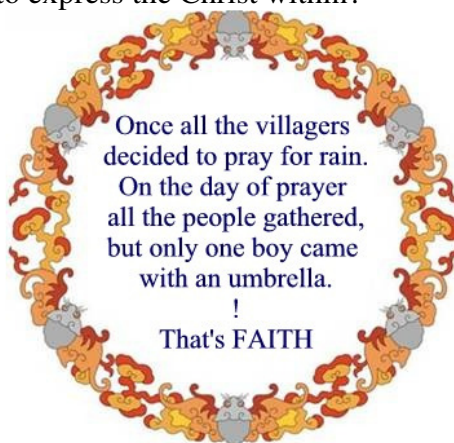
One day, as he was walking by a police station, he saw a prisoner, handcuffed being led up the stairs. In the face of this criminal he saw the perfect devilish expression that he wanted to create in the face of Satan. After getting appropriate permissions and with the consent of the prisoner, he realized the painting of Satan that he wanted to create.

He was so happy with his creation that he offered to pay the prisoner for his trouble. The prisoner refused to accept any payment and added: "Some years back you had also painted the face of a little boy as the face of Jesus". The

painter with great astonishment replied: “Yes that is true but how do you know that”. The prisoner said that he was that boy and exited crying.

This story shows us that in every single person simultaneously exist two potential opposing characters. One is the “good”, the Christ within and the other the “bad”, the ego. The ego tries to impose its will on the individual. When the individual does not or can not resist the imposition, then it appears that the “evil” had conquered over the “good”. This is the way Satan is created and the individual’s thoughts, words and deeds all become evil (satanic). On the other hand when the “good” becomes victorious, that represents Christ-revelation within the person. God has created man with a free will, therefore the Christ within does not impose His will on the individual, but only guides, warns and cautions. His guidance is always for our good, but it appears that majority of humanity thinks that it knows better than Christ as to what is good or bad for itself. It is up to the individual to ignore and resist the impositions of the ego and to follow the guidance of Christ within.

As individuals, which character would we want to express in ourselves? Should we not do everything possible to endeavor to express the Christ within?



MAN AND THE CREATION

The creation is based on three fundamental foundations:

- a- The physical
- b- Individual limited soul
- c- The infinite universal Spirit of God

The first two are inferior to the third. The Spirit of God (The Holy Spirit) is the fundamental. The first two appear to be real, but because they are not self-sustaining; they are only illusory. They are also part of the glory of God, but their presence is dependant on the Holy Spirit. There are many individual limited souls, but in reality each one is only a small part of the infinite Spirit and it is their presence within the human body that makes it alive. Souls have a strong tie with the person's individuality. The soul is not born of the physical: rather they are eternal and represent the Christ within. They are privy to the consciousness of God; hence, they give the individual also the same ability. One of the most important of these is for one to be conscious of his true Self.

Because God is within all of His creation, everything within the Creation, from the smallest atom to the largest animal has some degree of the same consciousness of God. Animals live according to their nature. Man is the link between the animals and God. Man has the ability to change the level of his consciousness. When man, as a result of his thoughts, words and deeds, lowers the level of his consciousness, he becomes no different then an animal. Today in the Middle East we see the destruction caused by such a low level of consciousness. Man also, by increasing his level of consciousness, has the ability to be a vehicle for revelation of God through him. From the simplest pleasure to the infinite bliss comes from that consciousness and is the result of the blessing which we receive as knowledge. Hence, the true nature of man is knowledge and bliss.

From the human perspective every single person differs from all the others and there appears to be no equality. Despite this outwardly appearance they are all equal and there is no difference between them. Everything seems to be chaotic, but in fact all are evolving in perfect harmony.

A being without qualifications is a contradiction, and that being can not exist. God has transcendental, ethical and aesthetical qualities, therefore is an existing Being. His qualities are:

a- Power and Sovereignty.

b- Love and Mercy.

c- Beauty and Sublimity; hence, He is both actual and transcendental.

d- Perfect knowledge, bliss and existence.

The being of God encompasses both, the eternal as well as the existential and the last one with all its shortcomings. But He is not touched by any of those shortcomings. Those who follow the spiritual path, must develop Self-realization, Self knowledge and the epitome of this is to dissolve into the Spirit of God. Every person in this world has the obligation to learn, to serve (work) and to multiply. The purpose of all this is to guide the person towards salvation. By learning, he increases his knowledge, so that his work which is his service to society, is done in the best way. By reproducing, with the birth of the baby, he is serving for God-revelation.

How should a person realize these obligations? His activities appear to tie him to the world, mainly because most if not all activities are to fulfill our desires. Our activities should be only as a service to God and to humanity, therefore we should not own the results of our actions.

Knowledge should not be only the intellectual data that schools and universities teach us. Learning should continue in the "school" of life as well. This is essential for developing the above mentioned Self-knowledge. We should

always be alert to learn from all our life events. A higher level of consciousness also leads to much more transcendental knowledge. No school teaches this type of knowledge.

Reproduction should also be wisely practiced as a service for the purpose of God-revelation through the newborn and not an accident of pleasure seeking.

Man can not save himself, because without the grace of God, no one can be saved. The grace of God is dependent on the degree of spiritual growth of the individual and the merit that it bestows and is not dependent on God's whim, because to be whimsical is not one of God's qualities. There are those who appear to lead perfect lives, but if their way of life is the result of "external" benefits, it is of no real benefit to them. The perfect way of life should not be to attain salvation, but its purpose should be the expression of love and worship. Love should not be directed to the self, the ego, but rather to the Self, the Christ that is present in all. To act properly in itself is the road to worship and opens the way to surrender. True surrender itself is the true worship. This is the secret to merit the grace of God.



MAN:THE MEANS FOR GOD-REVELATION

Normally, one thinks that the God-incarnation was only through Jesus. On the contrary, every newborn represents the revelation of God and His incarnation. If this had not been true, Jesus' next statement would be inappropriate:

When Jesus saw this, he was indignant. He said to them, "Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these. (Mark 10:14)

If this view had not been true, Jesus would not be born of a woman, instead He would just appear on earth as an adult person. Why do we revere the Virgin Mary? We revere Her because consciousness, inspiration, love and compassion are the qualities of a woman, of a mother. Suffice it to watch a mother caring for her new born babe. Is it not true that the above mentioned qualities are the same as the qualities of God? A woman, by giving birth, does she not serve God-revelation? It is natural that a child should adore and worship his mother. This is also a form of worshipping God. It is impossible for a true mother to be deceitful, to cheat or to take advantage of; instead, she shows only sympathy and love. There is nothing else in the entire universe, other than the relationship between a mother and her babe, that exemplifies God's relationship with us. Self-sacrifice is the proof of love and adoration. The love that a mother's heart pours out has the infinite vastness of the outer space. A mother's generosity and endurance also equals that of the Earth and Nature. Love has made her sensitive. The same sensitivity and compassion is a potential quality that is given and exists throughout the entire creation. All those in whom "these seeds" blossom and multiply, when they see any one else's suffering, they also suffer. During difficult times, when one gets anxious and depressed, his faith is also tempted. One of the missions of a mother is not to be a slave to external

situations, instead it is to face them all and in the process it is to be a forceful teacher. A mother, despite being as delicate as a flower, is the source of what appears to be unlimited energy. This is because the power of God is with her. A mother reflects the splendor of God.

In a marriage, before anything else, husband and wife should be best friends. The wife is the “spirit” of the couple. The duty of the husband is to protect, and the duty of the wife is to inspire, to awaken enthusiasm. The proper relationship between husband and wife is similar to the relationship between a flower and its scent, between faith and worship and between life and breath.

With whose permission have we come to this world and with whose permission is it that we continue to live here? Who gives us the ability to see, to hear, to smell, to taste and to touch? It is true that with today’s scientific knowledge we can give a physical explanation. We can say the light falls on the retina, where electrical impulses are formed that are transmitted via nerves to the visual cortex of the brain; therefore we see. But there are people whose eyes are not diseased, the nerves are intact and functional, their visual cortex is not diseased and is intact and functional, yet they still do not see. They can not see because the consciousness of what is being seen is not dependent on the physical. It is possible to learn the physical aspect of vision and sight by reading medical books, but the consciousness of what is being seen is possible only through experience and can not be learned by reading books. Did not Jesus say?

“...The knowledge of the secrets of the kingdom of God has been given to you, but to others I speak in parables, so that, though seeing, they may not see; though hearing, they may not understand.” (Luke 8:10)

It is consciousness that reveals all knowledge to us. Just like a machine can not operate on its own, the same way we also are unable to do anything without this consciousness. Consciousness is that Light of God that makes all possible. Throughout the entire creation, only man has the ability to increase his level of consciousness by keeping a clear mind, a mind free of thoughts and centered on God.

Man in his experience has 3+1 levels of consciousness. He experiences the first three every day, “awake” “dream” and “deep sleep” levels of consciousness. The fourth one is a level deeper than a “deep sleep” level of consciousness, this is commonly known as “death”. Because of this knowledge at least within the Armenian Apostolic Church the dead are actually called “sleepers”. As we are in the process of reading this book, it implies that we have not yet experienced this fourth level of consciousness.

Everyone is well aware that every time he/she changes his/her level of consciousness, everything that was in the previous level of consciousness disappears and so do all his ties with them; hence, they no longer interest him. In addition to the afore-mentioned four levels of consciousness man also has the ability to increase his level of consciousness to even a higher level, “more awake” that the usual “waking” level mentioned above. It is only at that time that his soul has communion with the Spirit of God. At that time all the worldly pursuits are ignored and forgotten along with ignoring also the ego.

For a person to be able to learn, he has to be awake. Just like it is impossible for a student to learn his lesson by sleeping, similarly, in our usual “awake” state it is also impossible for us to receive the knowledge that would be bestowed on us during that heightened waking state. Just as in deep sleep we are not even aware of our physical body, but when we wake up without any effort we become aware

of it, similarly at our usual “awake” state of consciousness, we know nothing and do not have any experience of the presence of God, but when we are able to “wake up” to that higher level of consciousness, without any further effort we forget the world and bliss fills our whole being, because we find ourselves with God. This is the “caught up” or “rapture” indicated in the Bible. Then we can also say as Jesus did:

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

“I am not of this world.” (John 8:23)

Without a calm mind, without single-pointed concentration, without surrender and dedication and without worship, it is impossible to find God. The purpose of this is to transcend the normal waking state. This body is given to us by God and God is the only one who will teach us how to achieve that goal, of course if we are attentive and willing and allow it. The wise person reaches this level of consciousness while still alive and living in this world and does not wait for death to acquire salvation. Those who think that they will have salvation after death, they will not be “saved”, because while on earth, they are still attached to the world and to their egos (Satan). There is no true freedom in this world. While we are alive and here, we should try to disenslave (emancipate) ourselves from all worldly pursuits and also from our egos. Jesus said:

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

“From below” and “from above” are references to the levels of consciousness. “You are of this world” indicates our being a slave to worldly pursuits. Jesus was not interested in any of the “glitter” that the world had to offer, therefore He said: “I am not of this world”.

Every individual has both spiritual and psychic energies. But, if he does not awaken them and does not use them, he will never benefit from them. Then he would be

like a rich miser that dies of hunger. The mind given to man by God has immense, almost infinite potential but it is completely obedient to the individual. The individual using his free will uses that mind any way he chooses. Hence, according to the whims, judgment and choices of the individual, the mind can make him a saint or the devil. True knowledge is the one that guides us towards God revelation and this is the only means for salvation. Only a calm mind can realize this. The Spirit is always free. None of our shortcomings influences the Spirit in us, because from the perspective of the Spirit, all our experiences are just illusions and are not the Truth. The mind, with its inclinations and desires, ties us to the world. Hence, every person in one way or another is the slave of his possessions and his beliefs. Those ties have no bearing on the Truth, his duties, his ethics and virtues and even on life and death situations. When the world is weighed down by humanity's sins, man will no longer have the ability to pursue the spiritual path. Is it possible that at such a time Jesus Christ will incarnate again?

Therefore, the purpose of human life is to reach to a higher level of consciousness. That higher consciousness gives him the vision of God-revelation. That vision is the mirror that reflects the Truth. That revelation is the voice of man's subconscious that opens his mind. Only then does he understand and know the difference between truth and illusion, between friend and foe. This revelation also shows him all his faults and mistakes and causes him to regret. It also shows the proper behavior and changes the person completely. With his tears, he washes his mind and all his being clean. The individual thus surrenders to God and understands that he is never alone and his best and closest friend is God Himself. The revelation also gives him knowledge of the occult universal laws.

MAN AND RELIGION

Is it possible to understand religion only intellectually? Or, is it possible to understand it through philosophy only? The answer to both questions must be negative, because they are completely different from one another. They are both important, but neither one alone can represent the Truth fully. Then where should we be looking for the Truth? The Truth is within the seeker.

What is the greatest miracle and wonder in the world? The greatest miracle of the world is the fact that every single person living there knows that he/she will die some day, but lives as if he/she will never die. Religion reminds us that this world is not permanent. Religion is that teaching that invites and prepares man for an awakening which gives a much higher level of consciousness and this is the only means to achieve communion with God. And this is the actual purpose of our lives. When the whole world “sleeps”, the “awakened” person stays awake. When the world’s entire population thinks that they are all “awake”, the “awakened” one appears to “sleep”. Religion is a course, teaching God revelation within the individual as well as teaching that God is the only “Truth”. When we say God is the only “Truth”, we indicate that everything else is not real and only illusory. Hence, God is the alpha and the omega of all things, namely the beginning and the end. God is also the “spirit” (energy) of all things sentient and insentient. God, as well as being the spirit of man (The Christ within) giving life, is also man’s mind and its consciousness. Therefore to concentrate the thoughts of the mind on God and to worship is our duty. Because God is also in all our feelings and activities (without life, which is God’s presence in us, we would not feel nor would we be able to act), it is imperative that all our actions are offered to God. Worship stems from faith, therefore our faith on God should be unshakable. Any slightest doubt prevents true

God-worship. Even subconscious doubt about God is a sign of lack of faith and is stupidity.

Within the Creation, everything is based on duality. When God created matter, antimatter was also created. When these two come together they both disappear. As it is throughout the Creation, in the life of man also duality dominates. Man can be healthy or sick, happy or sad, ecstatic or depressed, rich or poor, loving or hating The cause of this is the fact that within him man has both the spirit of God and his ego. These represent two forces, divine and satanic. Man using his free will and his mind may judge and choose to become a saint or to become the devil. According to the Bible, he has the ability to transcend both and be worthy to be called “son of God” and become co-heirs with Christ.

“The Spirit himself testifies with our spirit that we are God’s children. Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.”

(Romans 8:16-17)

When man wastes all his energy pursuing worldly pursuits, he becomes the devil. But if he uses the same energy for “spiritual growth” he is led towards God. In the whole universe, the most effective power is that of love. Love should also be that operative power on this earth. Worship comes forth from love: love towards a child, love towards parents, love between husband and wife, love towards siblings, love towards our teachers, love towards friends, love towards nature, love towards strangers and love towards one’s enemy. Because God is everywhere, all these loves should be and in reality are actually various appearances of love towards God. Hence, all the various loves mentioned above are various forms of God worship.

The idea of taking revenge takes from us the ability to be compassionate, to love, to sympathize with other’s

misfortunes and to respect. This in itself takes away from us the ability to worship. To surrender to the will of God is the beginning of true knowledge and God worship. Within human nature, it is possible to find all kinds of stumbling blocks. The person that can overcome these stumbling blocks has the chance for communion with God. But those who lose the battle and become its slave, lose all hope of salvation. Man is the creator of his own destiny. He needs to win the battle waged against his own ego to be able to realize God-worship. He needs to seek God with faith and worship within himself and not outside of himself here and there. Because both beauty and love are divine qualities, it is imperative that man also should reflect these qualities. Beauty can be both mental and also physical. It appears that we have no control over physical beauty, but that is not true. Physical beauty is the result of mental beauty.

Love should not be towards worldly possessions, but rather towards the entire creation. Because compassion is the result of love, we should all be compassionate towards the whole of creation. These two, beauty and love, are the source of the force of attraction toward God, which drives us to seek God. The desire to find God should be so powerful and overwhelming that it should negate or overshadow all other worldly pursuits so that the individual just dissolves into God and disappears. This is the true love.

God is extremely generous. All those who put their faith in Him, find bliss, happiness, peace, comfort and success. A life without God is like a forest without trees or a river without water. Without God-given wisdom, even a certain success is like a flower without any scent.

Today man has succeeded in manipulating genes through genetic engineering and producing fruits with longer shelf life and he thinks that he has become a creator. Yes the fruits stay fresh longer and they may even look more

appealing, but the taste is gone out of them. The present generation, in certain parts of the world, has no idea what the true taste of fruits and vegetables can be.

Every individual should study his/her religion properly and not be satisfied with some superficial understanding of it. If he is genuine in his research, he will develop proper understanding with God-given or, more correctly, God-inspired knowledge, which leads to proper faith. The true God-worship can only come from such a faith. This type of God-worship is the remedy for all ills. It gives the person patience and the ability to endure. Such worship can never be tiresome. What is the meaning of shortened church services? Do we find them tiresome? What does this tell us about our God worship? Congregational worship is best done singing, because through singing we can best express the love we should have. For this reason, the church rituals are done with chanting. Music puts forth sound vibrations that are harmonious with the vibration of the creation, the “word” that was in the beginning.

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. (John 1:1-4)

Any worship that is only a formality or is triggered by some personal gain will never be rewarding.

Man, with his worldly logic (ignorance), thinks that he can impress God and thus wastes his energy. Instead his energies should be devoted to worship as a result of true faith. God is not impressionable; therefore the way to God is not through impressions, but rather through true worship. God reveals Himself through the true worshipper. Each individual's true purpose or duty in life therefore should be to realize God-revelation within and through himself.

Therefore a person's attitude i.e. determination, regard and consideration of this duty represents his religion. And the respect one has for his religion is his ethics. Through ethics one surrenders.

What does it mean to surrender?

To surrender means to rely on God for everything and to act according to His will. This is possible only through introspection and intuition, by listening to the inner silent voice, which we all have. This voice represents God's will, hence, the action that follows would also be according to His will. Surrendering requires that we be vigilant and listen to that inner voice and not act contrary to it. As we ignore our egos, we should have faith that all will be well at the end because we are under the protection of God.

Surrendering is also a form of incessant prayer; hence, all of our actions will then become an expression of a prayer.

The entire universe, the planets, with their gravitational forces, nature, with all its facets, exist in an equilibrium and harmony; hence, a true religion with its "gravitational" force should also unite all of humanity rather than divide. A true religion should assure equilibrium and equality within the entire human race. A true religion should not distinguish differences between individuals, groups and various "religious" beliefs; rather it should unite and should be impartial. True religion should never be a cause to break someone's heart; rather it should only help to appease broken hearts. As light causes darkness to disappear, the true religion should also get rid of arrogance and ignorance. When man loses touch with his Soul, his fall is also inevitable. When he gives the reins of his life to his ego, he no longer can control his mind and single-pointedly direct it to the Christ within, because the ego creates multiple thoughts. The ego, being selfish, also blocks man's conscience. A man without conscience will be the cause of

all kinds of iniquity, injustice, felony He sees God as his enemy and this becomes the beginning of his fall. Not to believe in God is to declare war against God. Communion with God can not occur through physical fasting. The mind of a person whose stomach is empty and feels hungry can not be calm and at peace; rather communion with God occurs when the soul is satiated. God is the only Truth, but that Truth is hidden from us. The way to the Truth is through fearlessness and depends on trust and faith.

True worship should have two qualities, respect (love) and faith.

All types of suffering have only one solution and that is to remember God.

For the man on the spiritual path, first two basic qualities are essential for a successful “journey”. These are faith and patience.

Happiness and sadness are the two sides of life’s “coin”. Man can never realize all of his desires. The more he accomplishes in realizing them, the more new desires are born. Those who can control their desires and release themselves from their hold can develop mental peace. It is peace of mind that gives happiness. Hence, for success in the spiritual journey, complete faith, determination, constant perseverance and patience are essential qualities. The greatest energy is in worship. When an individual worships God by revealing absolute love (love towards everyone and everything) and true faith, it is impossible for God to ignore him.

Worship can not be forced; it should pour forth from the depths of ones heart. It is also impossible to prevent true worship through various means, forced conversions to other religions or by imprisonment etc. Here it is impossible not to remember the Armenian brothers and sisters that were converted to Islam during the first genocide of the twentieth century.

As God is the treasure of a true believer, so is the true believer the treasure of God. Those who prevent the communion of these two will certainly be punished.

Worship is the means to achieve a heightened consciousness, exaltation. The life we have is a blessing of God, given to us for the purpose of serving. When we provide service for the betterment of society and the less fortunate, we learn to be gentle and noble. Worship is not the performance of a ceremony or ritual. It also is not a formality. Worship is to feel someone else's pain. It is to have sublime thoughts and helpful deeds. Worship is self-sacrifice and benevolence. It is to live for the benefit of all and not only for self-gratification. Worship is to be forgiving. And it is also to give thanks to God for whatever the circumstance may be. In the "eyes" of God, position, race, virtues, guile or cunning have no value. God accepts only true worship.

The following is a short list to achieve true worship:

- a- To keep company with spiritually advanced people.
- b- To read the Gospels, to learn, to know and to implement the teachings of Jesus.
- c- To develop self-sacrifice and service to others.
- d- To sing the glory of God.
- e- To trust God with absolute faith that all is well.
- f- To develop self control and to emancipate oneself from worldly desires.
- g- To be thankful for the present, however bleak it may be and not to dwell on the future.
- h- Not to look for faults in others.
- i- Not to be cunning, but rather simple and modest.
- j- To always stay away from extremes and be calm.

As in other religions, within Christianity as well, hermitical life is one way to emancipate oneself from worldly pursuits and make it easier to have communion with

God. This resignation should not be to run away from the problems and difficulties of everyday life. This isolation should be mental isolation and not physical avoidance of life's difficulties. Some hermits think that they should not work or toil as the general public and stop most activities. The truth is that the resignation should be from any and all activities that are born of selfishness. The true hermit would be more active than the usual man on the street, but all his activity would stem from the desire to serve and work for the benefit of all (society). We have a contemporary example of this in the blessed Mother Theresa. The true renunciation is the key to true knowledge which is a gift from God. The true hermit does not need to resign from daily life, because alone at the top of a mountain his mind may be drowning in a flood of thoughts. If and when his mind is fixed on God, even in the hustle and bustle of the marketplace, mentally he can be fully isolated.

Usually when man is faced with a difficulty in life, he starts praying. Of course this is not wrong, but true worship should be continuous at all times. Prayer and worship is not only asking God to give this and that, instead it should be an expression of love. The basis of religion is worship and the basis of worship is love. Love is like a flowing river. To stop the flow of the river is wrong. That river flows from God into the heart of every single individual; hence, every single individual's duty is not to stop the flow, but rather allow it to flow through him unto others and to nature as well. If the creation of man was God's gift to the world, the creation of the natural world is also God's gift to man. Nature, with her motherly love, with all the pleasures she bestows, with full sacrifice, with her durability, patiently serves us. Don't we think that we should also approach nature the same way by not polluting the air, the water and the ground? Man has to win the battle against the ego and selfishness. It is only then

that he can truly worship. We light a candle when we go to church. There is a lot to be learned from this act. The candle teaches us the proper way to live. The lit candle through self consumption lights up the environment. We should also consume our lives for the benefit of our environment (benefit of all).

Imagine each one of us as a lit candle the more we “light up” our environment, the more we also “light up” ourselves. It is this self-enlightenment that gets rid of ignorance.

Love is the greatest emotion, because it is divine.

Love between mother and child is willingness and enthusiasm.

Love between husband and wife is respect.

Love between siblings is faith.

Love between two friends is sympathy.

Love between student and teacher is gratitude.

Love of enemy is love of God.

Love is the individual’s worship of God.

The power of love resides in not being selfish.



MAN AND KNOWLEDGE

Knowledge is a gift given by God. The mind must be “fertile” to be able to receive knowledge. Knowledge is strongly related to action. Even God worship is an action and is the result of an experiential knowledge. All scientists that have made substantial discoveries, have spent long hours of meditation on that subject. That is also a type of action. All of the already known knowledge as well as all the unknown knowledge yet to be discovered both have existed within God eternally. The Holy Spirit is the “storehouse” of all this knowledge. Up to date, man was preoccupied in finding and acquiring knowledge about the laws governing the physical world. The scientists finally are realizing that there is another “dimension” of “energy” that transcends the physical and the physical is dependent of this energy. They do not know the nature of this energy; neither do they know the laws governing it. That which they are just beginning to realize, religion had told us centuries ago. That which science now calls “dark energy”, religion has called it The Holy Spirit. That which science and physics can not explain, the spiritual path gives the understanding. Jesus knew much more than the laws of physics known to us to date, therefore using these unknown laws (to us), He was able to cure the sick and even revive the dead. Because we are not privy to those laws of the “dark energy” that He was using, His deeds were considered to be miracles for us, the uninitiated. Is it not true that the caveman considered the lightning as fire sent down by an angry God to punish them? But today we know the cause of the lightning.

If this view had not been true, Jesus would not have said:

**I tell you the truth, anyone who has faith in me
will do what I have been doing. He will do even**

greater things than these, because I am going to the Father. (John 14:12)

Knowledge is given to man by The Holy Spirit, whose energy flows freely throughout the universe without any discrimination. It is we, with our seven deadly sins, that block the flow of this energy into and through us. Thus we do not receive the “graces” of the Holy Spirit, of course, including knowledge.

Paul has said:

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

We also need to clean our “mirror”, our minds. By centering or concentrating the mind on God, we receive knowledge and this knowledge gives us a lot of responsibilities and all selfish thoughts and deeds stop. But activities that benefit society and are for the well-being of all, continue and increase of course, without being attached to the results of the activities and without the expectation of any personal gain. Knowledge guides us towards peace and salvation because knowledge is the presence of the Truth. Unfortunately almost the entire thought processes of humanity and its lifestyle correspond to its level of ignorance. On the other hand, those who have a little knowledge and have heard and know the teachings of the Bible, have a thought process and lifestyle that corresponds to their pride and arrogance. Arrogance blinds us, so that we can not know and experience our virtues. Knowledge in the hands of a proud person is like a double-edged sword. When that knowledge is used wrongly, man can also harm himself. Did we not see the result of atomic energy being used for destructive purposes rather than, and now along with, it's beneficial uses? Therefore it is imperative that we keep

knowledge away from proud people. Anger also takes away from a person the ability to judge and choose correctly.

Those who impart knowledge to others, they also receive more knowledge. Without a doubt our teacher is Christ, because it is written:

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

Every single person should glorify his/her teacher: hence, it is also our duty to revere and to worship Him. Only through this worship is it that we become worthy for the “revelation”.

The experience of revelation occurs when:

- 1- We receive wisdom, which is divine knowledge.
- 2- We are able to properly differentiate between what is right and what is wrong.
- 3- We realize all of our faults.
- 4- We truly acknowledge and regret all the wrongs that we have done.
- 5- Through repentance we clean and clear our hearts and minds.
- 6- Henceforth, we live a life according to all the teachings of Jesus.

7- We are not just satisfied hearing Gods word, but we apply it in our lives and put it to work through us.

Knowledge is not just knowing what to do, but it is knowing how to implement it and put it into action.

Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like a man who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like.

But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it--he will be blessed in what he does. If anyone considers himself religious and yet does not keep a tight rein on his tongue, he deceives himself and his religion is worthless. Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world. (James 1:22-27)

In general, man fears death. In the face of death one should not lose his peace and tranquility. Everyone knows that sooner or later we will all die. It is important to rein in the thoughts and keep the mind under control and concentrated on God, instead of losing control of the mind and with worries also losing equanimity and the peace within. Wisdom should emancipate the individual from the snares of emotions and feelings, so that he can “dissolve” into the Spirit of God. This is easier said than done. It requires a life-long effort and preparation.

The true God-worship is like a man starting to swim in a river to reach the opposite shore carrying with him a block of sugar. The sugar, having dissolved in the water and having become one with the river, never reaches the other shore.

Knowledge is the first step in “finding” God, but the knowledge that does not lead to God is imperfect. Knowledge without God-worship loses its glare. People understand life according to their level of knowledge and their conduct in life also reflects their level of understanding. In the same way, man also understands God according to the level of knowledge he has. Before man gets some knowledge, it is important that knowledge finds him. The true knowledge

promotes humility and bestows true freedom. Man is an emotional being, it is natural for him to have feelings, but in the light of knowledge, it is his duty to bring them under control and should not allow himself to be swayed by them. Emotions and feelings are important and will always be present. Without emotions, man would not be any different from a wild animal. Divine knowledge, namely wisdom, is one of His graces that gives us the ability to control all negative emotions and thoughts and guides us to remedy and fix all our faults. According to the ancient Egyptians, the mind and the ability to think, parallel to the well known five senses, was a sixth sense. Their view was that all the senses including thinking had to be brought under control. It appears that in time man has given a higher position to the mind and thinking and has taken it out of the list of the senses.



MAN AND HIS CONDUCT IN LIFE

In my first book titled “From Light to Light” I had written about the various services of the Armenian Apostolic Church and how they represented the fall of man and his way back to God. Just as a reminder, the “Evening Service (Vespers)” represented mans realization of loss of bliss that he was living in. The “Service of Peace” and the “Service of Tranquility” represented our plea to God to keep us safe during our time of ignorance and grant us peace. The Nocturn Service” is an invitation for “awakening”. “The morning Service (Matins)”, “The Sunrise Service”, “The Middy Service” and “The Mass”, which is the zenith of all the services, all lead us to commune with God.

The purpose of the above repetition is to show the necessity of a step by step change in our conduct (the way we think, the way we speak and the way we act) as indicated by the succession of the various services. As “awakening” is a prerequisite before we are able to commune with God, the change of conduct in life is a prerequisite for the “awakening”. Because the “Nocturne Service” is an invitation for awakening”, before the actual service starts the priest as well as the congregation with their backs to the altar make their promise of change in their “lifestyle”, which basically is a resignation from all worldly pursuits.

“I resign from the devil and from all its lies, its illusions, its thoughts, its ways, its ill will, its malicious angels, its wicked officers, all those that carry out its ill will and all its lowly energies, I completely resign.”

After repeating this promise three times everyone in the church turns towards the altar. In this promise, which represents the necessary steps to be taken for successful union with God, it has been made very clear that everything worldly that appears to be dazzling and resplendent and we

seem to be attached to, is born out of evil will and thoughts and are illusory and do not represent “reality”. Will and thoughts are evil because they are born of the “devil”, namely our egos.

Man during his lifetime should always keep his equanimity. He should not be distracted and affected by the two extremes: ie. Extreme joy or extreme sadness, victory or defeat and even from the reality of life and death. His understanding and attitude towards life (his “lifestyle”) should transcend all these. This is possible only if the issues are not seen through the lens of his individuality. It is absolutely important that every person should carry out all of his duties impeccably and also to his best ability, but should never be attached to the results of his undertakings and appropriate them. To us, it appears that in general the causes of a deed and the result to be obtained are the driving forces that motivate us to work and complete the deed. The joy of anticipation of success brings with it also the fear of failure. Man always has the freedom to choose to act or not to act. The “lifestyle” that is the right path, the right way of living is not to fall prey to temptation, to be able to control emotions and to never sway from the truth.

Man in his life has five major responsibilities.

a- Responsibility to God: Every person that is born has a responsibility given by God that he has to fulfill in this world. All duties given to him, he has to perform the best way with joy and without owning up to the results. In other words, he needs to be a tool in the “hands of God”, because the result belongs to God. This means to be compassionate, merciful and having goodwill towards all.

b- Responsibility towards his teacher: Every person should thank, respect and worship Jesus Christ our teacher, for all the knowledge He has given us and through His example for showing us the proper way of living.

c- Responsibility towards his parents: It is the responsibility of a child to obey his parents and in their old age to respect and take care of them.

d- Responsibility towards society: It is every individual's responsibility to love everyone, help the less fortunate and to work towards the improvement of society.

e- Responsibility towards nature: To care and nurture all lives within the plant and the animal kingdoms. This is only possible by not polluting the air, the soil and the water and of course by not abusing the plants (clear cutting forests) and the animals.

As each planet has its orbit, also every single person has his own "orbit" within society. This encompasses his position, his service, his profession and all his responsibilities. All these represent his personal "orbit": hence, he should fulfill all that has been entrusted to him impeccably and perfectly. Life is not a chain of events that occur by chance. Life is an opportunity for advancement, an opportunity for "awakening".

It is our duty to see the Creation with our own eyes and also see God within that creation, because God also sees His own creation through those same (our) eyes. We should not block His view with our "lifestyle". It is important to learn from past experiences but one should not dwell in those experiences. Everything that happens in our lives is the result of our thoughts and deeds. In the spiritual path we are frequently tested just to show us if we have succeeded in emancipating ourselves from selfishness. When we observe our surroundings, we see that within the society, instead of love and sacrifice, in general deceit, selfishness and greed appear to be the "law" of the day.

In this world there is no absolute happiness or absolute suffering. We seem to rock back and forth between the two. Faith gives us the ability to endure the suffering and patience gives us the courage to wait for its end. The end of

difficulties comes at its appropriate time, because all the good or bad happenings in our lives are not haphazard left to chance. They all have, imbedded in them, a hidden lesson for us to learn from. The sooner we learn our lessons the sooner they disappear.

The person, who has chosen the path of truth, undoubtedly will always be just and righteous but should also oppose unrighteousness. One of the major purposes of life should be the improvement of society in general. When a wise person comes face to face with a difficulty, he tries to overcome the difficulty with introspection. On the other hand, an ignorant person uses anger and violence. Those who harbor hatred and envy in their hearts actually harm more themselves than others. To succeed in the path of “Truth” is given by God to those who deserve it. Whatever happens to us, good or bad, must happen and is not chance. The bad happenings are there to caution us and to teach us and the good is to test our humanity and humanitarianism. In general man, because of his stubbornness and pride, does not see or understand the reason for his failures. He does not want to hurt his ego. Pride takes away intelligence and the ability to logically reason. Only those with “pure heart” can understand other’s pain and suffering.

Blessed are the pure in heart, for they will see God. (Matthew 5:8)

As the descendents of St. Vartan, our Avarair* is this earthly life, this is our battleground. Just like him we also, with “pure heart”, should take part in this battle with courage: Courage and perseverance representing the two wheels of our chariot and righteousness and virtue our flag, determination, self-control, goodwill and non-discrimination the four horses, forgiveness, compassion and inner peace the reins, worship of God the charioteer, control of emotions our

* Religious war of 451 when Persians tried to force the Armenian to change to their religion. The Armenian army was decimated but the religion did not change.

shield, satisfaction our sword, wishing-well our axe, logical thinking our spear, wisdom our arch, calmness, duty and alertness our arrows, and Jesus Christ our impenetrable armor.

As indicated in chapter VIII of this book, every person has a silent inner voice. Arrogance and pretence block this voice and they say that to be virtuous is a snare created by the weak and we should not be tricked and fall prey. Before a final “fall” of a person usually the mind loses its equanimity. Both the good and the bad are present in each individual. It depends on us as to which of the two we choose. It is possible to wake a sleeping person, but who can wake up a waking person who is asleep.

A person during his life holds certain positions and has various relationships. These are:

1- One of these positions is friendship. A true friendship is sacred and does not seek personal gain. It never hesitates and knows only absolute trust.

2- The second relationship is that of the family. The family is a small organization. It is every child's right to receive love from his parents. Along with love also the teachings and the examples to be able to develop an exalted nature and a conduct in life that is in line with Jesus' teachings. At times dark clouds block the light of the sun. We all have heard of family situations that are far from the perfect path even to the point of infanticide. In a family, before anything else, peace, understanding and trust, which are most important, should rein. A child does not have the ability to reason because the brain has not fully developed yet; therefore children learn best by seeing and by examples. Considering the fact that the first teachers of a child are his parents, it is the duty of the parents to always be loving towards each other as well as showing respect to each other. All their words and deeds should not deviate from the truth. In other words, regardless of the circumstances they should

never lie and they should always be gentle towards everyone and be a well-wisher and also they should be compassionate. No doubt the verbal teachings are important and have a place in a child's proper rearing, but they should be complemented with personal examples, especially indirectly. According to the Bible a little spanking also has its proper place. The purpose of spanking is not to cause bodily harm or pain, but rather to hurt the child's ego. When the spanking occurs as a result of a bad word or deed that the child has spoken or done, it plays a major role in instilling in the subconscious of the child and teaching the meaning of Jesus' teaching: "You reap what you sow". Inappropriate spanking is wrong, because the child (and his subconscious) get confused and is of no help, because the child does not get a teaching out of it. To spank a grown child is wrong. When a child reaches the age of reasoning, the time for spanking is over. At this age, the duty of the parents is to caution them. Always with love they should remind them that they will reap the results of their thoughts, words and deeds that they sow. Parents should never show displeasure, discontent and dissatisfaction and complain in the presence of their children. Instead they should always give thanks to God, regardless of what situation they are in. Parents, without forcing indirectly, should instill in their children the idea of God-worship in its many facets. When the relationship between husband and wife degenerates and they no longer respect each other, their peace of mind also disappears. Along with the loss of mental peace, they also lose happiness, wisdom and the ability to judge and choose correctly. The individual becomes depressed and may in fact come face-to-face with the idea of death. Unfortunately a few choose a way out through suicide. The situation is also the same when an individual's relationship with the Christ within degenerates. His downfall also becomes inevitable and he comes face-to-face with his spiritual death.

3- The third relationship is that of a teacher and a student. Who is a teacher and who is a student? The person, who lets go of his ego, is a student. Without an active ego, the person will be humble and meek, therefore receptive and ready to learn. The person, in whose presence the student lets go of his ego, becomes his teacher. The true teacher will teach only the way of the Truth. He also gets rid of fear, anxiety and worries. The true teacher inspires the student to have full faith and full respect in his teacher. In the life of an individual, after his first teachers, namely his parents, come the teachers he encounters in his school years. They teach only what is necessary for a successful physical survival.

Every person that we can learn something from can be our teacher. There are some that consider themselves teachers. We should not forget that a student very quickly will figure out the ability of a teacher. Sometimes small children can be the best teachers because they have no deceit and always speak the truth, but usually grown-ups ignore them. Nature is the best teacher. If people were open minded, attentive and wanted to learn from Nature alone, they would not require any other teachers. But this requires respect for the Nature and faith in God, because Nature is the expression of God. It is appropriate at this time to give an example: When we throw a stone to a fruit tree, in return the tree gives us a fruit. This simple scenario can teach us the following lesson: When some person has some negative dealing with us or says something bad to us, we should reciprocate that with a positive deed or a loving word. The true teacher is God, the Christ, therefore Jesus said:

"But you are not to be called 'Rabbi,' for you have only one Master and you are all brothers....Nor are you to be called 'teacher,' for you have one Teacher, the Christ."

(Matthew 23:8 &10)

Christ never imposes “himself” as teacher on anyone. It is the student that looks for Him and finds and chooses Him as his teacher through proper conduct in his life, through humility, meekness, faith and reverence. From this, within our culture, we have developed the tradition of always respecting all our teachers throughout our entire life. Today, in general, especially in the west, this respect seems to dwindle and disappear.

For a teaching to be successful, there are two requirements. The first is that, any teaching done by any teacher to be successful requires that the student acknowledges and accepts the teacher as his teacher. Christ is always ready to teach us, but we, on the other hand attached to our egos, ignore and do not acknowledge or choose Him as our teacher. The second requirement is that the student should have an open mind. When the mind is full of various beliefs and thoughts, it can not learn anything new. Man usually is not ready to learn new viewpoints or new ways. People usually consider their beliefs to be absolute truth and all else is false. Thus having closed their minds are unable to learn anything new. In my medical profession, I encountered this truth. When I used to teach, I preferred students that did not know rather than ones who knew the wrong information. It was much harder teaching the latter one the correct information.

4- The forth relationship is the one of a soldier with his duty. Every person has the right and the responsibility to safeguard his nation and country. For the purpose of conquering others or to be a mercenary and fighting for money are wrong. If the world had been perfect, there would be no need for armies or soldiers. Unfortunately humanity has not reached that level yet. Therefore sometimes for self-preservation and protection fighting becomes essential. The soldier should not be fearful but rather should be courageous,

because fear takes away all his energy and abilities. A soldier should not be a traitor. For a soldier to fight out of arrogance or to fight just to show off, is wrong. A soldier has to participate in the war because it is his duty and his purpose should be to do his best at all times. The true victory will be his if and when he is able to discern between justice and wrong reasons, goals or actions and never crossing the line of proper conduct. There are two requirements to win a war: Faith in God and enthusiasm. When the enemy pleads for mercy, he should not be cruel and pitiless. He should not wound or kill an unarmed opponent. He should not consider himself a hero, because without God's grace, he could have done nothing. It is very apropos to find and listen to the talk given by Karekin I Catholicos of all Armenians to the soldiers going to war to protect their country against the invaders in Karabagh.

5- The fifth relationship is that of those who govern and the general public. Those who are "public servants" and specially those at the head of governments, such as king or queen, president, prime minister or even just CEOs of corporations should never blame the conditions of the country or the corporation on previous governors. The past can not compete with the present. Their responsibility and duty is to improve the situation. The truth or the right way are not just lip service or a ritual, rather they are responsibilities. They are the recognition of the rights of everyone else. Politicians always promise but in general they never realize or fulfill their promises. They should respect truth. The powers given to them by their positions make them blind and they no longer see the truth. Therefore they also lose their wisdom and reverence. They think that they are powerful; they forget that all power is given by God. They do not realize that time is much more powerful than they are. Leaders should know their limits and should never

cross them, but power always seems to corrupt them and lead them to failure. The leader that has feelings and feels the pains of the public, never crosses his limits, and trusting God's providence, continues to perform his duties impeccably and socially improves the country or the corporation he is leading. When all his actions are a service to society at large with full self-control, forgiveness and good-will, with God's grace he will always succeed. Power is not the measuring stick for justice, but rather it is there to safeguard justice. If that power given by one's position is used for just and sublime undertakings, it also makes the user of the power sublime. Those who win should be humble rather than proud. When power is given to an ignorant person, as a result of the wrong usage of that power, he will harm himself as well as others causing devastation all around. What was the end of Hitler? What will be the end of the Turks?

Sometimes people, for various reasons and certain selfish expectations, stray from the right path. Poison is sweet but kills. The leaders of a country, an organization or just a family do not just represent the people, but they are also part of them. These leaders should be ready to sacrifice themselves for the family, organization or country. How the world has changed. In the past, when a kingdom went to war, the king would lead the army, but now the leaders stay away from the fighting in a far away place and in a most secure location.

Those who govern should not use punishment haphazardly, they should be just and compassionate. A perfect leader or governor should live as an ascetic. This asceticism is not the physical type, withdrawing from society and going to a cave in a mountain: rather, this is withdrawal from all selfish desires and personal gains. As the ascetic dedicates himself to God, a leader should dedicate himself to the people he governs, or better yet to say, serves. He should not

show favoritism to some and ignore others. For him everyone should be equal. Today we often notice that those elected into office show favoritism to those who contributed to their election campaign. They appear to be more loyal to their parties rather than to the country or to the public. Was the situation also not the same for the Armenian parties? They divided the public rather than uniting them. It appears that the leaders of countries, organizations and even churches care more about their own profits rather than the improvement within the society. The end of this type of conduct can never be pleasant. Is it possible that soon we will lose our tiny but free Armenia in the near future?

Leaders also have the duty to take care and safeguard nature. Unfortunately when companies, for a bit more profit, pollute the air, the water and the soil, the government turns a blind eye. This is a form of the favoritism mentioned above. The prevention of such pollutions is the duty of a government. This shortcoming of theirs hurts them as well as all of humanity, the animal kingdom and the plant kingdom. Cancer has become the number one killer; one should not wonder why. We are the architects of our destiny.

Simply, mortal man's thoughts are mostly centered on objects (on the objective) and he develops a certain attachment to them. This creates in him the desire to possess them. When he fails to realize these desires, he becomes angry. As a result of anger he also loses wisdom, as well as the ability to judge and to choose properly. When intellect also starts failing, his mind becomes unstable and his downfall becomes inevitable. Temptation also interferes with the proper functioning of the intellect. Without his intellect, man loses his peace as well as the ability to discern peace from anxiety. This obviously leads to unhappiness and misfortune becomes his shadow.

A person should have full control over his senses and

emotions. Along with the usual five senses he should also be able to curb and control the sixth sense, namely the mind and should have full dominion over his thoughts. He should not let his emotions and thoughts control him. A mortal man is always in danger of being tempted because he usually is governed by his own emotions. He wants food because he is hungry, or water because he is thirsty, or a shelter to have a safe environment from the fury of storms. All his thoughts are self centered. The person with the proper view in life has thoughts that are altruistic. When an ignorant person needs wood for the fireplace, he cuts the trees indiscriminately without any regard. On the other hand, a perfect man takes into account the health of the trees and the forest and cuts wood accordingly. The perfect man is also faced with difficulties like everybody else, but he tries to find a solution for the benefit of all. He also feels hungry, but he tries to find a solution to dispel the famine for the benefit of all. The emotional person also has the ability to make himself perfect. The emotional man is like the waters of a river. It rapidly flows towards the ocean and at the end “wastes” all of it’s waters into the ocean. The perfect man is like the waters of the ocean and knows his limits and limitations and never crosses it. The flood of desires and wants flows as a river within the mind of the individual and the individual does not know where it will take him. The perfect man can also have similar desires and wants, but as the ocean he “swallows” them all and is not affected by them, never crossing his limits.

Joy and sadness, happiness and suffering are the two wheels of the chariot of human life. Undoubtedly we have all experienced both happiness and sadness. These are all dependent on the past thoughts, words and deeds of the individual. The one who still keeps his faith even in the most difficult times of his life is the true spiritual person.

In general, man is subject to three types of suffering:

1- Physical pain, which takes away his smile.

2- Mental suffering: When our desires and wants are not fulfilled, or as a result of a loss, we tend to lose our peace and happiness.

3- The suffering of disagreement: When a person within his family life or with friends develops disagreements, the peace and the harmony in the family or the friendship also gets lost. This also takes away one's peace and in fact prevents the pursuit of the spiritual path. For every person, the most essential thing in life is to assure and keep mental peace. For most people during difficult times and during suffering, it becomes difficult to keep the mind under control and peaceful. Just a simple realization of this loss itself can bring with it a certain amount of peace and happiness to the person. Man needs only two qualities:

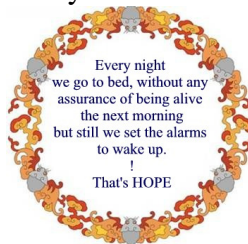
1- To have faith: Devotion is the result of faith. One should have faith that all is well and is as it should be (not necessarily as we want it to be). Whatever the situation, it has to occur and it is for our own good. Therefore, instead of complaining of difficult situations, we should see them as lessons being given to us and try to learn from them. Also to have faith that Christ within, at the proper time, when we have learned our lesson, will resolve all the difficulties. Otherwise until we learn our lesson similar difficulties will keep on repeating in our lives, just like a student that does not pass the exams repeats the same class.

2- Patience: When one has patience, he does not lose his equanimity and peace. He knows very well that all good or bad situations are temporary and some day will come to an end. The perfect man, energized by his faith, patiently waits for the end of a bad situation that is determined by his fate. All those who have faith and never lose their faith and with patience wait for the will of God, see everything as being perfect.

MAN AND HIS FATE

If every person, independent of his own will, is subject to a destiny or fate given to him by God, this would make life meaningless. Therefore man is responsible for his destiny. The significance of destiny is that only God knows all the occurrences and experiences in our lives that we are to encounter. Each individual is like a drop of water in a large ocean. Only God knows what will happen at a given place within the ocean. Man is unable to see and make the connection between his thoughts, words and deeds and his destiny. Arrogance destroys understanding and prevents us from seeing this connection between the two. This does not mean that we are not the architects of our own destiny or fate. When we create our fate with our thoughts and deeds, God does not prevent us but often cautions us not to carry out the deeds that will harm us in the future. Unfortunately, most of the time we ignore that “inner voice” and we do not correct our ways. Our future is in our hands. Surprisingly, man usually considers negative experiences as fate or destiny given by God and blames God for them, even sometimes pointing his index finger to the sky. He does not realize that when one finger is pointed to the sky, the other three fingers are pointed to him and are showing him as the cause.

Whatever we sow, that is what we reap. Therefore man is the god of his luck. It is impossible to change our fate; even God does not interfere, because it is written that the sin against the Holy Spirit is unforgivable. Hence: it is better not to create a negative destiny for ourselves.



MAN AND HIS SIN AND REPENTANCE

Man is a social “animal”. Society is not part of us, but we are part of society. That which is beneficial for the society is also beneficial to us. Within the society, each one of us has an obligation, a duty to perform. Therefore, for the betterment of the society we should all perform the duties assigned to us impeccably. This is the only means to salvation. With this in mind, Christ has said the following:

"I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me." (Matthew 25:40)

"I tell you the truth, whatever you did not do for one of the least of these, you did not do for me." (Matthew 25:45)

All deeds performed for selfish reasons and for personal gain, step-by-step, take us away from the path of salvation. Temptation and the results of the above mentioned deeds that are the result of selfish tendencies lead us to more wants and more accumulation of worldly goods and get us attached to them. As mentioned before, temptation destroys wisdom and intellect. Any person that becomes selfish has committed a sin.

When we do not participate in the wheel of life, namely the way of the nature, our lives become meaningless. Every individual, within the grand scheme of nature, should find and know his duty and contribution and perform in this world accordingly. Unfortunately man's selfishness forces him to expect a recompense for his deeds. It is this mentality that separates the individual from society and pushes him deeper into a cycle of gain (profit) and loss. Those who have selfish thoughts, even without any deeds, have already sinned. Every time that we are tempted and we consider our selfish gain above that of the society, we crucify truth. Following and defending the truth can never be bad or cause any harm.

The person who is arrogant as a result of his pride with regards to his ethnicity, his nation, his country, his religion and even to his sex is a haughty, ignorant and stupid person.

Do you know why the devil is represented as a black “person” with two horns and a tail with an arrow-head at its tip? Its dark color represents ignorance, in other words the absence of the light of wisdom. The two horns pointing outward represent the direction of its mind, outward towards worldly pursuits. The arrow at the tip of its tail represents the direction and pursuit of the sexual pleasures of the flesh.

The devil is not an entity separate from any individual. It is the person’s own ego that takes the individual away from the right path. Usually man instead of owning up to the negativities in his life and correcting and mending his ways, has created an external devil and for all calamities in his life, is busy blaming it.

The luck of an evil person will always be bad. Because of humanity’s selfish ways, all of nature also is progressing in many directions, instead of all progressing only in one direction towards God-revelation. It is the mind of a person that causes him to veer away from the path of humanism. No one should consider others of different creed, religion or ethnic group as his enemy. The true and the greatest enemy is within himself, his ego. When one causes pain or suffering to another individual, he has already sinned. Prejudice and iniquity always leads to sin, and sin in turn leads to all sorts of corruption. Corruption in turn, either within society or within the individual, leads to tyranny. Embedded within the sin of a sinner, there already is the seed of his destruction. Vanity and ambition are blocks in the way of prosperity, peace, happiness and tranquility.

Within the life of an individual or a society if there always appears to be difficulties in realizing a good worthwhile project, it tends to indicate that there is the need

for a fundamental change in either the individual or the society.

The minute one becomes aware of his mistake and the sin he has committed, the doors of God's compassion and forgiveness start opening. Repentance is taking away the mind from its worldly pursuits. Repentance is the beginning of God-worship. Within the silence of repentance, one changes his suffering and sadness to worship and every drop of his tear becomes a pearl of worship.

Peace and salvation are interdependent but they are not the same thing. Peace is the result of "right living" and it is the product of the mind and some day will come to fruition. Salvation is the result of devotion and God-worship and it is a grace given to the individual by God. This is possible only through total surrender to God which means completely ignoring our egos and its pursuit, the "world". The mind, centered on God, should consider Him his Lord, his Friend and his Lover. One should work in such a way as to offer all the results of his efforts to Him. Up to the last breath we should continue this servitude. Man, due to his fall, has forgotten the presence of God within himself. Those, whose minds are constantly centered on God, will undoubtedly find Him. The way one approaches God and whatever emotional tie one has with Him, determines how one will also find Him. He will "see" Him as Lord, Friend or Lover. For this to happen, the absolute "death" of the ego is essential. In such a state, love and bliss automatically pour into the individual, because they actually are the true nature of the true Self (higher Self) of the individual. God reveals Himself in the same manner to everyone, but we see Him all differently. Moses saw Him as the burning bush that would not consume. For Abraham, He was a heavenly voice. For Balaam He was the talking ass. At the time of Jesus' baptism, He was a dove. During the Pentecost, He presented as "flaming tongues". For Paul on the way to Damascus, He presented as lightning

and a voice from heaven and to Stephen, He presented as a King sitting on His throne and on His right side, Christ.

A duty is not a religion or a faith, but should be performed with goodwill and charity. The same duty performed with wrong reasons may give rise to sin. One should never forget that at the end, truth will always be victorious. Considering the fact that humanity's conduct appears to worsen from day to day, one may think that God is oblivious and indifferent of all the wrongs going on in the world. Some as a result of this apparent indifference conclude that God does not exist. God is compassionate and loves humanity, therefore is very patient and gives man multiple opportunities to repent and mend his ways and delays any interference. But man, instead of repenting, plunges himself into even deeper ignorance and tries to dominate all with tyranny. When the threshold of tolerance is reached, out of compassion God takes human form, as with Jesus and sows the seeds of love, compassion and truth into the hearts of man.

When we consider sin and repentance we should have a proper and complete understanding of the following verses:

“Truly I tell you, people can be forgiven all their sins and every slander they utter, but whoever blasphemes against the Holy Spirit will never be forgiven; they are guilty of an eternal sin.” (Mark 3:28-29)

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

“And so I tell you, every kind of sin and slander can be forgiven, but blasphemy against the Spirit will not be forgiven.”

(Matthew 12:31)

In general there are three major types of sins that one commits.

1- Sin against God the Father: Those who do not believe in God, or they believe but they get angry at Him and even at times swear at Him, as well as those who do not see His wisdom (knowledge), His love and His beauty within the creation have all sinned against God the father. But when the individual realizes his folly and truly repents (not lip service repentance), God forgives all these sins and cleanses him. God is compassionate, merciful and forgiving, therefore receives him with open arms as depicted in the biblical parable of the “prodigal son”.

2- Sin against the Son of God: All those who do not put to practice what Jesus Christ has taught are sinners. What does this mean? Christ is present in each individual as his spirit. Hence: we all are children of God and have the capacity, the ability and the means to be His children that He is pleased with. Every single person’s spirit is a part of God. When we give the reins of our lives to our egos, we commit a sin against the Son of God. But, at the moment we realize our mistake and repent and take the reins from the ego and give them to our real self, the Christ within and henceforth live fully according to the teachings of Jesus Christ, our sins against the Son of God get wiped out. Without following and living according to the teachings of Jesus Christ, it is impossible for us to take the reins away from our ego and give them to the Christ within.

3- Sin against the Holy Spirit: According to the quotations above these sins are unforgivable. What could be the sin committed against the Holy Spirit that should be unforgivable? In the chapter titled “Science and Religion” of this book, we saw that the whole of the universe is formed by the energy of the Holy Spirit. Whatever exists within the universe is an expression of God’s energy, namely the Holy Spirit.

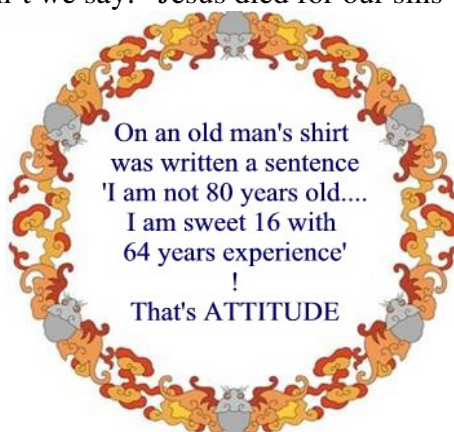
This expression represents the totality of the cosmos which includes all of nature, the plant kingdom, the animal kingdom and of course all of humanity. Therefore, any negative deed towards any one of these is considered as a sin against the Holy Spirit. Therefore they are all unforgivable. The unforgivable nature of this sin is told to us in other forms as well:

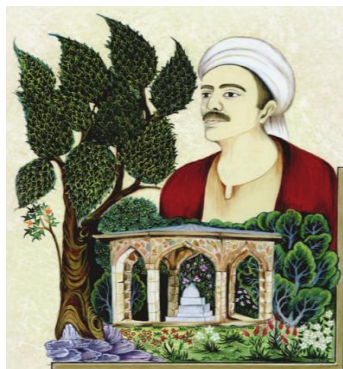
Do not be deceived: God cannot be mocked. A man reaps what he sows. (Galatians 6:7)

Because all of the creation represents the energy (power) of the Holy Spirit, to cause any type of injury to anything within the creation is actually causing the injury to the energy of God, namely the Holy Spirit. We should not forget that we also are the result of that same energy. Therefore any type of injury caused to any person or any aspect of nature means injuring the energy that is forming us, therefore we are actually injuring ourselves. This is the meaning of the law “you reap what you sow”. When it is said: “even God does not interfere with this law”, this tends to indicate the unforgivable nature of this law. These sins become our “trespasses” and all negative happenings in our lives are the result of these “trespasses”. That which man does not learn with words, he will have to learn experientially. In one of the quotations above it is mentioned: “they are guilty of an eternal sin.” One usually thinks that he will suffer as a result eternally, meaning during an unending time. Eternity is not unending time, but being outside of the dimension of time, in other words being timeless. Yes those sins will be our trespasses and even after the death of the body they will remain within our souls until they are redeemed. When the body dies time also ceases to exist. We should not forget that energy contains information. When that soul takes another human form, that body will be according to the information

contained in the energy forming it. This is the reason for the variation in all births.

Our bodies are also formed by that energy. When we abuse our bodies, such as by smoking or gluttony, we sin against our bodies, even when we realize our folly and mend our ways (repent), the damage caused by previous indiscretion continues to persist and may be cause of illness in the future. The illnesses caused by the above “sins” today’s science of medicine has categorized very well. Due to vascular blockages one may suffer heart attacks or cerebral strokes. As a result of smoking, one may also be subject to cancer. All illnesses have a strong relationship with all our “indiscretions”. Therefore whatever we do, we do it to ourselves and we harm ourselves. Also any injury we cause to others, again we harm ourselves. To what degree we harm the environment (nature) to the same degree we harm ourselves, because whatever we do to them, we do it to the energy that is forming us, namely to the Holy Spirit, and this sin is unforgivable. The unforgivable nature of this sin is so obvious when we see that when Jesus forgave the sins of many, the trespasses (the payback) did not disappear, but because of His compassion and mercy He took them upon Himself. Don’t we say: “Jesus died for our sins”?





YUNUS EMRE

**The purpose of knowledge is to
know.**

**True knowledge is self
knowledge.**

**If a man does not know
himself,**

**What good is all other
knowledge he accumulates?**

(LOVE FOR GOD)

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

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

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

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

Yunus Emre

Translated from Turkish



- IV -

SICKNESS AND DEATH



SICKNESS & DEATH

SICKNESS

“Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.” (James 5:16)

“Later Jesus found him at the temple and said to him, ‘See, you are well again. Stop sinning or something worse may happen to you.’” (John 5:14)

“Jesus called his twelve disciples to him and gave them authority to drive out impure spirits and to heal every disease and sickness.” (Matthew 10:1)

From these verses we surmise that the illnesses that occur in our lives are the result of our sins. According to the first quotation, it appears that to be cured of an illness, the first step is to repent and confess our sins. Of course it is also essential not to repeat the same sins. According to the second quotation, it appears that if the sins continue we can be subjected to worse ailments. From the third quotation, it becomes clear that the causes of illness are the “impure spirits” that represent our “deadly sins”. Whenever Jesus healed, he used to say: “Your sins are forgiven”, and due to His compassion and mercy, He, Himself used to take onto Himself the negative results caused by the individual’s sins. Is it not said that “Jesus died for our sins”? He bestowed this mercy on us even after His resurrection and ascension with the proviso that we believe in all that He said and implement all His teachings in our lives. It is not enough to just say “I believe therefore I am saved”.

How can a sin be the cause of an illness? Illness affects the physical body and represents some type of derangement of the harmony that naturally exists in the body. On the other

hand, sin appears to function in the realm of morals and ethics. It does not appear to have any connection with the physical body. Of course there are certain sins that have direct effect at the physical level, such as smoking, alcohol, psychotropic drugs as well as gluttony. In the four Gospels we never encounter any indication that Jesus was ever sick. We can safely assume that this was the result of Him being without sin. As a doctor, I have had the opportunity to treat many sick patients, some after the initial treatment have remained healthy for many years and in some others, the illness has constantly repeated over and over again. Of course, based on present day medical knowledge, we can easily find a good explanation for this type of variation. The individual's genetic makeup, that he/she has inherited from his/her mother and father, is the foremost reason. But, is it not interesting to note that between five brothers and sisters, one is always sick and the others never get sick? Sometimes the opposite is also true. Four of them constantly suffer diseases inherited from their parents (example-Diabetes), but one never gets sick despite eating a lot of sweet foods. We tend to justify this by saying that, that person just by luck has inherited good genes from his/her parents. But independent of the individual, is there such a thing as "luck" or "fate" within the universe? If such things existed God would not be just. Therefore what we call "fate" or "luck" are the results of our own behaviours. Is it not said: "You reap what you sow". If we accept this as an absolute truth for all adults, it would still be logical and appropriate to question as to why some are born sick and why sinless babies get sick.

Then, what is the association between illness and sin? In the first two chapters of this book, it was presented that the whole of the universe was created by the Holy Spirit which is the energy of God and it is that energy that permeates everything, of course also us, and every single individual as

well. Therefore within the entire universe everything that we see, touch ..., everything that we are aware of with our five senses, it does not matter that it is solid and represents matter, it is only the same energy. In the first chapter we had also noted how the frequency of the energy changed the appearance of matter. Hence, every individual's soul, when it returns to God, contains information according to its vibratory frequency similar to radio waves that are broadcasted contain information. This information is the result of the individual's conduct in life. It is determined by his worldly life prior to the death of the body. The soul, that survives the death of the body, is part of the "Energy of God" which is the Holy Spirit. According to God's will it may reincarnate again. In the following verse we see that Levi was only a "sperm" in the body of his father, when Melchizedek who also appears to represent Christhood met him. Hence, individual souls exist before incarnation.

**"because when Melchizedek met Abraham,
Levi was still in the body of his ancestor."**

(Hebrews 7:10)

Each soul's energy contains information left over from previous incarnations. When that soul reincarnates, it forms an individuality and a body according to the information contained in it. This is the reason for the multivariate births. Otherwise God would be unjust. It is true that a person's individuality (Ego) dies with the body and it will never return, but the soul belongs to God and is one with God's Spirit which becomes our Spirit. Hence the Spirit can take a new body, or probably best to say becomes a new body. If an individual through proper living and with the Grace of Christ receives salvation, his/her individuality remains attached to his/her soul even after the death of the body. In such a case that soul would not be free to reincarnate, unless with his/her free will reincarnates only to serve God's will.

The energy of the Holy Spirit flows incessantly in the

universe as well as in us. But what amount of energy and what frequency of energy that will flow into us depends on us. It depends on the way we conduct ourselves, our thoughts, words and deeds, in other words, it depends on our “sins” and “virtues”. The energy flow occurs from above and flows downwards and distributes to all parts of the body via the different chakras. This ensures balance, harmony and health within the body. If and when a chakra is not functioning properly, which means some type of resistance to the energy flow or improper wastage of energy, it can not supply the necessary and appropriate energy to its domain. In time this problem that exists at the energy level also starts affecting the physical parts in that area, which we call illness. For this exact reason, when Jesus healed the sick, He used to transfer energy from himself to the sick person. When the energy imbalance is fixed, the physical illness automatically improves and disappears. At times such unexplained cures astonish the doctors. In medicine this is called “Spontaneous cure”. One should not forget that every single cell of his/her body and every single molecule of each cell and every single atom of each molecule are all formed by that same energy. Is it not true that most illnesses are the result of the malfunction of some cell or cells? Why do these cells malfunction? They malfunction because they do not receive the appropriate level and type (frequency) of energy. They do not receive the appropriate energy, because we do not allow that energy to flow into us. Hence, all the illnesses we are subjected to are the result of the quality of energy (frequency) forming our energy body, based on the information contained in our soul at birth and the way we carry ourselves in this world. We have the ability to increase the energy flow in us and also to benefit from higher frequency energies, even if it was not ideal at birth. As the character of an individual depends to some degree on heredity and to some degree on the

environment, in the same way the health of the individual is dependent on both heredity and environment.

The following is the result of a research that shows the effects of both heredity and environment on the health of an individual.

A Canadian North American Indian tribe was studied. Over centuries, according to the laws of evolution, a special gene had prevailed in the individuals of this tribe. This gene had assured their survival through difficult times. Over 100 to 150 years ago their way of life was nomadic. They used to follow the herds of bison that was their staple food source. They used to pitch their tents and to look for more food they picked up the tents and traveled looking for the herd. Especially during the winter months, sometimes they had to travel long distances before finding the bison. This gene gave them the stamina and assured survival during periods of starvation. Today members of the same tribe go to the corner store by skidoo. The majority of the members are developing diabetes and coronary heart disease in their 30's and 40's and are subject to premature death.

This example shows how the inheritance and environment interact. Was this specific gene that they had inherited from their parent's a curse given by God or a blessing? The answer is very simple, it depends how they live. In the same way, in spiritual matters or probably better to say, at the energy level also, everything that happens to us depends on us, on how we live. Today's "medicine", which we consider very advanced, is actually very primitive and tries to cure the physical ailment after it occurs. This is akin to buying a new car but not rust-proofing it and a few years later constantly trying to repair various rusted spots. Would it not be better to have taken the appropriate measures at the

start so that it would never rust? Would it not be better if doctors also did the same and prevented the illnesses rather than treating them after they occurred? Jesus was a teacher and a healer. Should not our spiritual teachers (priests, ministers) also become “healers” by teaching us how to prevent disease at the spiritual (energy) level?

What is known by the general public to be the “Star of David” had pre-existed many centuries before in Armenia. This “star” represents two triangles, one the peak pointing up and the other pointing down. This has two meanings. The first meaning is that the triangle with the peak pointing down represents “incarnation of God” and the triangle with the peak pointing up represents “God revelation through man”. The second meaning is simply “as above so below”. Therefore, if we are careful, by observing our environment and nature, we may learn a lot. We should not live a superficial life. Let us consider something that we all are familiar with; our bodies. When the cells of a part of the body ail, don’t we take care of them and treat them? When the “sins” of these cells become unbearable and threaten the survival of the individual, don’t we surgically remove them? Sometimes the treatment may not be pleasant but it is for the benefit of the total individual. Similarly, every single individual represents a cell in the “body of God”. Hence, the negative happenings, defective births or illnesses that we experience in our lives are nothing but the unpleasant treatments of the sick “cells” (us) at a macrocosmic level. If during future reincarnations of our souls, we do not want to be subjected to similar experiences, we should accept all these negative experiences with open arms and learn from them with the purpose of self-improvement. The unpleasant experience belongs to the “below”, for the “above” it is treatment. Hence, we should correct the way we live because it determines the quality and amount of energy flow in us.

This energy flow is real despite the fact that some may refute its existence. I can reassure you that it is real because I personally have felt and palpated its pulsation. At first, I was also skeptical, and even when I felt the pulsation, I thought it must be some arterial pulsation that I was feeling. But, I was curious enough to take my stethoscope and listen to my heart at the same time. To my surprise the rate at which my heart was beating and the rate of this pulsation were completely and totally different from each other, therefore it could not have been an arterial pulsation. The old Tibetan and Chinese medicine used this energy pulse to make diagnoses. Unfortunately, I do not have the knowledge of using this energy pulse for the purpose of making diagnoses. This knowledge is gradually disappearing, even in China. In classical Chinese medicine the body is divided into magnetic meridians. They more or less correspond to the distribution of the nerves. We should not forget that nerves function by conducting electrical currents. Information from our environment reaches the brain through our peripheral nerves. It is also well known that every electrical current creates a magnetic field around it. It is also well known that every pulsatile magnetic field creates an electrical current. An electrical current also represents the flow of electrons, and every electron is nothing but a small “bundle” of energy.

The purpose of presenting all this is to show that all our experiences (good or bad) in our lives have a direct connection with the energy and are the result of it. Because we have the ability to determine the amount and type of energy flow into us by the way we conduct our lives, we also have the ability to prevent or to cure disease within us. Does not the sacrament of the sick also serve for this purpose, by imparting additional energy of the Holy Spirit to the sick? Of course, if the person is receptive. Hence, we should all examine our lives and lead a life that is pleasing to God, in

other words, follow in the footsteps of Jesus and follow His commandments.

How should we accomplish this change in ourselves and in the way we conduct ourselves. In the second chapter of this book, it was noted that the priest performing the sacraments should be a mystic. In the same chapter, the requirements to be a mystic was expounded. At this juncture, it would be appropriate to repeat the qualities of a mystic and also add more information as well. The true mystic knows that only the true Self of the individual knows all and is conscious of all. Also knowing time, the Self objectifies time as well; hence, It is eternal and lives only the present, meaning the mind It controls is centered only on the task at hand. Such a mind also objectifies his experiential self, his individuality. Such a person knows that it is impossible to know the true Self. The true Self is the Son of God, the Christ; hence, It transcends all our human characteristics and is not subject to them. It, being common to all, sees all individuals as himself. To be a mystic is the duty of every individual. This is to respond positively to God's call. It is to understand the invisible within the visible and by the visible. The mystics are those who see God in all of His mysteries. Each person despite continuing his daily activities and completing all his duties and tasks, can still be a mystic. This requires spiritual awakening and meditation. Meditation is not a fleeting unimportant undertaking. It is a scientifically, practically and experientially proven method of achieving spiritual awakening. For its success one needs faith, patience and perseverance. The gifts of the Holy Spirit are God's energies, and the mystic has the ability to mobilize these energies. Because of this, it is essential for the priest, performing the ceremony of the Sacrament, to be a mystic. Every person's aim in life should be to live truthfully and to live "consciously" (see chapter VIII – part 2) and to strive for perfection. Everyone is searching for God, but surprisingly

they do not want to find Him because they know very well that if they find Him, their lives will change completely. With a higher level of consciousness comes also greater responsibility. Because of this added responsibility, many are satisfied with just a simple belief system which is passive, rather than choose faith which is active.

Some may believe that to be a mystic one has to renounce all worldly activities and become a hermit, therefore they can not reconcile becoming a mystic with their worldly duties; ie: family, work etc. The renunciation should be mental and not physical. It should be through change in mental attitude. Anyone can become a mystic and also perform all duties and requirements. In this vein, it is important to ask the following questions and the person himself should find the answers, because the answers are unique and private and belong to the individual asking the questions.

a- Why was I born?

b- What is the purpose and meaning of life?

c- How can I serve?

If the individual is serious about finding the answer to these questions, he/she needs to strive to and succeed in realizing a change in his/her self. For the success of such a change, one has to understand, make part of one's daily life and carry out the following:

A- Self-examination: Without self-examination and self-criticism, one can not correct the errors and faults in his/her behavior. It is only through this critical self-examination that one can develop meekness, dignity, honesty, honor, respect, harmony or reconciliation, perseverance and patience. It is important to note that these are all the gifts of the Holy Spirit. Self-examination is the individual's accountability to his/her soul, the Christ within.

B- Praying: Prayer is the key for the individual to commune with his/her soul, the Christ within; hence it is the means to get in touch with God. Prayer connects the

individual with the energy source within him/her self. Prayer is not parrot like repetition of previously learned words. Instead it is the means, the longing and the desire to “know” the Self and find God. Prayer should separate us from all external influences. It should cause and result in a change in level of consciousness. For the individual to be self aware, it is important to pray constantly, meaning the person’s whole life becomes a prayer. The prayer should contain and analyze all the day’s thoughts, words and deeds. The true prayer is not audibly talking and asking, instead it takes place in silence and in quietude, so that one recognizes all of God’s graces he/she has enjoyed and it is only in that silence that one can “find” God.

C- Meditation: (Also see in my book “From Light to Light” Chapter XV “ADDENDUM” part C) Meditation is the concentration of the mind (thought) on the true Self, the person’s Soul, the Christ within, hence God. It is possible only as a result of true repentance (see chapter II – the Sacrament of repentance) and mentally detaching from all worldly pursuits. This does not mean forsaking all duties and sitting with the legs crossed and chanting “OM”. Instead, it means performing all duties with utmost precision and to the best of one’s abilities, willingly and with joy, but not to be attached to the results. To be centered on God means to see God everywhere in every person and one should interact with others as if interacting with God, as if Jesus Christ was physically present in front of us (also see preceding few pages).

D- Discipline: Discipline is essential for the success of all our undertakings. One also needs discipline in his/her spiritual life. Discipline requires that one should curb and control his/her desires, wishes, rather than look for immediate fulfillment and satisfaction. Without discipline, the desires and wishes quickly multiply and, taking control of the individual’s mind, inhibit the individual’s advancement in the spiritual path.

E- Love: Love is the presence of God, hence His revelation through the individual. Expression of love is seen in the service, the mercy and the compassion as well as the piety, the kindness and the devotion in one's words and deeds. Worshipping God is not just saying: "I love Jesus". There should be no doubt that we love Jesus. How can we not love our teacher? There should be no doubt that Jesus Christ is our God. How can we not love our God? But if we do not love even a single person, then our love for God is false and a sham, because Christ is also in that person

"The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'"

(Matthew 25:40)

"He will reply, 'Truly I tell you, whatever you did not do for one of the least of these, you did not do for me.'" (Matthew 25:45)

That person is also a "cell" in the "body" of God. Is it possible to love one cell of the body more than the others or to love one cell and hate another? All the cells in our bodies love each other. We know this very well, because all the cells perform their unique functions for the benefit of all. We also, each one of us as a single cell in the body of God, should perform our functions impeccably for the benefit of all and not kid ourselves regarding love for God and God worship.

Jesus taught us and showed us the way when he said:

"Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father." (John 14:12)

But man, instead of carrying out His teachings, rationalizes and analyzes them. Man seems to have an addiction to and the ability of manipulating everything and as a result, has perverted Jesus' teachings to suit his wicked conduct and behavior, rather than to change his conduct and behavior to

match the teachings. Man, misguided, teaches “truth” and “salvation” misleading also the whole of humanity. It is much better to become the Truth rather than preach it. It is much better to have gained salvation, then to preach salvation. To realize a true change within the self, one has to have a “spine”, a strong will. The Spirit within always advises and reminds us about the correct path, but never forces. To live according to this advice is to live consciously. The human mind that is not centered is very capricious and is constantly wandering, and the human heart also full of emotions make it impossible for the individual to hear, to understand, to follow and to implement the advice he receives from the Spirit within. Man is not a simple creation, rather a very complicated one. He has a consciousness and also sub-consciousness. He also has a conscience that gives him the ability to be remorseful and to feel shame. The individual shuns the remorse and the shame and therefore prefers not to self-examine. Hence, there appear to be some impediments to the self-examination. We already mentioned one above. There are other ones as well, such as selfishness (love of self). The individual, being attached to his self (ego), does not see the need for self-examination. Impatience also may present as an impediment. The person may have good intentions but may not have the patience to continue. Self-examination should be done throughout our living days. So that one does not fail, one has to be “awake”, vigilant and watchful life-long.

When the person succeeds in becoming a true mystic, his mind centered on God and having abandoned any attachment to materialism, with Christ’s grace, he may receive the gift of “awakening” (higher level of consciousness). Through this awakening and the knowledge that it imparts, he becomes aware and sees that God is everywhere and in every person. This is not intellectual understanding but experiential knowledge. Such a man will

never get sick, because the energy of the Holy Spirit freely flows in him. Even if he does get sick, he accepts his illness with open arms, because it is a debt left over from the past that has to be paid.

Hence, when we get sick, we should ask: Why?



DEATH

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

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

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

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

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

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

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

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

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

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

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

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

dies and disappears with the death of the body.

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

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

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



What is heavier than earth?

One's mother

What is higher than the sky?

One's father

What is faster than the wind and light?

The mind

What is more in number than twigs?

One's worries

What is the friend of a person close to death?

Charity

Where do religion, success, heaven and happiness reside?

Religion resides in awareness

Success in charity

Heaven in Truth

Happiness in chastity

What is a man's soul?

It is His Son

What has covered the earth?

Ignorance

What is laziness?

Ignorance of religion

Who is truly happy?

The one free of debt

What is true cleansing?

Cleansing of the mind

What is darker than black paint?

Disrepute

Which is the best religion?

Piety

What can prevent mourning?

Keeping the mind in control

How to prevent shame?

Keeping away from unworthy things

What is piety?

Wishing happiness for all

What kills a nation?

Slavery

What is envy?

An expression of arrogance

What things are our enemies?

Wants, anger, greed and illusory possessions

What things identify a wise person?

His faith, his patience and his worship of God

What is selfishness?

Ignorance

What is pride?

Expression of ignorance

What prevents faith?

Lack of humility

What is the enemy of wisdom?

Anger

What is tyranny?

An expression of fear

What determines the quality of a person?

Not his heredity, not his knowledge, but only his character

What gives happiness?

Peace

What is happiness?

The experience of the Holy Spirit in a peaceful mind



-V-

**LOVE OF CHURCH LOVE OF
RELIGION OR LOVE OF GOD**



LOVE OF CHURCH, LOVE OF RELIGION OR LOVE OF GOD

LOVE OF CHURCH

“More then 1700 years ago, after Christianity was declared as the official religion, being a member of the Apostolic Church became an indispensable necessity for the Armenians. Even the pagan priests accepted the faith and became Christian priests. For the Armenians, over the many centuries, to belong to the Apostolic Church has become as important as their own flesh and blood”.¹

“The Armenian Apostolic Church has always been the source of our nation’s intellectual, spiritual and moral tendencies. It has been the eminent Ark of the Covenant of our faith. Our church, this religio-national venerable institution is the greatest creation of our people, that passing through the political and fearful turmoils of history having taken its form and character has reached us today ...”²

After reading the above quotations, is it possible not to love our church? Vahan Tekeyan, in one of his poems, has written: “The Armenian church is the birthplace of my soul”. Yes it is the birthplace of the souls of every one of us. Many Saints have come from the bosom of this church, such as St. Krikor Lusavorich (St. Gregory the Illuminator), St. Nerses Shnorhali (St. Nerses the Graceful), St. Krikor Naregatsi (St. Gregory of Nareg), St. Hripsime gouys (St. Rhipsimia the virgin) etc. The rituals of this church contain and represent the truth of centuries old mysteries. The various services represent the human condition from his fall to the glory of

reuniting with God. It has taught us the correct path (way of living or conduct) so that we can realize God revelation within ourselves. After serving as a deacon at the altar for many years, I finally came to the above conclusion and understanding. I do not know why I was not taught this at a younger age? If someone had taught me, my life could have been completely different. Is it possible that our priests have also forgotten this truth that they do not teach? Or, do they think that we are not worthy to know them yet. It is most likely that I was not ready. They must have followed Jesus' following teaching:

But you are not to be called 'Rabbi,' for you have one Teacher, ... Nor are you to be called instructors, for you have one Instructor, the Messiah. (Matthew 23:8,10)

Only those who are open minded, seeking, have a receptive mind which is not cluttered with all sorts of thoughts but centered (concentrated) on God, will be capable of "seeing" these realities.

In the news media and through the internet, certain negative expressions about certain priests are heard. What is this a sign of?

The church is not the buildings, it is not the rituals and it also is not the hierarchy of the priesthood. We believe that Christ Himself is present in the church, because we have been told that the bread and the wine represent and change to His body and blood. But on the days that a mass is not performed, Christ is still present in the church, because the church is the togetherness, the unity (the congregation) of the faithful. This is emphasized in the Bible:

"For where two or three come together in my name, there am I with them." (Matthew 18:20)

If Christ is present in the church, solidarity should also be present there. And, if there is no solidarity, I doubt very

much that Christ would be there. If Christ is not present in the church, then what is the meaning of being present during the rituals that are being performed? I wonder if this is the reason why most churches now-a-days are mostly empty? Years of experience within the church has taught me a lot. A member of the governing council has admitted to me that he does not believe in God. Having served in different churches in different cities, I have also come across a deacon serving at the altar who also did not believe in God. Fortunately I have never met a priest who has admitted to the same. Then what is the reason of such individuals getting attached to the church and the reason for their love for church? Most likely they consider the church to be a cultural center. It certainly can not be denied that during the worst periods of our national existence, the church has also been the keeper and savior of our identity, language and culture. This was also one of the graces of God. But the purpose of the church is not just being the protector of language and culture. It has a much nobler purpose. Before anything else the church should be the means to God-worship. The God-worship that starts in the church should also continue in our daily lives, otherwise what goes on in the church becomes meaningless and useless. In the third section of this chapter, "Love of God", more will be presented regarding God-worship. Is it possible that the majority of the congregation also see the church with a similar understanding? If our love of church stems from our cultural interests, I can assure you that the church is on its way towards destruction. Is it not possible that some of the communal dinners (feasts), dances, at times, inappropriate presentations and chance games (bingo) as well as shortened services are the result of such a mentality? I do not want to be misunderstood. It is not wrong to have communal meals. In fact it may help unite the congregation even more. In the early days of Christianity it was the norm

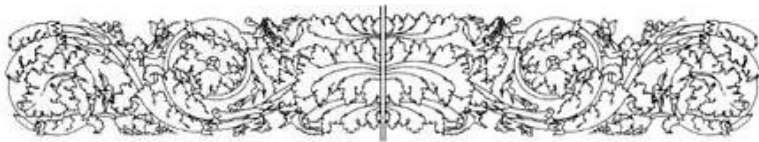
to have communal meals, but one should not cross boundaries of propriety. Every person's spirit is Christ Himself. If we only reveal Him just a little, then Christ would also be present in the church. Christ's presence in the church corresponds to the level of our spiritual and mental presence when we are in the church. If true God-worship is not present in the church, I can assure you that both language and culture will also disappear. Don't we think that this disappearance has already started? Was it not UNESCO that announced that western Armenian is one of the endangered languages? If the present trend continues, the eastern Armenian will follow suit fairly soon. Is it not true that our culture has already been altered by the cultures of other nations? The new generation within the Diaspora, in general, is not even aware of our ancestral customs and traditions.

Once again, I do not want to be misunderstood, I am not against love of Church. How can I be against it when I myself am in love with it? I learned an immense amount there. But if love of church is not an expression of love of God, it is useless.

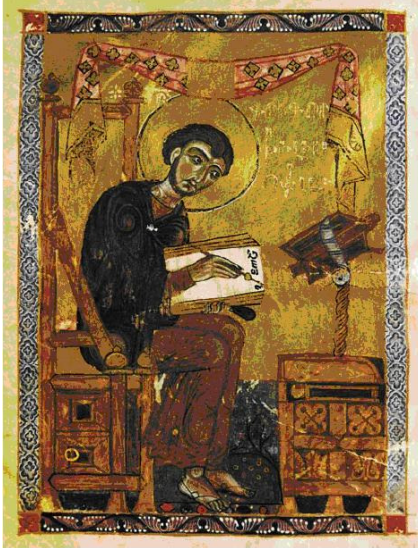
There is a view in the world that in the near future all the organized churches will disappear. If this is true, why should not our church be an exception?

1- Father Krikor Avedisyan

2- His Eminence Archbishop Nurhan Manugyan – Armenian Patriarch of Jerusalem



**The Wonders of GOD According to
Krikor Naregatsi (Gregory of Nareg)**



**Speaking with
GOD
From the
Depths of the
Heart

Prayer
28-G**

Now, Father creator

*awesome name, miracle maker, shuddering voice,
familiar exclamation, embracing thought, splendid
effect, severe command, essence beyond examina-
tion, existence beyond words, reality beyond
measure, might beyond thought, good will,
limitless dominion, immeasurable greatness,
exalted beyond comprehension, quantity beyond
weighing, supremacy beyond surpassing, the
origin of the Son by fatherhood, ...*

LOVE OF RELIGION

Before diving into the subject of “Love of Religion”, it would be appropriate to know as to how religions have come about and what religion is.

HOW RELIGIONS HAVE COME ABOUT?

In the beginning Adam and Eve lived in paradise, in bliss, because they lived with God. After their tragic “fall”, they were cast out of paradise and lost their existence of bliss. Since then humanity has been living under the spell of his ego. Under the influence of the ego, as much as he is attached to the world and its dazzling allures, one should not forget that the true being of the man is Christ within. Man’s spirit is given by God and is part of God. Therefore in spite of man’s preference of the worldly pursuits, he always has searched for that higher level of consciousness, for that bliss lost. That self knowledge unfortunately has been the privilege of very few. Those who have succeeded have realized that it is also their duty to help humanity at large rather than just serve their own egos. Exactly for this reason they have taught the spiritual path of perfection and the path of salvation. They have never preached a religion, but their students, namely followers, have created religions.

With this in mind, let us briefly analyze the various religions of the world.

a- According to historical sources the Hindu religion appears to be the oldest and its origins are not obvious.

b- The religion of the Jews, Judaism, which was monotheistic, appears to have started with their race from the time of Abraham. Because they frequently strayed away from their faith, religion was given to them much later by Moses in the form of laws and rules.

c- Buddhism as a religion was started by the disciples. Buddha Himself was born into and belonged to the Hindu religion. He specifically has said that he was not preaching a

religion, but only the path of salvation, freedom from suffering. His followers made his statue and worshiped Him, thus creating a religion of Buddhism.

d- Jesus Himself was born into and belonged to Judaism, and He personally had said that he had not come to change the laws.

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

According to this verse Jesus was not establishing a new religion; instead he tried to live and show the spirit behind the laws of Judaism rather than just following them blindly, according to their mundane meanings. Again, His aim was to teach them the path of salvation. But as a result of the preaching of His disciples and their followers, a new religion was created, which was later called Christianity. When we read the “Book of Acts”, we will see that there were arguments among the followers. Some said that those who were not Jews and wanted to belong to the new religion first needed to be circumcised and accept Judaism and then they would be saved. Paul was against this idea. I wonder whether this would ever have been an issue for Jesus?

e- Islam is the only religion that was established by Mohammed Himself. To save His life, He escaped from Mecca to Medina. He was much appreciated there and decided with their help to form an army and walk on Mecca. Seeing the size of the army, the people in Mecca surrendered without a fight and they all converted to Islam. Since then the religion of Islam has expanded throughout the world through force of wars.

WHY RELIGION?

The purpose of religion is to awaken a person to a higher level of consciousness. First of all, it teaches us the presence of God that is the creator of the entire universe.

Then it emphasizes the importance of the connection and relationship that exists between man and God. It also shows and paves the path to find that lost bliss that once man enjoyed and that this is a real possibility. One of the purposes of religion is also to teach us that the true being of each one of us is Christ and man has the ability to fully reveal Christ within himself and that this is actually the purpose of our earthly lives, hence; we have the duty to realize this.

Surprisingly from time immemorial, man has always believed and has followed some religion or other. According to the laws of evolution features, characteristics or beliefs that are not useful or beneficial tend to disappear in time. Because religion has survived over millennia to this day, it must have some benefit and must have a positive contribution to the survival of our species. Animals do not have religion. Only man has and follows a religion. Hence; religion must be a privilege given to man, because only man has the ability to reveal God through himself.

I am certain we all know one or two people that say: "I do not believe in God". I can reassure you that they also believe in a religion. Their religion obviously differs from the usual religions. Perhaps not being able to think in the abstract, they do not yearn to have the experiences that a higher level of consciousness can give. Their religion therefore simply becomes the physical sciences. It is a well-known fact that the majority of the great scientists that have made the greatest discoveries were all believers in God. The scientists know very well that the discoveries they make are knowledge and gifts given by God in response to the many hours of meditation they have performed on the subject. Due to that meditation that they perform, they reach a slightly higher level of consciousness and at that level, the solution to the problem becomes automatically known to them, because they become worthy to receive that knowledge.

WHAT IS RELIGION?

Religion is a road-map to show us the proper way of living according to God's "laws". The purpose of course is to fulfill the real purpose of our lives which is the revelation of God, Christ through us. Indirectly it also becomes the road-map to salvation. We should not make salvation the purpose of our lives.

Religion is an invitation to God worship. It also teaches as to what constitutes true God worship. It teaches us the sovereignty of God and our roles as His servants. It also teaches that the creator is present everywhere in His creation. As our mothers and fathers give birth to our bodies, God as our heavenly father "gives birth" to our souls. The creation in its entirety, in other word the entire universe, represents the body of God. Religion also teaches us that God is the source of all knowledge, both known and as yet unknown. It also teaches us that we can experience true happiness, bliss only through Him. Religion reveals to us the reality of the "universal laws" put in place by God that the universe and also we are governed by. These laws are immutable, even God Himself does not intervene in the functioning of these laws. The most important of these laws is the law of: "you reap what you sow". In the eastern religions it is called the law of "karma". Most people consider this to be destiny or fate, because they are unaware that what they are experiencing, in other words what they reap, is the result of what they have sown in the past. Therefore they are the architects of their own destiny and fate. Religion also teaches the immortality of the spirit and its return back to God after the death of the body. In summary, religion is a "school textbook".

Religion is also a collection of rules and laws. Undoubtedly each religion has its specific rules that the followers of the religion should respect and obey. These

rules are different from the “universal laws” discussed above. There are some rules that appear to be common to all religions. These are usually the laws of ethics and morals. They are important to lead a virtuous life. But there are secondary rules that are not common to all religions, but rather unique to a specific religion. These are rules made by men and included within the religion, so that it becomes imperative for people to follow them. Their purpose has always been the benefit of the public and society, but they may at times also be the cause for dismay. It would help to consider a couple of these rules.

Let us first consider the rule of circumcision which had become cause for contention among the first “Christians” as mentioned above (Acts chapter 15). Circumcision is one of the main tenets of both Judaism and also Islam. If the individual is not circumcised, does that mean he is not worthy for salvation? If this is true, why have other religions not adopted the same? Why did Paul, himself being a Jew and having been himself circumcised, oppose the idea? We should not forget that in the old days, both the Jews as well as the Arabs lived a nomadic life under tents in the sandy desert. They were subjected to sand-storms, and as a result some grains of sand would accumulate under the prepuce and would cause irritation and soars. It is possible that this may have even decreased the birth rate within the clans. The leaders of the day have found circumcision as a solution to this problem, and so that all males would follow this rule in an obligatory way, they have included it within the religion. In Judaism the circumcision is done on a baby, but in Islam, when the boy reaches puberty. Within today’s living conditions, how necessary is circumcision?

Within Judaism, other than the Ten Commandments, there are so many rules and regulations that it is impossible not to get lost in them. They may even block the path to the

Truth. Jesus, having fully understood the futility of those rules, did not follow them. Weren't these rules the reason why they did not recognize their Messiah?

Since we already alluded to a rule that no longer has true benefit but continues, let us also consider a rule that has been abandoned. Within the Roman Catholic Church, it was imperative for all the followers to eat fish instead of meat every Friday. During the middle ages, the Pope had wisely decided to make this rule part of being a Roman Catholic. This was done in consideration of the fisherman of Portugal, so that at least once a week, being able to sell their catch, they could earn a living and support their families. Today in our polluted and over-fished oceans, this rule becomes superfluous, hence; it is no longer a requirement.

No doubt such a decision is correct. But for those who only have a superficial understanding of their religion, such sudden change may be cause for dismay, disappointment and even cause for losing faith. They may actually feel guilty for not eating fish. If this law was not essential for the individual's spiritual or even for the physical wellness, is it not possible that many other non-essential laws can also be ended.

To belong to any organization there are rituals that we have to go through. In general, the ritual of belonging to the Christian religion is Baptism. It is the first of the seven sacraments of the Christian church. We think that it is an absolute necessity to become a Christian and that it is present only in Christianity. But today, there are Christian sects that no longer consider baptism a necessity. Of course, this is not the case for the Apostolic Churches. Baptism exists also within other religions. The Essen sect of Judaism practiced baptism. It is very likely that John the Baptist belonged to this sect. Even today the Jews practice baptism for spiritual cleansing. In their case it is not just once, but they can be baptized numerous times during their lives. Within the

religion of Mithraism, which according to archeological excavations was the prevalent religion from 69 BC to the middle of the fifth century AD within the Roman and Persian empires, there was also a ritual of baptism. The ritual of Baptism has also been present within the Egyptian, Tibetan, Mexican, Mongolian, Greek, Scandinavian and Peruvian societies and part of their old religions.

The rule of Baptism is of paramount importance to us because Jesus said:

“Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit,” (Matthew 28:19)

When we enter the Roman Catholic and the Greek Orthodox Churches, at the entrance we notice a trough full of holy water. The faithful, as they enter the church, wet their fingers in the holy water and make the sign of the cross and in the process they sprinkle the holy water onto themselves. This reminds them of the sacrament of the Baptism. The purpose of this is the cleansing of the sins before going in front of God’s altar. (There is more information about the seven sacraments in the chapter titled “Seven”.)

It is appropriate to also consider some religious and church rules of the Armenian Apostolic Church. Within Christianity, the path pleasing to God is the path of self-control and emancipation from the seven deadly sins as well as of course following the Ten Commandments. The reason I love my church is that it does not have multiple compulsory rules and whatever man-made rules there are, they are not forced on individuals, mainly because God-worship can not be forced. Let us consider a few rules that are no longer forced today:

a- Within the church, especially during services, other than cymbals and “Kshots”, a ringing instrument, no other musical instrument can be used. The use of these instruments, by tradition, was to fend off flies and other

insects. But we should not forget that according to the Old Testament, God-worship was done with cymbals. Today the use of the organ has become commonplace.

b- All men within the congregation would sit on the right side of the church and all the ladies on the left side. Today they all sit together.

c- During church service, it was absolutely forbidden to take pictures. Today, even TV stations come to make films of the service.

d- During church services man should never cover their heads and women should all have their heads covered. Today most women attend without any head cover (always respecting the exceptions who follow the rule), but fortunately man have not yet started attending church services with their heads covered.

e- Within the church, it was forbidden to hold your hands behind your back. This is occasionally seen now, but not in general.

f- Every time the deacon would give the order: "prostrate to God", the congregation would come down to their knees and prostrate with the forehead touching the floor. Today we never see this any more. Some bend at the hip slightly forward.

The above rules are not superfluous, but they also are not essential to tread the right path. They all pertain to the behavior of the individuals during the rituals of service. Their purpose is to assure, without any disturbance or distraction, the concentration of the individual as he meditates on the meaning of each part of the ritual. They also express the humility and meekness of the individual. When these rules are no longer obeyed, is it possible that it is an expression of not concentrating and instead of humility, an expression of pride?

f- g-The custom of lighting candles is a beautiful ritual,

but do we really know of its meaning? The sun, without discrimination, shines its rays to all. It is also our duty to receive the “light” of God and just like the sun, the “light” and knowledge that we receive from God, we should spread it around without any discrimination. With this in mind, we should get rid of all negative thoughts and develop a clear and peaceful mind to succeed in dissolving into our true self, the Christ within. When we light a candle and pray, that is our promise made to God that we are going to light also His “light” within ourselves, so that His “light” through us shines to everyone else. It is a promise that for the enlightenment of humanity, we would also be a “candle”, a source of “light”. The lighting of the candle should not be only for the happiness of the individual, but rather the happiness of the whole of society. The candle would be lit for the happiness of all only when we are able to share and ameliorate someone else’s sorrow or share and augment someone else’s happiness or joy. In the presence of light, darkness can not exist. If we are not ready to fulfill and realize this, what is the meaning of lighting a candle? It becomes a meaningless ritual without any benefit, except perhaps providing a small income for the coffers of the church establishment.

h- For those who take part in the rituals, namely choristers, deacons and priests are forbidden from going up to the altar with their shoes on. For the congregation at large it is forbidden altogether to go there. The altar is on a higher stage because it represents a higher level of consciousness. The more we emancipate ourselves from worldly pursuits, the more we develop the capability of increasing our level of consciousness. As the street represents the world and we walk there with our shoes, the shoe then becomes a symbol of a lower level of consciousness, because it indicates our attachment to the worldly pursuits. Over the years I have seen choristers, deacons and priests climb up in their street

shoes to the stage where the altar is. The important thing is not the shoe, but the level of consciousness reflecting the lack of reverence and respect. The individual that is not mentally ready should not get up to the stage of the altar. The shoe is a representation of this reality at the physical level. Is it not true that the physical act reflects the mental state?

When the deacon goes up unto the stage of the altar, except for certain moments during the ritual of the Mass when he is required to cross in front of the altar as he is incensing, he is forbidden to walk in front of the altar. If he has to go from one side of the altar to the other, he must go behind the altar. The meaning of this is that no one person should interfere or intervene with the communion between the congregation and God. Of course during the ritual, this is only an external aspect of a very serious and profound truth.

To the religious leaders of the time, Jesus had said:

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

i- Other than the rules during the rituals, there are also two other rules regarding the two aspects of fasting. Before each religious feast of Tabernacle, there is a period of fasting. The longest is the one before Easter and is the period of lent, lasting seven weeks. During this period, the faithful follow a fast that involves avoiding all animal products in their food. Usually the last three days of this period, namely the Thursday, Friday and Saturday of the Holy Week, total fasting and no consumption of food is the rule, until after the Saturday evening Mass. These rules have two purposes. The first is to give the individual the chance to develop self-control. The individual, resisting one of the deadly sins, namely gluttony, may also be able to develop enough self-

control to resist the other remaining six deadly sins as well. But this tends to lose its meaning, when following the letter of the rule by not eating any animal products; they create very tasty vegetarian dishes. This derails the lent from its real purpose. The second purpose of the rule is the health issue. The rules were put in so that at least during the five church “feasts” during the year, the population will refrain from eating animal products and thus lower their risk of developing vascular diseases that give rise to heart attacks and strokes. When these rules were originally set centuries ago, no one knew anything about cholesterol, but they had made connections between early deaths and the life style of the individual and his eating habits. These and similar rules are the outward representation of the inner control that we need to develop if we are to succeed on the spiritual path.

The total fast is even a stricter reminder to emancipate ourselves from all deadly sins and the pursuit of all worldly pleasures. When one succeeds in this, his attitude and how he relates to others also changes and he makes himself ready for communion with God. The prophet Isaiah has written:

“Is this not the fast that I have chosen: to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke? Is it not to share your bread with the hungry, and that you bring to your house the poor who are cast out; when you see the naked, that you cover him, and not hide yourself from your own flesh? Then your Light shall break forth like the morning, your healing shall spring forth speedily, and your righteousness shall go before you; the glory of the Lord shall be your rear guard.”(Isaiah 58:6-8)

According to the above quotation, the true fasting is not staying hungry, but rather it is “fasting” from selfishness and

is being compassionate. For us mortal men, when the stomach is hungry, the mind would be restless and can not be calm. A mind that is not calm can not reflect the image of God. Yes, there are saints that live on heavenly Manna, the energy of the Holy Spirit, as Jesus did for forty days in the wilderness. Even Jesus, who had been baptized with the Holy Spirit, was tempted. Even at the present time, there are people that live for even many years without eating or drinking, to the astonishment of the medical community. This is known as “Breatharianism”. For the body to survive it requires energy and it receives that energy through the food we eat and digest as chemical energy. Because everything is formed by the energy of the Holy Spirit and represents a different form of it, it should be possible to benefit from that energy without the intermediary of chemistry. Of course this would be possible only if we are privy to that knowledge.

“Jesus answered, 'It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.' ”” (Matthew 4:4)

After the above presentation about religion, now it is appropriate do consider “love of religion”.

It is natural that every person should love his religion and be true to it. It is important to realize that the majority of humanity believes in and follows the religion that he was born into and has learned about it from his parents. Very few people change their religion voluntarily. They think that what they have not found in their original religion, they will find in the new religion they adopt. In reality, the truth is that it is not the lack of their original religion, but it is their superficial understanding of their religion and their lack of a more in-depth knowledge of it. Since we believe that every person’s spirit is given to him by God, then it is God, by giving life to the infant, who has allowed that person to be

born into a given religion. Unfortunately some believe that those, belonging to some other religion than theirs, are condemned to go to hell. Within some Christian sects this view is taken to an extreme level. How is it possible, that before one is born, God would condemn him to hell? Is it possible to reconcile such an idea with the dictum “God is love”? It is very possible that God decides as to where (therefore also within which religion) one is to be born and chooses a religion that is appropriate to the nature of the person. Therefore, if a given religion is deemed to be appropriate for the person by God, who are we to try to convert them into our own religion. This is nothing but arrogance. Because God has chosen our religion, then it is imperative that we love our religion.

“... so that you may live long in the land the Lord your God is giving you.” (Exodus 20:12)

Is it not true that one's country, nation, culture and religion are also according to the land he is born in?

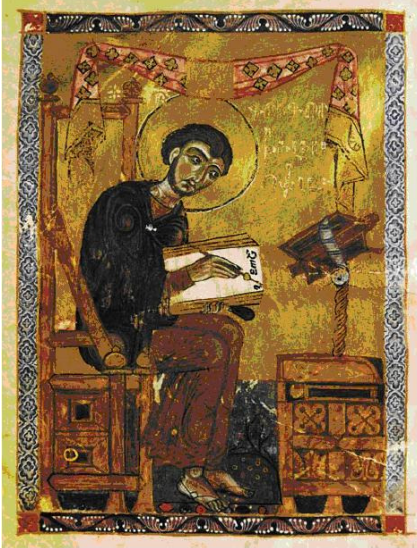
Therefore, what does “love of religion” really mean? As a mother loves her child, and for the wellbeing of that child is even ready to sacrifice herself, we should also love and be ready to sacrifice ourselves for all the lofty ideals that forms our religion. Jesus sacrificed His life for His religion, which was His love for the entire humanity.

As a mother, after the delivery of her baby, carefully studies her baby and becomes an expert and develops a deep understanding of the baby's needs from the mildest noise the baby makes or from the simplest facial expression the baby shows, in the same way each one of us should study our religion fully trying to understand what is being said, both the literal and the esoteric and become an expert knowing all the nuances. If we do not penetrate into the depths of our religions and do not “live” it, then our knowledge of our religion as well as our faith become very superficial. Those,

who find that knowledge and level of consciousness with prayer, research, patience, perseverance and with the grace of God, become the true lovers of their religions. Such a person could never hate another person or another religion. He would find “Truth” in other religions as well. All religions deep down teach the same thing, of course if we are astute enough to see it. It is possible to learn religion from books, but our spiritual teacher is the Christ that is within each one of us, of course only if and when we are ready to listen and learn.

Superficially, all religions differ completely from one another and do not appear to have anything in common. Those with only superficial understanding of their religions can also have love for their religions, but they do not tolerate other religions, usually thinking that they are the work of the devil to misguide the people. Was it not this type of superficial understanding that gave rise to the destruction caused by the historic Crusades? Even today, similar superficial understanding, under the guise of “Jihad”, is causing a lot of destruction and suffering. As a result of such superficial understanding of one’s religion, various denominations within Christianity caused for thousands to perish in the sectarian wars between the Roman Catholics and the “Protestant” factions of Northern Ireland. Within Islam, the enmity between the Sunni and Shiite factions have caused many to die in the past as well as the present. Jesus did not sacrifice Himself for the rules and laws of Judaism; instead those who condemned Him to death used those rules and laws to commit that atrocious murder. Such a love for religion comes from the ego, therefore represents ignorance and worship of tradition, instead of having worship of God. Should this really be our love of religion? If that is so, then we really are a sorrowful bunch.

**Heartfelt Prayer by
Krikor Naregatsi (Gregory of Nareg)**



**Speaking with
GOD
From the
Depths of the
Heart
Prayer
12**

*I long not so much for the gifts
as for the giver.
I yearn not so much for the glory
as the glorified.
I burn not so much with the desire for life
as in memory of the giver of life.
I sigh not so much with the rapture of splendor
as with the heartfelt fervor for its maker.
I seek not so much for rest
as for the face of our comforter.
I pine not so much for the bridal feast
as for the distress of the groom,
through whose strength I wait with certain
expectation believing with unwavering hope
that in spite of the weight of my transgressions
I shall be saved by the Lord's mighty hand and
that I will not only receive remission of sins
but that I will see the Lord himself
in his mercy and compassion.*

LOVE OF GOD

God's first commandment is to love Him.

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.” (Mark 12:30)

“He answered: 'Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind' ; and, 'Love your neighbor as yourself.'” (Luke 10:27)

As every person loves his mother and father that have given him his physical body, have cared for, safeguarded and nurtured it, in the same way he should also love his Heavenly Father that has given him his consciousness. Is it not written in the Bible that we are children of God, of course if we choose the proper path in life?

How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him. (1 John 3:1)

Worship of God stems out of love. A person can not worship someone he does not love. Therefore true love of God is also God-worship. For some people, it is difficult to worship God. How can they worship “someone” they have never seen or known? Because one does not have a personal experience of God, then it simply becomes a belief and not faith. This truth brings to mind a few questions:

1- How to love a God that is invisible?

There are some religions, such as Hinduism, realizing this difficulty have adorned their temples with statues and pictures depicting and representing the different characteristics of God. Externally it gives the impression that they worship many idols, but in reality they are worshipping God in His various attributes represented by the pictures or

statues. The purpose is to worship the idea they represent rather than the statue. But for many, the idea is lost and the statues remain. Within Judaism and Islam there are no pictures or statues. In some sects of Buddhism there is only a statue representing Buddha. Within the Christian community, depending on the denomination, one may find only a cross or one or two pictures or many statues. It is possible to encounter people in churches that after praying in front of a picture or statue rub their hand on or kiss the picture or the statue. This is not wrong if the purpose is to worship the sanctity or the idea of God they represent, but not the picture or the statue itself. It is the same also within Hinduism.

In all of the Armenian Apostolic Church altars, there is a picture of Virgin Mary holding the baby Jesus. This is not worshipping the picture, as some Mohammedans think and for this reason, discredit Christianity. The picture reminds us of God's incarnation. It makes us understand so that we can see His presence in every single individual and worship His presence in all. When we pray in front of a cross, it is not the wooden cross that we worship, but what that cross represents, which is the degree of sacrifice for well-being of the entire humanity shown to us by Jesus. If we are not ready to sacrifice ourselves for the betterment of our brethren, then what is the meaning and value of praying in front of a cross?

As Christians, we have a great respect for the Bible. The respect is not to the paper and the ink of the print, but rather the ideas presented by its content. The Bible is a textbook of God-revelation. If we put the Bible on a pedestal and each day we prostrate in front of it and kiss it, but not realize what it teaches in our daily lives, that so-called worship becomes useless and just a meaningless gesture.

We have been told and we believe that God is everywhere and all of the Creation represents His body. Therefore God is also in each one of us and we all are a part

of His body. Does not the Bible say that our bodies are temples of God?

Don't you know that you yourselves are God's temple and that God's Spirit lives in you?

(1 Corinthians 3:16)

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

God is also in every animal and every plant as well. He is in every single atom, because we believe that He is everywhere. Otherwise it would not have been written in the Bible that He is everywhere (John 1:3). If we truly believe in this, then we should love and worship all including our enemies. Was not because of this that Jesus said: "Love your enemies" and he prayed for those who were torturing and killing Him? The same was done by Stephen as he was being stoned to death. He prayed for those killing him and the "heavens opened in front of him" and he became worthy for the God-revelation in him. With a similar attitude and lifestyle we can also be worthy of God revelation within us.

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

Is it possible that a person would love a cell forming the skin of his face more than a cell forming the skin of his hand? Everyone loves all the cells in his body to the same extent and takes care of them equally, because they all form and are part of his totality. Sometimes certain cells get sick and even threaten the life of the individual. Let us consider a scenario of gangrene of the toes. When the individual is subjected to surgical amputation of his toes, does he not feel sad? He may be happy for having saved his life, but he also mourns the

loss of his toes. Therefore the true God-worship without any discrimination is to love and worship all of the Creation. We should show this in our daily lives and without any inkling of selfishness. We should nurture an attitude of sacrifice for all. This means loving both friend and enemy. It also means loving all of nature. From the love for nature comes the idea and the imperative, not to pollute the air, the water and the soil. Again from the love of nature comes the idea and the imperative to be compassionate toward plants and animals, from the smallest insect to the largest animal.

Are they not all part of the whole that is God's body? God worship is not just a lip service. It first takes birth in our thoughts and then more importantly takes shape in our deeds. Did not Jesus say: "those who love me keep my commandments".

"Jesus replied, 'If anyone loves me, he will obey my teaching. My Father will love him, and we will come to him and make our home with him.'" (John 14:23)

2- How to be sure that an invisible God exists?

In my first book titled "From light to Light", in Chapter IV titled "Is there God or not", I had expounded on the presence of God, but, how can we be sure that God is everywhere? Today, scientists of physics and cosmology have definitely proven that there is an energy that permeates everything in the universe. To date they do not know the nature of that energy, hence; they have called it "dark energy". The science of quantum physics has also proven beyond any doubt that everything, including all matter, is formed by quanta of dense energy. In the past, according to Newtonian physics, the dictum was: "It is not possible to create or destroy matter". Today that dictum has changed and there is a new dictum that says: "It is not possible to create or destroy energy". That which physics is just beginning to

understand, religion had already revealed it centuries ago. What physics calls “dark energy” is the Holy Spirit, the energy Of God. If it is this same energy that is forming each one of us, then where is our difference? We differ from each other because we look different, or with our free wills, we think differently. These are characteristics that do not belong to the Truth. The Truth is the energy that is each one of us. This is true even for those who are still attached to and believe only in the material world. We should not forget that as we breath in oxygen and exhale carbon dioxide, the molecules and the atoms we exhale that previously had been part of our bodies will some day in time become part of someone else’s body. It is even possible that some atoms that were part of Jesus’ body in the past, may even be part of our bodies now. This shows that our bodies are in constant flux and we even share the same molecules and atoms. When we hurt someone, we are hurting that energy. Because we are all formed by the same energy, then we are actually hurting the energy forming us, thus we are hurting ourselves. Based on this, we are given the biblical law: “You reap what you sow”.

“Do not be deceived: God cannot be mocked. A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life.” (Galatians 6:7-8)

The source of this energy is God the Father. We do not have the mental capacity to understand or to know His nature. The Holy Spirit is His active energy that has come forth from the Father. The Holy Spirit is the reservoir of all knowledge and graces. The Holy Spirit is creative and is the expression of love. Because everything is formed by the Holy Spirit, any affront against any individual, animal or plant is an affront against the Holy Spirit, which is the unforgivable sin.

“Truly I tell you, people can be forgiven all their sins and every slander they utter, but whoever blasphemes against the Holy Spirit will never be forgiven; they are guilty of an eternal sin.” (Mark 3:28-29)

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

“And so I tell you, every kind of sin and slander can be forgiven, but blasphemy against the Spirit will not be forgiven.” (Matthew 12:31)

What do we understand when we say unforgivable sin? Do we think that God is going to punish us? God is love, hence; He would never punish. But on the other hand He also does not act against His own laws such as: “You reap what you sow”. The sin against the Holy Spirit is unforgivable, hence; all the good or bad happenings in our lives are the crops we are reaping that we had sown in the past. The expression of love is not to say: “I love you”, but rather the level of compassion and of sacrifice we show.

“These people honor me with their lips, but their hearts are far from me. They worship me in vain; their teachings are but rules taught by men.” (Matthew 15:8-9)

When Jesus said this quotation, it was directed to the Jews of the day, but don't we think that indirectly He also was saying it to us?

Therefore the true God worship, which takes birth from love for God, means to love all of the Creation, which means to be compassionate towards all living things and serve for the wellbeing of all even to the point of being vulnerable.

God worship is not only saying here and there “Praise be to the Lord” and then on the other hand despising other

religions. It is impossible to hate another person or religion, because God is also there. If both, love of church or love of religion come from such love for God, then we should love our church and religion and we should be ready to sacrifice ourselves to safeguard them. But if our conduct in life does not reflect love of God, then rituals, church service, religion and church become superfluous and senseless activity. What is the value of such a love for church or religion? As a result of hatred, they only become the cause of extremisms and of wars that are the results of ignorance and selfishness.

Therefore, which is the best religion? For each individual, the religion that he is born into is the right religion for him, because God has chosen that religion for him. When people of different religions dive into the depths of their own religion and find there the true love of God and worship of God, they will see that it is the same for all of them, and that religion is ‘Humanism’. Based on this, then they all become “humanitarian”.

“To the discerning all of them are right; they are faultless to those who have knowledge.”

(Proverbs 8:9)

ADDENDUM

After writing the “Preface” of this book, I came to know that in the Armenian Apostolic Church of Ortakoy, Istanbul, a Sufi (a sect of Islam) service had been performed. At the end of the preface, I had indicated this as living proof of the awakening that I had alluded to in the preface.

Unfortunately, a few days later, a couple of open letters came to my attention. They were considering what had happened as a misfeasance and an affront and were critical of what had happened and indicating the act to be treason against our traditions.

Here I will present translations of some excerpts from those letters.

“... but the Sufi Dervish cleric’s and the

Tasavvuf choir's being invited to perform prayer service within the Armenian Apostolic Church is open to criticism because this is not of a cultural event but it is religious"

"... This event was under the auspices of the Locum tenant of the Patriarch of all the Armenians of Turkey'.

:... The Armenian people demand that of him that he should perform first his foremost duty, which is to safeguard the traditions of the Armenian Apostolic Church and be the keeper and the guardian of its principles."

"... would the Turks allow us to sing hymns in their mosques? ...".

The above quotations from these open letters surprise me very much. According to one quotation, if this had been a cultural event, it would have been acceptable. It was the prayer of a different religion that was unacceptable. The foremost purpose of a church or a church building is to be a place of worship of God and not a cultural stage. Why should one get upset if it is the same God that is being worshipped? On the contrary, one should be happy. It does not matter that their rituals differ from ours. It is true that His Eminence was anointed and ordained within the Armenian Apostolic Church as a bishop, but he is not anointed for the Armenian people only, but he is anointed by God (if we believe in the seven sacraments of the Christian Church). Hence, the duty of an anointed priest is to lead towards God first, the flock entrusted to him and then the humanity at large without discrimination. His duty is to spread peace, harmony and brotherly love among all men. The decision of His Eminence to allow this prayer event to take place within the church is a perfect example of this.

Instead of criticizing we should stand by him and

encourage him. Which is more important, God or tradition? I do not wish to give any wrong impressions. I am very much attached and love our church traditions and rituals. I would not exchange them with any other traditions or rituals. But love for God is much more sublime than traditions and rituals. We should not be hypocrites, if we truly are attached to our traditions and rituals and love them so much, then why do we allow that the services and the rituals be shortened? Why do we allow the language of ritual to be changed from the classical Armenian to the vernacular? We should be careful that worship of tradition does not replace worship of God. As was indicated above, if love of church, love of religion and here I will add, also love of tradition, do not come from love of God and worship of God, then they are nothing but just a formality. They only serve the ego and become more harmful than beneficial for our spiritual growth. Is it possible that the majority of our people also blindly just worship tradition? If that is true, then it is not surprising that the Armenian nation always seems to get some sort of punishment.

During the Mass, one of the songs the choir sings is the following: (translated)

Christ in our midst hath been revealed;
He Who is God is here seated.
The voice of peace hath resounded;
Holy greeting hath been enjoined.
The Church is made as one person
This kiss given as bond of fullness.
The enmity hath been removed;
And love is spread over us all.
Now, ministers, raising your voice,
Give ye blessing with one accord,
To the consubstantial Godhead,
For whom seraphs sing the Holies.

It is important to understand the meaning of this song and not to forget it. This song, in its first line, is announcing the revelation of Christ within us. In the second line, it is reminding us that God is seated within us, instead of our egos. Then peace automatically resounds. The presence or the expression of God brings peace with it. If we see God everywhere in everybody, is it possible not to greet each other with a kiss? Would we not want to greet God? If we all realize that we all are only an expression of God, would we not all become one and the same? The church represents the congregation of the faithful. If we all become one in God would there be any enmity remaining? Impossible! Would a person be an enemy of himself? Hence; love also spreads to all through us. In case all these indications in this song come true in each one of us, the song goes on to say that we should announce this together as one loud voice to the world through praising this revelation of God, in other words, praising God so that the whole world gets to know.

In one of the open letters, there was also a question whether the Mohammedans would allow us singing Christian hymns within their mosques? It is not appropriate to give a positive or a negative answer to this question, considering that we do not know their thoughts. If such a request is made and is refused, it would be a mistake caused by ignorance. Would it be right for us to have committed such a mistake as a result of ignorance?

Ignorance is born of lack of love. We are hopeful that if such a request is ever made by us to have a Christian service within a mosque, the response will not be negative.

The true God-worship is neither in tradition nor in rituals, but it is the epitome of an expression of love. Every person remembers God during difficult periods in their lives, but the true worship of God is also remembering Him in our happy moments as well.

The Chinese proverb says: “A journey of thousand miles begins with a single step”, We took that first step and that journey takes us directly to God.



My son, if you accept my words and store up my commands within you, turning your ear to wisdom and applying your heart to understanding, and if you call out for insight and cry aloud for understanding, and if you look for it as for silver and search for it as for hidden treasure, then you will understand the fear of the Lord and find the knowledge of God. For the Lord gives wisdom, and from his mouth come knowledge and understanding. He holds victory in store for the upright, He is a shield to those whose walk is blameless, for He guards the course of the just and protects the way of his faithful ones. (Proverbs 2:1-8)





WHEN I GO FROM HENCE

When I go from hence
Let this be my parting word,

That what I have seen is unsurpassable.
I have tasted of the hidden honey of this lotus
That expands on the ocean of light,
And thus am I blessed
Let this be my parting word.

In this playhouse of infinite forms
I have had my play
And here have I caught sight of him that is formless.
My whole body and my limbs
Have thrilled with his touch who is beyond touch;

And if the end comes here, let it come
Let this be my parting word.

Rabindranath Tagore



-VI-

SOLOMON'S COUNSEL



SOLOMON'S COUNSEL

“Listen to your father, who gave you life, and do not despise your mother when she is old.”

(Proverbs 23:22)

The above quotation, taken from the Book of Proverbs, is one of the counsels of Solomon's wisdom. What is the purpose of this teaching? Why should we listen to our fathers and not despise our mothers in their old age, when they need to be taken care of? This counsel takes on even a greater significance when we also consider one of the Ten Commandments given by God to Moses.

“Honor your father and your mother, so that you may live long in the land the Lord your God is giving you.” (Exodus 20:12)

In this present era, the emphasis is more on the individual, rather than the collective, namely the totality of the family unit. The purpose of this is likely to be able to influence and “govern” an individual with more ease. Where as within the collective of a family, the members counsel, caution and support each other, hence; they become harder to influence in a certain direction. This unity within the family makes it difficult for external “forces”, influences taking hold and “governing” individuals. Today's emphasis on promoting the individuality has its major downside as well and it also promotes selfishness. Without the extended family support, it becomes “every one for himself”. Within the unity of the family, one also gets the chance to get rid of any selfishness that one may harbor.

Each person's purpose is to be happy. One's true happiness is not dependent on demanding and receiving his individual rights. Happiness is the result of being able to accomplish all his duties impeccably. Happiness is actually a sign of an expression of love. When peace and harmony is the norm in a given family, beauty, which is also an

expression of love, shines from the faces of the members of that family. That has its influence on the whole of society.

The purpose of life is to reveal God in ourselves, by living according to His teachings, with our thoughts, words and deeds.

The human life, at the level of the microcosm, represents that which exists at the macrocosmic level. God-revelation at the macrocosmic level takes place through the whole of Creation, namely the totality of the cosmos. But at the microcosmic level, it occurs through man, namely us.

When God decided to reveal the “Truth” through His creation, do we know what was the first thing that was with God? The eighth Chapter of the Book of Proverbs is very interesting.

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

In this verse, it is the wisdom that is talking. Then, according to this verse, before anything else, wisdom was with God and the entire Creation began with wisdom. Nature was then created. As God created Eve from the rib of Adam, He also created nature from the “rib” of wisdom. The Father of this Creation that came about through wisdom is “God the Father” and the mother is “the nature”. Is it not just because of this that we say “mother nature”? Did not God reveal Himself to humanity through the incarnation of Christ through Jesus, who was born to Mary, who represented the perfect mother in nature?

When the Wisdom of Solomon says “Listen to your father” or meaning obey your father, it is trying to tell us to conduct ourselves in life wisely. All our thoughts, words and deeds should pass through the litmus test of wisdom, so that they help us realize the God revelation within ourselves. In

fact, this should be the purpose of our lives. When Solomon says “do not despise your mother”, it means to love all of nature, the whole creation.

In the microcosmic level the purpose of the union of man and woman, father and mother complementing and completing each other is God-revelation.

Today we see all types of pollution taking place in this world. People at a mental as well as at a physical level hate one another. Followers of different religions constantly fight each other. People are “polluted” and as a result of their greed, just to increase their profits slightly, under the guise of “progress”, not that only are their minds “polluted”, but they also pollute the air, the water and the soil. As a result, humanity suffers by losing health, because what he eats, what he drinks and what he breathes are polluted. In the past, heart disease was the number one cause of death. During the last 7-8 years according to the statistical information, cancer has become the number one cause of death.

Christ is present in each one of us. He is the individual’s life and consciousness. Therefore, a father and a mother by bringing forth a child take part in the evolution and serve for the purpose of God-revelation. This becomes the revelation of the Infinite within the finite.

In the following quotation, the Lebanese Maronite Christian philosopher, Kahlil Gibran, in his book titled “The Prophet” explains parenthood and the providence of God in the following way:

**“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.**

**Let your bending in the archer’s hand be for
gladness;**

**For even as He loves the arrow that flies, so He
loves also the bow that is stable.”**

An Armenian poet, Dr Ghazar Boghosyan in his poem titled “My mother” had written the following verse, which I find appropriate to quote here: (The translation will likely not make justice to the poem)

**You were enlightened when you became a mother,
You abound with generosity of love and care,
With your enlightenment you penetrated my being,
With a gentle sigh you fused with me.**

A person’s life becomes meaningful only when he is able to reflect the love he receives from God. Every person lives according to his nature. One’s duty is not the work that he has to do, but rather his attitude, his thoughts and his approach to that work. One’s duty is his honor and dignity. A duty that is done under duress chains us more to the world, hence; we become more attached to the world. When the same duty is performed as an expression of love, it gives us true freedom. Attachment and love are two different things. The first ties us down and limits us, but the second releases us and makes us free. The true God worship is to show love towards everybody and to perform our duties to the best of abilities and with absolute joy, as a new mother who cares for her newborn infant.

Our mothers and fathers with extreme sacrifice and care, without any expectations have nurtured us, and still do even when we are grown ups. Giving birth to us they have served for the purpose of God revelation, therefore they are worthy to be worshiped. Having been of service to evolution, at the microcosmic level, they are the incarnation of wisdom and of nature. The life of every newborn is the presence of Christ. Is not the same written in the Gospels: “Your bodies are God’s temples”. Christ Himself is present in those temples. In certain cultures, to show respect to their parents,

people put the two hands together as if praying and bow down in front of them. We had the custom of kissing their hands, which seems to have disappeared.

In summary, what was the meaning of Solomon's counsel?

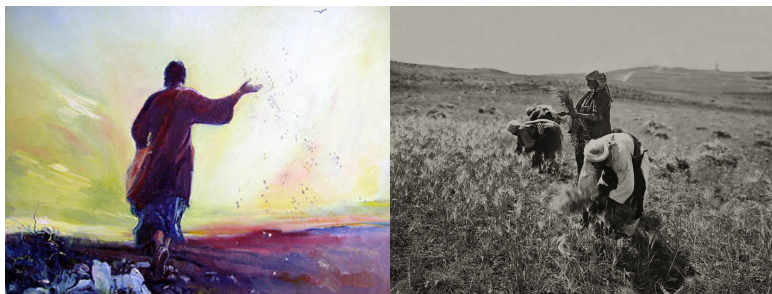
If we do not listen or obey our fathers and despise our mothers, who have given birth to our physical body, who are visible to us and whom we can touch and feel and who have nurtured, loved, cared for us and still do even though we are now adults and with self-sacrifice, have safe guarded us, protected us and have educated us, how can we obey or love a God that we are unable to experience with our five senses. This God has given us our lives, our being and our individuality and every minute of our lives we enjoy His blessings and graces. It is not enough to say I love, I worship, I respect or I am in peace with my parents and more importantly, with my God. Or to just say I am saved. The harmony should reveal itself through our attitude, conduct and deeds. This becomes apparent through the wisdom, peace, understanding, forgiveness, compassion and servitude that we show and represents a higher level of consciousness.

Therefore, first of all, we should listen to our fathers and obey them; we also should not despise our mothers, especially in their old age.

This becomes the first step in our spiritual path towards the realization of God-revelation within us.

May the peace, the grace and the love of God be with us always. Amen.





YOU REAP WHAT YOU SOW

When the bird is alive, it eats ants and worms. When the bird dies, the ants and the worms eat the bird.

The times and the situations are ever-changing.

Throughout your life do not dishonour or offend anyone, do not defame anyone and do not hurt anyone.

You can be strong today, but remember that time is stronger than you.

It is possible to make a million matches from one single tree, but only one match is enough to burn up a forest with million trees.

Hence, be good with good thoughts, good words and good deeds.





- VII -

THE CALAMITY



THE CALAMITY

According to the information given in one of the Russian websites, The Armenian nation is one of the oldest nations that today still have an independent country. It was only a few years ago that the 2700th anniversary of the founding of the Capital of Armenia, Yerevan (Erepuni) was celebrated. It is a city established in 782 BC which is older than the establishment of Rome (753 BC). In the same website, five other ancient nations are also mentioned as having their independent countries. These are: China, Egypt, Greece, Japan and Persia.

Undoubtedly, there have been many more ancient nations in the past, but today they no longer exist and are lost forever.

Although old, yet still we continue to exist. But the fate of the Armenian nation unfortunately has been tragic. It is true, that in the past, we have had strong kings as the empire of Tigran the Great, the kingdom of the Bakradounis and the kingdom of Cilicia. The last king was Leo V (by some historians known as Leo VI), who had dominion over Cilicia, Cyprus and Jerusalem. Armenian self-governance and independence ended in 1375 AD.

The Armenian nation, over the centuries has been subjected to numerous attacks and destruction and has given innumerable casualties. Because of this, despite being a very old nation, today our numbers are very small and we are a small nation. Approximately 25 years ago, in 1991, with the establishment of the third republic, Armenia once again became an independent country. The present size, compared to the historic Armenia, is not even 1/10 of it. The country's population is approximately 3,000,000 and day-by-day appears to be shrinking as a result of emigration. Within the Diaspora, there are approximately 6-7 million Armenians spread through the entire world. Probably there is not a

single country where an Armenian can not be found.

The Armenian nation's tragic condition is the result of the location of its ancestral lands. Being on the cross roads of Asia and Europe, it has been attacked from both sides during major occupations such as by Alexander the Great on his way to India, numerous efforts of the Roman empire to extend its controls, numerous Persian advances into Greece and later Byzantium and retaliations by Byzantium against the Persians. Even the Crusades that were suppose to be a "Christian" movement, have also harmed Armenia when passing through to get to Jerusalem. Of course it is impossible to forget the numerous Arabic and the various Turkic invasions. The major reason for most of the direct attacks by Persia and the Arabs was the religious one. In 451 AD the battle of Avarair is an example of this. The Persians tried to convert the Armenians to their religion of Zoroastrianism and although they decimated the Armenian army, they were not successful in converting the population. The rest of the invasions were mostly for the purpose of domineering and profiteering.

The fate of the Jewish nation also has been similar to that of the Armenians. They were driven to Babylon and to Egypt as slaves. They were under the rule of Rome and finally were completely destroyed and spread throughout the world, losing also their culture. According to their beliefs, they are the chosen people of God. If this is the fate of the chosen people of God, then we, the Armenians, also having had the same fate, we must also be one of the chosen peoples of God. I do not think that a God who never discriminates between individuals or nations would have some type of chosen people. Every person or group that lives for the purpose of God-revelation becomes His chosen person or people. According to the Old Testament, every time the Jewish people swayed away from the right path in life, they

would be subjected to a calamity as if being punished by God. According to some Christians, the reason for the last 2000 years of their “nomadic” life is attributed to the unforgivable crime they committed in crucifying Jesus. This is attributed to the curse that Jews gave to themselves.

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

Approximately 70 years ago in 1948, the Jewish people, after 2000 years of waiting became an independent country. During the Second World War, within a great portion of Europe they were subjected to genocide with approximately 6,000,000 casualties. It would be natural to learn some lessons as a result of such horrific suffering. Then why do they behave in such a negative way with the Arabs in their own country? If the cause of all our fates is “You reap what you sow”, then the present seeds they are sowing will once again be the cause of reaping new tragedies.

“Do not be deceived: God cannot be mocked. A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life.” (Galatians 6:7-8)

The Armenian nation also lived one of its worst calamities 100 years ago. The number of casualties was 1,500,000 dead. But in addition its culture, its character, its language and its lands were also casualties. Some were also converted to Islam under force, so that they would also lose their culture, language and identity. The survivors were spread into many countries. If we consider the law of “You reap what you sow”, it is easy to find a cause for the fate of the Jewish people, but what were the seeds that the Armenians had sown that they reaped this calamity. In the past we also have committed atrocities. During the reign of

Tigran the Great, the tongues of the Jews were cut. Is it possible that our faith and way of life is not pleasing to God?

It is true that "You reap what you sow" is a universal immutable law and it applies to individuals as well as to nations.

"I tell you, you will not get out until you have paid the last penny." (Luke 12:59)

Between "sowing" and "reaping" there may be many years, even centuries, therefore it is difficult for us to see the connection between the two. Some have said and still say: "What was our sin that God punished us in such a way". Some as a result of this calamity have lost faith in God.

In the following verses, the words that Jesus has spoken appear to contradict the law of "You reap what you sow".

"Now there were some present at that time who told Jesus about the Galileans whose blood Pilate had mixed with their sacrifices.

Jesus answered, "Do you think that these Galileans were worse sinners than all the other Galileans because they suffered this way?

I tell you, no! But unless you repent, you too will all perish. Or those eighteen who died when the tower in Siloam fell on them--do you think they were more guilty than all the others living in Jerusalem? I tell you, no! But unless you repent, you too will all perish." (Luke 13:1-5)

"As he went along, he saw a man blind from birth. His disciples asked him, "Rabbi, who sinned, this man or his parents, that he was born blind?" "Neither this man nor his parents sinned," said Jesus, "but this happened so that the work of God might be displayed in his life."

(John 9:1-3)

The ways of God are different from our ways. It is

difficult to understand everything. According to the above verses, it appears that those who had no fault were also punished. This tends to contradict the law “You reap what you sow”. This law may well apply to the life of an individual but it certainly serves a much higher ideal, the God-revelation. In my book titled “From Light to Light”, in Chapter IX titled “What is reincarnation”, it was clearly written that unlike the Eastern religions, we do not believe in reincarnation. According to them, the individual (with their individuality) by reincarnating multiple times, improves himself. Except for a very few that reach enlightenment in this life and are rewarded with salvation, with the death of our bodies our individualities also die. But the spirit, the life energy within with a specific frequency commensurate to the life lead by the individual, dissolves back into God. The individual, having lost his individuality, does not have the ability to improve himself through successive births. But for the revelation of God to take place, it is essential that the frequency of the energy increases to a higher level. Is it possible that God has chosen people whose way of life is commensurate to increasing the frequency of the energy they are given to start with? To serve the purpose of His revelation, God chooses those people to improve the frequency of energies that return with low frequencies. This in itself is rendering service for the realization of God-revelation. This does not oppose the law “You reap what you sow” and because of this law, the individual or the nation experiences calamity. Thus as a nation we should be happy to have served for the purpose of God-revelation. Did not Jesus also suffer for having cured the sick and taking over their unpaid sins? Did He not say “your sins are forgiven” when he was curing them.

“Some men brought to him a paralytic, lying on a mat. When Jesus saw their faith, he said

to the paralytic, "Take heart, son; your sins are forgiven." At this, some of the teachers of the law said to themselves, "This fellow is blaspheming!" Knowing their thoughts, Jesus said, "Why do you entertain evil thoughts in your hearts? Which is easier: to say, 'Your sins are forgiven,' or to say, 'Get up and walk'?"

(Matthew 9:2-5)

When He said: "your sins are forgiven", He would transfer energy from Himself to the person cured. At the level of energy, the pay back for the sins never disappeared, but Jesus out of His immense compassion took them upon himself and He paid back for them with His suffering and crucifixion. Don't we say Jesus died to redeem the sins of humanity?

"For what I received I passed on to you as of first importance: that Christ died for our sins according to the Scriptures," (1 Corinthians 15:3)

Within the Ottoman Empire, the sultans had an individual near them called "slap boy". When the sultan was upset with a dignitary or a visitor, to vent his anger or perhaps to show his anger and displeasure, he would slap that person instead of slapping the visitor or dignitary. Is it possible that the Armenian nation is God's "slap boy".

If we take this approach to the genocide, we should not hate the enemy that was the cause of the calamity. They did what had been ordained to occur. At the same time, the deed they committed does not stop being the seeds they have sown, which they will have to reap in the future. Was it not the same also at the time of Jesus? Judas betrayed Jesus and Jesus told him to carry out his duty.

"What you are about to do, do quickly," Jesus told him, ..." (John 13:28)

But at the same time it is written: "Woe unto the one by whose hand He is betrayed".

“The Son of Man will go just as it is written about him. But woe to that man who betrays the Son of Man! It would be better for him if he had not been born.” (Matthew 26:24)

Judas, by committing suicide, paid his dues with his life. The Turkish people will also pay back for their deeds, when and how we do not know. Is it not our duty to help them, so that the suffering they will have to reap will not be as bad? We should not forget that “Vengeance is mine sayeth the Lord”, hence; we should not be vengeful.

“Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.”

(Romans 12:19)

If the Turks wake up and admit the crime they have committed and do reparations, it is very possible that the calamity that is waiting for them may be ameliorated. Our demands should not be the result of seeking revenge or demanding our rights. In this vein, we would never succeed. Even today some Turks acknowledge that the crime of genocide was carried out and have published books on the subject. One of them, during a lecture, has said that “the demands are not given but they are taken”. But within our hearts, if the true reason for the demands is to help them, so that the blow they will experience in the future is softened, then it is very possible that we may succeed. It is not possible to fool God. He is our being and our consciousness and is privy to all our thoughts. Is it possible that the spirits, the energies that had enlivened those murderous Turks of 100 so years ago by whose hands the murders and the atrocities of the genocide were committed, after their death, returned to God with low frequencies and now they are enlivening Armenians to elevate the frequencies of the energies while in them as their spirits?

Today at the threshold of the 100th anniversary of the

genocide, the church fathers at their meeting have decided to canonize the victims of the genocide as saints. According to the above presented view, if through their suffering they paid off many universal debts, thus having served for the purpose of God-revelation, then why not?

If the pride we have in our religion is the result of love of God and worship of God, then we should never ask: “why did this calamity befall on us?”, because it is written:

“Then you will be handed over to be persecuted and put to death, and you will be hated by all nations because of me.” (Matthew 24:9)

“Know then in your heart that as a man disciplines his son, so the Lord your God disciplines you.” (Deuteronomy 8:5)

“My son, do not make light of the Lord's discipline, and do not lose heart when he rebukes you, because the Lord disciplines those he loves, and he punishes everyone he accepts as a son. ... Our fathers disciplined us for a little while as they thought best; but God disciplines us for our good, that we may share in his holiness.” (Hebrews 12:5-6 & 10)

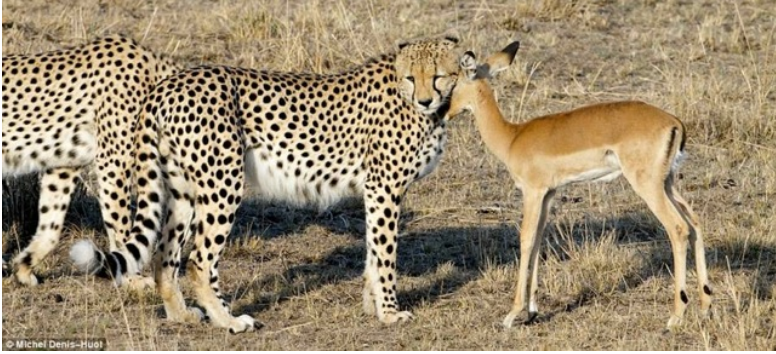
Is it possible that what has befallen our nation is an advice or counsel to wake us up?

At the same time, we should wonder if the fate of our nation is the crop we are reaping as a result of seeds sown in the past. What could those seed have been to give such awful crops? Is it possible that our staunch love of church and love of religion are not the result of love of God and serve some distorted form of pride and the happenings are occurring to wake us up from such a slumber? When I was small and use to fight with my sister, my mother use to come after me with a stick and taught me to live in harmony by spanking me. Is it possible that the disharmony within our nation, the partisan

squabbles, divisions within the church hierarchy instead of unification, the failure of certain leaders and governors to fulfill their obligations properly are the seeds we are sowing today that will come to fruition some time in the future? Did we learn a lesson from the past calamity, or is it that similar calamities will befall us in the future as well, as we see the plight of the Syrian Armenians today?

Both as individuals, as well as a nation, we should be careful not to sow seeds that we do not want to reap the crops of in the future.





“We are the children of our own deeds.”

*** * ***

“Great perils have this beauty that they bring to light the fraternity of strangers.”

*** * ***

“Have courage for the great sorrows of life, and patience for the small ones. When you have laboriously accomplished your daily tasks, go to sleep in peace. God is awake.”

Victor Hugo



-VIII-

WHAT IS SALVATION?



WHAT IS SALVATION

“To the discerning all of them are right; they are faultless to those who have knowledge.”

(Proverbs 8:9)

Most of humanity prays all their lives for salvation. According to our experience this worldly life is temporary and it is during this life, according to our behavior, that we shape our eternal life in the future. Man has a body that is the dwelling place of his spirit, his true self, the Higher Self that survives the death of the body. The life “post death” is not temporary and will be eternal, lasting an unending time. According to the life we lead during this life, it will be determined as to where we will pass this unending eternal life, in heaven with God happy and in bliss, or in hell, away from God with the devil, suffering. According to the general belief, salvation is the soul going to heaven. Again according to the general belief, the soul will take a new “body”. This does not happen right after death, but rather the soul of the dead person goes into a deep sleep. Because of this the church calls them “sleepers”.

Where is heaven and where is hell?

There is also a view that at the end of time, Christ will come with His army of angels to punish the bad and to take the good to heaven. This is called “the rapture”. At that moment the “sleepers”, those who have already died, will wake up and along with the living, will be tried and will be sent to the appropriate location.

Undoubtedly, all of the above presentation is based on biblical verses. The following represent a few of those verses:

“For as lightning that comes from the east is visible even in the west, so will be the coming of the Son of Man. ... At that time the sign of the Son of Man will appear in the sky, and all the

nations of the earth will mourn. They will see the Son of Man coming on the clouds of the sky, with power and great glory. And he will send his angels with a loud trumpet call, and they will gather his elect from the four winds, from one end of the heavens to the other.”
(Matthew 24:27 & 30-31)

“At that time men will see the Son of Man coming in clouds with great power and glory. And he will send his angels and gather his elect from the four winds, from the ends of the earth to the ends of the heavens.” (Mark 13:26-27)

“At that time they will see the Son of Man coming in a cloud with power and great glory.”
(Luke 21:27)

I wonder if those verses are correctly interpreted. There are other verses that appear to contradict them and are usually overlooked.

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

“He told them, "The secret of the kingdom of God has been given to you. But to those on the outside everything is said in parables so that, they may be ever seeing but never perceiving, and ever hearing but never understanding; otherwise they might turn and be forgiven!”
(Mark 4:11-12)

“He said, "The knowledge of the secrets of the kingdom of God has been given to you, but to

others I speak in parables, so that, though seeing, they may not see; though hearing, they may not understand.” (Luke 8:10)

“... for that day will not come ...”(2 Thessalonians 2:3)

“Heal the sick who are there and tell them, The kingdom of God is near you.” (Luke 10:9)

“I tell you the truth, some who are standing here will not taste death before they see the kingdom of God.” (Luke 9:27)

If the kingdom of God is still to come, how can we reconcile the last two quotations with that concept? Is it not true that those “some who are standing here” have all passed away? How is it possible that they have seen the Kingdom of God if it is yet to come? Did not Stephen also see the Kingdom of God before his death as the heavens opened for him? It appears that “the coming of the Kingdom of God” is a personal experience. And the end of time is the moment of the individual’s death.

Before we start on the subject of salvation, it is important to correctly understand some misconceptions.

1- What is Eternity?

Eternity is not endless time. Eternity is the Truth, namely God. Only God is eternal. Time is not a reality but an illusion. Time has past, present and future. Let us think for a minute that throughout our lives, we only live in the present. For any person to live in the past or the future is an impossibility. It is true that we have a memory and we remember our past experiences. We remember because we have a memory, and not that we live the past in the present. We say: “I did that in the past”. If we have any desires that we would like for them to come true, we say: “I will do it in the future”. But when we finally actualize those desires, it

occurs again in the present. Desires are for the future, but their realization always occurs in the present.

Similarly, all the experiences of the past, that had “taken place in the past”, when taking place again, it was in the present at that time. Man lives only in the present, hence; only the present is eternal. Time with its past and future is an illusion and does not exist. Because it is an illusion, it is also relative. Einstein proved that time was not constant. Just because of this, all those who choose the spiritual path are recommended to control their mind and to concentrate only on the task at hand. During any undertaking, generally a million unrelated thoughts pass through our minds, especially when we start praying. Quantum physics also appears to suggest that whatever has happened in the past, whatever is happening now and will happen in the future are all happening together at the “same time”, now in the present. Only the present exists. The Bible also says the same:

“Whatever is has already been, and what will be has been before; and God will call the past to account.” (Ecclesiastes 3:15)

Therefore in our consciousness what we consider to be past or future is an illusion. To accept this illusion as reality is the effect of our low level of consciousness. The experience of God’s bliss, therefore, can only occur in being centered on the present, because only the present is eternal. Because only God is eternal, then the experience of eternity is to be with God. There are those who, ignoring the present, live in their past memories or with their dreams of the future. Such a life will always cause misery and not happiness. The world exists within the grip of space and time, hence; it is also illusory. Eternity is to be outside of time, is to be in timelessness. It is to consciously end the illusory existence. If we succeed, we could, as Jesus did, also say: “I am in the world, but

“... I am not of this world.” (John 8:23)

2- Where is God? Where is heaven, the paradise? And, where is hell?

We say: “God is everywhere” and we believe that to be true. But when the question of “going to hell” comes up, we say: “God is not there”. If God is not in hell, that means that God is not everywhere. We say these things without thinking. By saying so we are actually limiting God. If God is not in hell, it means that He is not everywhere. This creates a dilemma for us. Then where is hell and where is heaven, paradise? Both heaven and hell are not specific places, but rather they are mental and spiritual states. The person who in his consciousness “distances” himself from God, he lives in hell.

On the other hand, the person with full faith, patience, perseverance and determination prepares himself to elevate his level of consciousness, to be able to fully express his infinite love and his infinite longing and hopes to join God, he lives in heaven.

The longing for God exceeds the expectations and the feelings associated with two people in love overcoming all difficulties just to be in company of each other and the “palpitations” they feel upon seeing one another.

It is possible to “see” God only through an increased level of consciousness. Both heaven and hell are here on earth and at the present. Because we have a free will, it is up to us which one we choose. God is already with us, it is up to us to get to know that experientially.

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

Then what is salvation?

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

According to this verse, after death, man's body that had come from dirt, will return to dirt. The spirit that was God's light given by Him will return to God. The following verses indicate that our spirits are God's light and also that the spirit is the Truth.

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

“... And it is the Spirit who testifies, because the Spirit is the truth.” (1 John 5:6)

If every person's body will go to the soil and the spirit to God, why should we pray for salvation? It appears that the end of a saint as well a criminal is the same. The bodies of both will become dirt and the spirits of both will return to God whence they had come. If salvation is the union of the spirit with God and existing in God's presence after death, then everyone will be saved. If that is the case, why strive to be good? Animals act according to their nature and do not think about being good or bad. According to the next verse, it appears that man and his present demeanor is no different then that of the animals.

“Man's fate is like that of the animals; the same fate awaits them both: As one dies, so dies the other. All have the same breath; man has no advantage over the animal. Everything is meaningless. All go to the same place; all come from dust, and to dust all return.”
(Ecclesiastes 3:19-20)

If this is the truth, we do not need religion. The purpose of religion is to show us the path of salvation. Hence; there appears to be two possibilities; either all of humanity is

duped into believing in and following a religion, or salvation is not our spirit being with God.

Then what is salvation?

Let us first examine animals and man to see if there exists a difference between them. If not, why did God create man different from the animals? In the Book of Genesis Chapter I verses 27 & 31, we read that God created man with all the other breathing animals on the sixth day of the Creation. The difference between man and the other animals was that God created man in His own image. I am certain we all agree that this does not mean that God physically looks like us or we look like Him.

“Then God said, "Let us make man in our image, in our likeness, and let them rule over the fish of the sea and the birds of the air, over the livestock, over all the earth, and over all the creatures that move along the ground."”

(Genesis 1:26)

Man differs from the other animals by the capacity of his brain. Thanks to that brain, man has a fully developed intellect (of course only if he uses it). As a result of this brain and intellect, he is able to receive God’s wisdom, but only with the use of his free will makes himself worthy of it. Again, thanks to his brain, he has the ability to tread the correct path and as in the above quotation, able to rule over and overcome his animal nature. Due to the wrong interpretation of this verse, man thinks that he has the right to rule over all the animals within the animal kingdom. Thanks to his free will, he has the capacity to judge and choose the correct way, rather than just think, speak and act as the animals according to his animal nature. Today, scientists are telling us that some animals have various levels of intelligence but to a lesser degree.

On the seventh day God completed the Creation, sanctified that day and He “rested”. What was His last deed

before resting?

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

In Hebrew for the word “breath”, the word “nefs” is used, which has two meanings, “breath” and “individuality”. All the other living creatures do not have the individual consciousness of an eternal life that is given to man.

Then it appears that on the seventh day, before resting, God gave man an individuality and an identity. Man, thanks to his five senses of his physical body and his emotional body, sees, becomes aware and gets to know his environment and the feelings and emotions they cause. But man, thanks to his individuality, also becomes conscious of all. There is a great difference between the two, namely awareness and consciousness. Hence; man, in addition to what the animals have, has a higher level of consciousness. Man also has the ability and the possibility to further elevate that level of consciousness until God revelation-within him. This is the revelation of that “image” according to which he was created.

“God saw all that he had made, and it was very good. And there was evening, and there was morning-the sixth day.” (Genesis 1:31)

Did not Jesus say that only God was “good”?

“Why do you ask me about what is good? Jesus replied. There is only One who is good. ...”
(Matthew 19:17)

Hence; the Creation in its totality represents God. Man, as the pinnacle of that creation, thanks to his individuality, became the means of that revelation. Therefore that also should be the purpose of his life and his duty. When man fails to carry out his duty, he does not serve God or the purpose for which he was created.

Salvation is God's gift to all those who, conquering evil, live accordingly and realize the true purpose of their lives which is God-revelation in them and through them. And what and who is the evil? It is man's own ego. When God gave individuality to man, He did not say it was "good".

All of humanity prays for salvation. Then, the purpose of their lives becomes to attain salvation after death. It is very interesting that while in this world, alive man does not want the salvation here. He does not want it because he is attached to the ego and all the worldly and illusory pursuits of it. Therefore it is very easy to say: "I believe, therefore I am saved". This does not put any great responsibility on his shoulders, other than just simple belief which is completely different from faith and there is no real connection between the two. In reality, according to the next verse, the responsibility given to us is very "heavy".

"And everyone who has left houses or brothers or sisters or father or mother or children or fields for my sake will receive a hundred times as much and will inherit eternal life." (Matthew 19:29)

Those who pray for salvation will never see salvation, because salvation is not the purpose of life and should never be. Salvation is given by God as a gift to those who fulfill the purpose of their lives, who realize God-revelation within themselves. Jesus did not say: "save me", instead He said: "your will be done" and He realized God-revelation in Himself. Exactly because of this today we refer to Him as Jesus Christ.

"The Spirit himself testifies with our spirit that we are God's children. Now if we are children, then we are heirs--heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory."
(Romans 8:16-17)

According to this verse, we all are children of God, but Jesus was the child in whom God was pleased. When a person prays for salvation, his purpose is to keep his ego after his death. When one dies, without a doubt, his spirit, that had come from God, returns to God, but his ego, his individuality also dies along with the body and is gone forever. It is written:

“For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.”

(Romans 6:23)

whereas, salvation is to keep that individuality after death. If we also succeed, we also become the children of God that He is pleased with. The next verse writes about them.

“while the morning stars sang together and all the angels shouted for joy?” (Job 38:7)

When an individual makes salvation the purpose of his life and not God-revelation, it shows that he is still attached to his ego.

The above quotation is taken from the same translation of the Bible that all the other quotations in this book are taken from. But the same verse is translated in many ways in various Bible translations. Below I will include several of these and some make the point in the text a bit more clear.

“When the morning stars sang together, and all the sons of God shouted for joy?”¹

“when the morning stars sang together and all the sons of Elohim shouted for joy?”²

“When the kakhvei boker sang together, and all the Bnei Elohim shouted for joy?”³

“while the morning stars sang together and all the angels [sons of god] shouted with joy?”⁴

“while the morning stars sang together and all the angels shouted for joy?”⁵

“when the morning stars sang together, and all the sons of God shouted for joy?”⁶

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

The person that is attached to his ego can not serve the purpose of God-revelation.

Jesus, in a practical way, showed us what we needed to do. We should also condemn our egos to death, crucify them and lose them as it is written:

“Whoever tries to keep his life will lose it, and whoever loses his life will preserve it.” (Luke 17:33)

“The man who loves his life will lose it, while the man who hates his life in this world will keep it for eternal life.” (John 12:25)

It is not possible to attain salvation by pleading for it; rather salvation comes when we have forgotten about it and ignore it.

When I was small and I was playing in the field, I saw a butterfly and wanted to catch it. I ran after it and the more I ran, the further it flew away. I was not successful in catching it. When I was sitting, busy eating and had forgotten about the butterfly, it came and sat on my shoulder.

In the same way if we run after salvation, it will always elude us and we will never achieve it. But if we forget it and we serve the true purpose of our lives, which is God-revelation, we will be granted the gift of salvation. Against all odds, with patience and perseverance, we should continue on the right path without any diversions, our minds centered on God, to our last breath. That imposing sublime path in our lives is our connection with God as also are the moments of prayer. Therefore that imposing sublime path, which is our conduct in our lives, then becomes our perpetual prayer.

“but he who stands firm to the end will be saved.” (Matthew 24:13)

**“... to show them that they should always pray
and not give up.”** (Luke 18:1)

* * *

1 - King James Version

2 - Name of God Bible

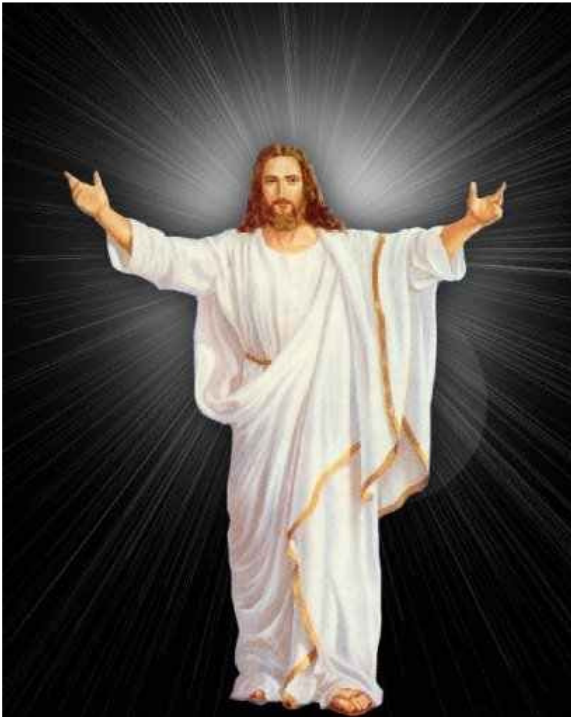
3 - Orthodox Jewish Bible

4 - Expanded Bible

5 - New International Version

6 - The Revised Standard Version of the Bible: Catholic Edition

**“...blessed are those who keep my ways.
... Blessed is the man who listens to me,
watching daily at my doors, waiting at my
doorway. For whoever finds me finds life and
receives favor from the Lord.”** (Proverbs 8:32-35)





HOW TO REVEAL GOD IN OURSELVES

An example of everything is given to us in nature, therefore it is important that we observe nature, learn and benefit from these examples.

As the surface of a lake with calm waters reflects the environment as a mirror, in the same way a calm mind reflects its environment. Then what is that environment? God is everywhere, hence; we are surrounded by God. It is written that God created man according to His own image, then should not the mind of the man reflect that image?

In general, man thinks that he is his physical body, or he is his thoughts and his different characteristics and abilities. In reality, all these belong to his ego. All those things that we think we are, can all be objectified, therefore can not represent the subject, the experiencer, the seeing and the knowing consciousness, the true self. To be able to know

the self, it has to be objectified. The subject can never become the object. The subject of every single individual is the same. With our intellect it is impossible to get to know it, but to dissolve in it is possible. We know that it is possible, because Jesus succeeded and announced:

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

This can be possible only if one by one we “leave behind” all those that can be objectified that we seem to be identifying ourselves with. Just as the lake is able to reflect its environment, but can not reflect itself, the water, we also can not know the subject, our true Self, which is conscious of all.

When the lake wishes to also reflect itself, the water, it is imperative that part of that water should rise above the surface of the lake. This we call a wave and this causes the surface not to be calm, hence; it no longer can reflect the environment, nor can it reflect itself, the wave.

In the same way, people thinking that they will reflect the subject, their “being”, and thinking that their individuality is their true self, unknowingly reflect the ego.

The ego, more than ready to make a “splash”, causes a storm of “waves” in the mind with multiple thoughts, desires, wants, expectations, feelings and emotions and all the reactions that all these produce. The individual can neither reflect his individuality, nor can he reflect his true Self. In the process, he also blocks the reflection of the image of God that he is, because only a calm mind can reflect it. And, this is the “verdict” and hell.

“This is the verdict: Light has come into the world, but men loved darkness instead of light because their deeds were evil.” (John 3:19)

“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 true light that gives light to every man was coming into the world. He was in the world, and though the world was made through him, the world did not recognize him. ...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 1:1-14)

On the other hand, heaven is revealed when the mind is calm and at peace. All that can be objectified disappears one by one and remains only the subject and then the individuality understands the Truth that only the Spirit is real and it is the same Spirit that is working in everybody and everywhere as well. He forgets his individuality and dissolves within the Spirit, within God and announces: “I and the Father are one”. Eternal bliss radiates in him, and he lives only in the present, which is eternity. Happiness and bliss do not come from or depend on external objects or realization of desires; rather they pour out of the Spirit and have no ties with the objective. It only requires a calm and peaceful mind to be able to reveal itself.

Most people, when they realize one of their desires, feel happy and they think that it is the realization of the desire that has made them happy. The truth is that, before the realization of the desire, the mind was constantly busy with the idea of bringing that desire to fruition. With that type of a busy mind, happiness had no chance to be reflected in such a mind. But when the desire had been realized, then the turmoil of the mind regarding, how, where and when the desire would come true ceased, the mind became calm again

and happiness automatically was reflected in the mind. Happiness does not come from the object; it comes from a calm mind. The purpose of our lives is to reflect the divine beauty and love that surround us. This is God revelation, to reveal His image in us and not God Himself. God is in the whole of the Creation and is the whole Creation on a macrocosmic scale. The purpose of our lives is to manifest this at the microcosmic level. We neither have the capacity to understand nor the ability to manifest God. We can only manifest His image which is His beauty and His love, and this should be the purpose of our lives. This becomes possible only if we live consciously.

What does it mean “to live consciously”?

People think that they are conscious of all their deeds, but the truth is that, in general, we all act according to our natures. Yes, we become aware of the act after we commit it. Our thoughts, words and deeds are according to our nature and the way of the society. This appears to be essential for self-preservation. Is not our nature also the result of the societal environment? When people that we come in contact with and have dealings with have a selfish and greedy disposition and deceiving us, take advantage of us, then a reaction of self-preservation appears to be essential.

In such an environment of ignorance, an inner silent voice sometimes cautions us. But often our intellect with its logical analysis tries to convince us that to act according to our nature is justifiable. The inner silent voice comes from our true Self, the Christ within, therefore represents God’s will. That divine will is revealed without thinking or intellectualizing. Hence; to “live consciously” is not to ignore that silent voice and to act accordingly even when we know we are being victimized. To live in such a way appears to be very difficult and we may even be subject to ridicule by others and be called naïve and worse yet, stupid. By living

consciously, we may often act against our natures and by doing so, not to disturb our peace, we should slowly and gradually try to change our natures that had formed in our childhood. When our nature changes to such a degree that our thoughts, words and deeds all become harmonious with that silent voice which is God's will, then we truly find our mental peace. A calm and peaceful mind is ready to reflect the image of God.

Instead of choosing a life commensurate to the revelation of God in us, we choose an alternate life driven by our egos, the devil. We also will wail as Job did in the following verse.

“What I feared has come upon me; what I dreaded has happened to me. I have no peace, no quietness; I have no rest, but only turmoil.”

(Job 3:25-26)





Prayer 61 B

Speaking with God from the Depths of the Heart

How shall I, being what I am, pray to be
delivered from evil and join my voice with
those who
hope in God, saying, "Guard me, Lord,
from the hands
of the wicked and preserve me from
violent men"?

Gregory of Nareg

EPILOGUE

What I learned from Jesus' teachings in the Gospels and the examples He has shown through His life as well as the path shown by the services and the rituals of our church, I presented in this book. Hence; the purpose of human life and the way to salvation, which are proper conduct in our lives and God worship, I tried to present here. I also tried to expound on and explain the meaning of true religion and what truly God worship is, exhaustively but in a simple and understandable way. According to my limited capacity, I also tried to show the similarity between today's scientific knowledge and millennia-old religious knowledge. I also indirectly made references to some physical laws that we still are not privy to. Scientists are trying to find these laws, but they are looking for them in the external world. Without a doubt, they are there too, but this knowledge will reveal itself much faster and better if we look for them in our "inner worlds". Jesus never had a laboratory or any instruments, nor did he have the cyclotron that is in Geneva, but He was privy to those laws and using them, He was able to cure the sick and also resurrect the dead.

In reverence to the 1.5 million that died during the Armenian genocide and to my mother who also was deported but was lucky enough to have survived, on the eve of the 100th anniversary of that tragedy and because it is a subject fresh in our consciousness, I have also included a chapter that presents my reflections on the subject. I am certain some will not agree with my views. This would not surprise me, because it is an unresolved issue that is cause for great sorrow. As I have written in the book, when we are distracted by emotions, we lose the ability to judge and choose correctly.

When one reads the book, he/she will notice that there are numerous repetitions. These are deliberate. The truth is

that the purpose of life, proper conduct in life, “God worship” and salvation are very simple issues and all can easily be presented in one page. But this does not mean that the realization of these is easy. On the contrary, the proper conduct and “God worship”, although the most important undertaking of our lives, are also the most difficult. Because of this, very few have ever succeeded. Why is it that the real saints are very few in numbers? Otherwise, the world would be overrun with saints. The purpose of the repetitions in this book is to present the information looking at it from different perspectives. Because all that is presented ends at the same point, repetition becomes unavoidable as well. Repetition has its advantages. In elementary school we were given poems to memorize and we used to accomplish this after numerous repetitions. Therefore, I feel that repetition also helps to better understand and to be impressed by and to remember, so that the implementation becomes easier.

As I had indicated in the “Foreword” of this book, I do not pretend to be an expert of this subject. I do not expect every reader to agree with my views. With regards to religion and salvation, even within the same religion’s different denominations, there exist differences of opinions and beliefs. Undoubtedly, there will be those who would even refuse to read this book and will insist on their own beliefs. Their fear is that an external devil will misguide them. To me, it appears that the “devil”, their ego, by closing their minds, has already misguided them, so that they would not have any progress on the spiritual path, because such a progress means the death of the ego. It is well known that the ego will try not to lose control, no matter what. To this end, within the mind, the ego creates the fear that the individual will lose his belief that he is so attached to, and feels so comfortable with. In turn fear takes away the individual’s ability to think and to take action. Jesus knew very well

about His crucifixion and even had the opportunity to escape, but He had no fear and willingly accepted God's will.

Our true teacher is the inner Christ. If we are ready to learn, Christ is ready to teach. It is not important as to what we read. Even from publications of devil worshipers, Christ can teach us how not to be. There should be no misunderstandings. I do not recommend reading such works, and this was only a simple example. For Christ to be able to teach us, the only requirement is that we have a seeking, receptive and an open mind. According to the Gospels, on numerous occasions Jesus pointed this out when he was talking about "fertile soil". The fertile soil is the open mind, the mind that is ready to learn. In the West, some of the evangelists, especially those who preach on TV or radio carried away by wrong interpretations of some of the letters in the New Testament and being misguided, also misguide the vulnerable following they have. Why do we think Jesus said the following?

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

"... when the Son of Man comes, will he find faith on the earth?" (Luke 18:8)

They ignore a lot of verses that contradict what they preach. It is very easy to say "I believe, therefore I am saved" or "Jesus died for my sins, therefore I am saved". This type of understanding, other than just saying "I believe", does not put any other responsibility on the shoulders of the individual and they continue in their usual ways. Perhaps they may be a bit better than general society. I personally know of a couple, wherein the wife got involved in a "born again" group, and every day was attending Bible study sessions, completely neglecting the family and all her duties,

eventually “in the name of God”, ending up in divorce. I doubt that this could possibly be God’s will and the religion that the wife was following, despite it being a Christian sect, could be a true teaching. Both the Catholic and Orthodox Churches did not preach the same way for the last 2000 years? Do we think that because they did not know? They, on the contrary, new much better. But, surprisingly today in our churches, we are starting to hear sermons that appear to echo the above mentioned evangelists. I wonder what this is a sign of. Is it possible that they have forgotten the treasure that they are custodians of, or is it that they are trying to please a faction of the congregation that is swayed by the TV evangelists? In our churches similar sermons started to appear simultaneously with the change of the language of the rituals from the classical Armenian to the vernacular. Is it possible that our orthodox church is no longer orthodox and is sinking into more “darkness”? It would be better if the sermons would expound the correct interpretation of the teachings of the Gospel read that day. For the Orthodox Church, what Jesus has said is much more important than what is in the letters. During the Mass, do you know why the reading of the Gospel is done from the higher stage of the altar with candles lit on either side? Have you ever thought about it? The light of the candles represent the “light” of knowledge that is spread by what Jesus has said. The one who reads the Gospel has to be a priest or a deacon. On the other hand, any readings from the Old Testament or St. Paul’s and other letters of the New Testament are done from a lower level, without any candles, and can be read by anyone. The lower level represents the “worldly” and the higher stage of the altar represents the “heavenly”. The teachings of Jesus are “heavenly”, but the teachings of the letters “worldly”. Which one would we want to follow? Again, I do not want any misunderstandings. I am not

against the letters. Their authors also got their teachings from Jesus and were also guided by the Holy Spirit. But they wrote those letters to the general congregation of the day and according to their level of consciousness. Jesus had said: “they will hear but they will not understand, they will see but not perceive”. Is it not possible that the authors of the letters, having in mind the level of consciousness of the public, that they presented a superficial view commensurate to their level of understanding? What is more astonishing is that out of 12 disciples very few have written any letters and those are very short. Most letters are written by St. Paul who actually was never with Jesus. It is true that Christ appeared to him on the road to Damascus and he had an **awakening** and repented. Approximately 70 years ago, the Gospel according to St. Thomas was found, which is not accepted as one of the Gospels in the New Testament. Surprisingly in the Gospel of Thomas, there is absolutely no historic accounts of Jesus’ life or the events of the time, but only 114 verses of what Jesus had said.

As it is written in the last part of the IIIrd Chapter, God reveals to all in the same way, but each person “sees” him according to his level of understanding or according to his belief system. In the same way, each one of us will understand the teachings of the Bible also according to our beliefs, comprehension and to our levels of consciousness. For each person, what he believes in is right for him and commensurate to his conduct in life and also to his level of consciousness.

But should we not try to increase our level of consciousness?

**“Have mercy on me, O God, according
to your unfailing love; according to your
great compassion blot out my
transgressions.”
(Psalm 51:1)**



**"Life is the flower for which
love is the honey.
Intelligence is the wife,
imagination is the mistress,
memory is the servant."**

Victor Hugo





RELIGION OR AWAKENING



God is one and he created man according to His image, only one kind. But surprisingly men with various customs and languages divided themselves into various nations and cultures. In these divisions the most tragic and harmful has been the division of religions. With this last division they also, at least in their own minds, have divided God into various parts.

Despite the fights, the wars, the hatred, the opposition men have created in the name of religion, God still remains one. One of the qualities of God is that He is everywhere, all pervading.

Despite man's disagreement and the differences in their chosen religions, is it not true that everywhere in the world, in every religion, it is the same God that is being worshiped? Is it not true that only the names differ?

Another quality of God is also beauty. Then, should we not try to see that beauty also in His image, in man, and should this not be without any consideration of culture, customs, ethnic background, language or religion?

Every single person in this world is strongly tied with God through his spirit regardless by what name he knows or calls Him. We are all His creations and belong to Him, yes including the "bad ones" and the atheists among us. Each individual's longing should be to "see" and to know God. This can be possible only if by developing love for one another, we are able to transform this world into paradise. We all wish to be happy, to be emancipated from the grip of fear and to receive His graces. This is possible only by fully trusting God without any reservations and thus worshipping

Him. It is impossible to worship if we do not love Him. On the other hand, when we say that we love Him, this should not be with words but should be proven with deeds. To prove this love with deeds is to love all of His creation in its totality and not just a part of it. Each individual has to offer his heart to God, so that through that heart God's love flows to everyone.

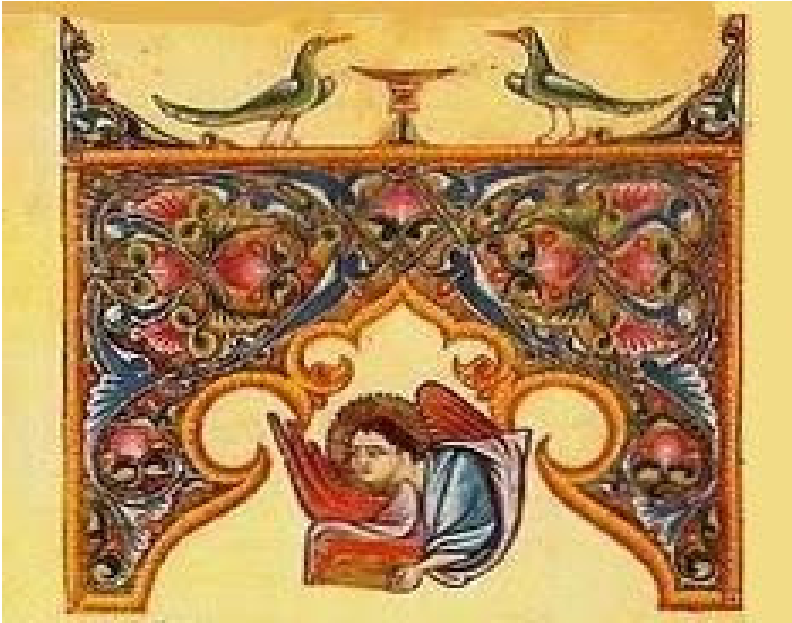
Jesus, who belonged to the religion of Judaism, never said to convert the pagans to Judaism. He also did not say to go and convert them to Christianity, because He was not teaching a new religion. His aim was to bring back on track and closer to God the followers of His religion and all of humanity as well that had strayed way off the right path. His purpose was just to show the way to salvation and with this in mind, said the following:

“Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.” (Matthew 28:19-20)

Within humanity, every single person's spirit is God's son. His call is for all of us. Why do we disregard this call? What degree of ignorance is this that has made us both deaf and blind? Oh! My dear friends, I know that political issues, especially at the threshold of the 100th anniversary of the genocide, are occupying and cluttering our minds, but we should not forget that God's love solves all problems. The time for **awakening** is here.

(Also read Matthew 5:38-48)





-IX- ADDENDUM

A- RELIGION

B- THE PUMP

C- A GLASS OF MILK

D- LESSON LEARNED FROM THE GARDEN

E- THE BLACK DOT

F- RUMOR AND GOSSIP

G- REFLECTIONS

H- DON'T BE SAD



Taken from Kahlil Gibran's "The Prophet"

RELIGION

And an old priest said,
Speak to us of Religion.

And he said:

Have I spoken this day of aught else?

Is not religion all deeds and all reflection,

And that which is neither deed nor reflection, but a
wonder and a surprise ever springing in the soul, even
while the hands hew the stone or tend the loom?

Who can separate his faith from his actions, or his
belief from his occupations?

Who can spread his hours before him, saying, "This
for God and this for myself; This for my soul, and this
other for my body?"

All your hours are wings that beat through space
from self to self.

He who wears his morality but as his best garment
were better naked.

The wind and the sun will tear no holes in his skin.

And he who defines his conduct by ethics imprisons
his song-bird in a cage.

The freest song comes not through bars and wires.

And he whom worshipping is a window, to open
but also to shut, has not yet visited the house of his soul
whose windows are from dawn to dawn.

* * *

Your daily life is your temple and your religion.

Whenever you enter into it take with you your all.

Take the plough and the forge and the mallet and
the lute,

The things you have fashioned in necessity or for delight.

For in reverie you cannot rise above your achievements nor fall lower than your failures.

And take with you all men:

For in adoration you cannot fly higher than their hopes nor humble yourself lower than their despair.

* * *

And if you would know God be not therefore a solver of riddles.

Rather look about you and you shall see Him playing with your children.

And look into space, you shall see Him walking in the cloud, outstretching His arms in the lightning and descending in rain.

You shall see Him smiling in the flowers, then rising and waving His hands in trees.





THE PUMP

There was once a man who got lost in the desert. The water in his canteen ran out two days ago, and he was on his last legs. He knew that if he didn't get some water soon, he would surely perish. The man saw a shack ahead of him. He thought it might be a mirage or hallucination, but having no other option, he moved toward it. As he got closer he realized it was quite real, so he dragged his weary body to the door with the last of his strength.

The shack was not occupied and seemed like it had been abandoned for quite some time. The man gained entrance, hoping against hope that he might find water inside. His heart skipped a beat when he saw what was in the shack: a water pump. It had a pipe going down through the floor, perhaps tapping a source of water deep under - ground. He began working the pump, but no water came out. He kept at it and still nothing happened. Finally he gave up from exhaustion and frustration. He threw up his hands in despair. It looked as if he was going to die after all. Then the man noticed a bottle in one corner of the shack. It was filled with water and corked up to prevent evaporation. He uncorked the bottle and was about to gulp down the sweet life-giving water when he noticed a piece of paper attached to it. Handwriting on the paper read: "Use this water to start the pump. Don't forget to fill the bottle when you're done."

He had a dilemma. He could follow the instruction and pour the water into the pump, or he could ignore it and just drink the water. What to do? If he let the water go into the pump, what assurance did he have that it

would work? What if the pump malfunctioned? What if the pipe had a leak? What if the underground reservoir had long dried up?

But then..., maybe the instruction was correct. Should he risk it? If it turned out to be false, he would be throwing away the last water he would ever see. Hands trembling, he poured the water into the pump. Then he closed his eyes, said a prayer, and started working the pump. He heard a gurgling sound, and then water came gushing out, more than he could possibly use. He luxuriated in the cool and refreshing stream. He was going to live!

After drinking his fill and feeling much better, he looked around the shack. He found a pencil and a map of the region. The map showed that he was still far away from civilization, but at least now he knew where he was and which direction to go. He filled his canteen for the journey ahead. He also filled the bottle and put the cork back in. Before leaving the shack, he added his own writing below the instruction: **"Believe me, it works!"**

This story is all about life. It teaches us that we must give before we can receive abundantly. More importantly, it also teaches that faith plays an important role in giving. The man did not know if his action would be rewarded, but he proceeded regardless. Without knowing what to expect, he made a leap of faith.

Water in this story represents the good things in life. Think of it as positive energy, or something that brings a smile to your face. It can be material objects or intangible qualities. It can represent money, love, friendship, happiness, respect, or any number of other things you value. Whatever it is that you would like to get out of life: that is water.

The water pump represents the workings of the karmic mechanism (You reap what you sow). Give it

some water to work with, and it will return far more than you put in. This mechanism traces a great circle, an unbroken path that eventually comes back to its point of origin. The energy of this circulation gathers power as it moves along, so that when it finally returns, it is greatly amplified.

Perhaps you have done a good deed that no one knows about, so you assume there will not be an effect associated with this particular cause. In reality, you have but initiated the karmic mechanism in the spiritual realm. You cannot see it, but it is there all the same, and it begins gathering energy and seeking its way back to you immediately. As we have already noted from the story, the man filled the pump without knowing if his effort would be rewarded. In the same way, when we emulate and nurture others, we also act without expecting rewards of any sort.

This principle applies to everything, not just money. For instance, in order to win the respect of others, one must start by giving others the appropriate respect without quibbles or qualms. Would you like more recognition for the work that you do? If so, then start by recognizing the achievements of everyone around you. When you truly accept that others are deserving of recognition, their esteem for you will increase as if by magic. Would you like to have more friendship in your life? If so, then start by being friendly. Do not expect anything in return, and you'll be pleasantly surprised by the flood of goodwill and friendliness that comes your way. Would you like people to see beauty in you? If so, then start noticing beauty in others. It's easy to see when you pay attention. Everyone around you has an intrinsic beauty that goes well beyond the physical. When you can see this and start to appreciate it and marvel at it, a transformation takes place: You become truly beautiful

yourself.

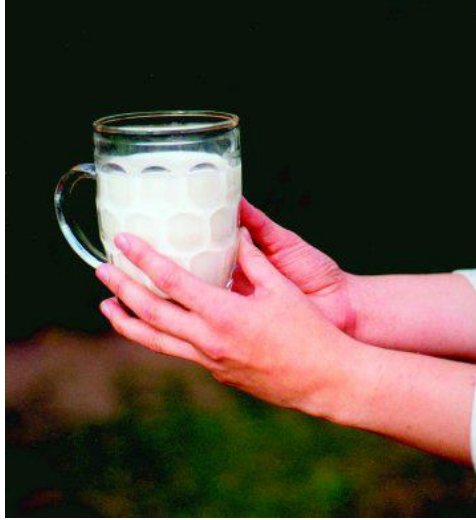
In general, whatever goodness you want from life, give it to others first. Give it cheerfully and willingly, without calculating your gain versus loss as if you are working a balance sheet. Initiate the circular exchange and relax in the certain knowledge that no one ever gets shortchanged.

Think of planting flower seeds in a garden as a metaphor for the karmic mechanism. Each seed you plant is a process you have set into motion. You understand the principles that govern the growth of plants and you know the soil is fertile, so you know that you will see results in the fullness of time. You do not know exactly when or how the flowers will bloom, and that's perfectly fine.

The only thing we need is the courage to take charge and jump-start the water pump.

Believe me, it works





A GLASS OF MILK – (A True Story)

One day, a poor boy who was selling goods from door to door to pay his way through school, found he had only one thin dime left, and he was hungry. He decided he would ask for a meal at the next house. However, he lost his nerve when a lovely young woman opened the door. Instead of a meal he asked for a drink of water. She thought he looked hungry so brought him a large glass of milk. He drank it slowly, and then asked, "How much do I owe you?" "You don't owe me anything," she replied. "Mother has taught us never to accept pay for a kindness." He said, "Then I thank you from my heart."

As Howard Kelly left that house, he not only felt stronger physically, but his faith in God and man was strong also. He had been ready to give up and quit. Year's later that young woman became critically ill. The local doctors were baffled. They finally sent her to the big city, where they called in specialists to study her rare disease. Dr. Howard Kelly was called in for the consultation. When he heard the name of the town she

came from, a strange light filled his eyes. Immediately he rose and went down the hall of the hospital to her room. Dressed in his doctor's gown he went in to see her. He recognized her at once. He went back to the consultation room determined to do his best to save her life. From that day he gave special attention to the case.

After a long struggle, the battle was won. Dr. Kelly requested the business office to pass the final bill to him for approval. He looked at it, then wrote something on the edge and the bill was sent to her room. She feared to open it, for she was sure it would take the rest of her life to pay for it all. Finally she looked, and something caught her attention on the side of the bill. She began to read the following words:

"Paid in full with one glass of milk"





LESSON LEARNED FROM THE GARDEN

The following was written by one of my patients, and was included in a card he had sent me.

MY ROOFTOP GARDEN

At our residence we have a rooftop garden. For the last 25 years every summer, either my son or one of my students planted flowers for me. This past summer my garden taught me a valuable lesson. I thought it may also be helpful to others as well.

Near the end of last May, as usual my son, once again, planted flowers and prepared my garden. In my garden there are ten flower pots and two, one meter long, planters. My son planted beautiful flowers of different colors. Every morning I looked at my garden, seeing the beauty in the flowers, I would feel happy. After all flowers are the symbol of nature's beauty. For this exact reason, when we appreciate and honour someone, we give flowers. Flowers are also an expression of love. When a young man presents a bunch of flowers to a lady, he is actually expressing his love.

When my son planted the flowers, he did not plant any weeds with them, but in time weeds grew spontaneously. Unfortunately I did not pull the weeds as they appeared. Within three months my poor flowers were lost in the weeds. The colourful beauty of my garden was lost.

This experience taught me that the good thoughts are like the flowers. To have good thoughts one must take care, it takes some effort. On the other hand bad thoughts rise in our minds without any effort. When these thoughts appear, we should get rid of them immediately; otherwise they multiply very quickly and block any good thoughts, just like the weeds block the beauty of the flowers.

Hence, we should pay attention to our thoughts, and eliminate bad ones as soon as they appear, so that we can develop a beautiful, helpful and enlightened mind. The result of such a mind will also be a beautiful, compassionate, altruistic and happy life.

The positive, beautiful and good thoughts are the flowers, and the negative and bad thoughts are the weeds.

J. Sharda





THE BLACK DOT

One day, a professor entered the classroom and asked his students to prepare for a surprise test. They all waited anxiously at their desks for the exam to begin.

The professor handed out the exams with the text facing down, as usual. Once he handed them all out, he asked the students to turn over the papers.

To everyone's surprise, there were no questions – just a black dot in the center of the sheet of paper. The professor, seeing the expression on everyone's faces, told them the following: "I want you to write about what you see there".

The students, confused, got started on the inexplicable task.

At the end of the class, the professor took all the exams, and started reading each one of them out loud, in front of all the students. All of them, with no exception, defined the black dot, trying to explain its position in the center of the sheet.

After all the papers had been read, the classroom silent, the professor started to explain: "I am not going to grade you on this, I just wanted to give you something to think about. No one wrote about the white part of the paper. Everyone focused on the black dot – and the same happens in our lives.

We have a white piece of paper to observe and enjoy, but we always focus on the dark spots. Our life is a gift given to us by God, with love and care, and we always have reasons to celebrate – nature renewing itself everyday, our friends around us, the job that provides our

livelihood, the miracles we see every day

However, we insist on focusing only on the dark spot – the health issues that bother us, the lack of money, the complicated relationship with a family member, the disappointment with a friend.

The dark spots are very small when compared to everything we have in our lives, but they are the ones that pollute our mind.

Take your eyes away from the black dots in your life. Enjoy each one of your blessings, each moment that life gives you. Be happy and live a life filled with love.



RUMOR AND GOSSIP

In ancient Greece (469 - 399 BC), Socrates was widely lauded for his wisdom. One day an acquaintance ran up to him excitedly and said, "Socrates, do you know what I just heard about Diogenes?"

"Wait a moment," Socrates replied, "Before you tell me I'd like you to pass a little test- the Triple Filter Test."

"Triple filter?" asked the acquaintance.

"That's right," Socrates continued, "Before you talk to me about Diogenes let's take a moment to filter what you're going to say. The first filter is Truth. Have you made absolutely sure that what you are about to tell me is true?"

"No," the man said, "Actually I just heard about it."

"All right," said Socrates, "So you don't really know if it's true or not. Now let's try the second filter, the filter of Goodness. Is what you are about to tell me about Diogenes something good?"

"No, on the contrary..."

"So," Socrates continued, "You want to tell me something about Diogenes that may be bad, even though you're not certain it's true?"

The man shrugged, a little embarrassed.

Socrates continued, "You may still pass the test though, because there is a third filter, the filter of Usefulness. Is what you want to tell me about Diogenes going to be useful to me?"

"No, not really."

"Well," concluded Socrates, "If what you want to tell me is neither True nor Good nor even Useful, why tell it to me or anyone at all?"

The man was bewildered and ashamed.

This is an example of why Socrates was a great philosopher and held in such high esteem.



REFLECTIONS

WORDS OF WISDOM

As we grow old and hence wiser, we slowly realize that whether we are wearing a \$300 or \$30K watch, they both tell the same time.

Whether we carry a \$300 or \$30K wallet/handbag, the amount of money inside is the same

Whether we drink a bottle of \$30 or \$3K wine, the vomiting is the same .

Whether the house we live in is 30 or 300 sqm, the loneliness is the same.

Hopefully, one day you will realize, your true inner happiness does not come from the material things of this world.

Whether you fly first or economy class, if the plane goes down, you go down with it

Therefore, I hope you realize, when you have mates, buddies, old friends, brothers & sisters, chat with them, laugh with them, talk with them, sing songs with or to them, talk with them about north-south-east-west, heaven & earth. That's true happiness!!



FIVE UNDENIABLE FACTS OF LIFE

1. Don't educate your children to be rich. Educate them to be Happy. So when they grow up, they will know the value of things not the price.

2. Best awarded words in London ... "Eat your food as your medicines. Otherwise you have to eat medicines as your food".

3. The One who loves you will never leave you because even if there are 100 reasons to give up, he will find one reason to hold on.

4. There is a lot of difference between a human being and being human. A few understand it.

5. You are loved when you are born. You will be loved when you die. In between, you have to manage!



If you want to Walk Fast, Walk Alone! But if you want to Walk Far, Walk Together!!



Six Best Doctors in the World:

1. Sunlight
2. Rest
3. Exercise
4. Diet
5. Self Confidence
6. Friends

Maintain them in all stages of Life and enjoy healthy Life.





DON'T BE SAD

Don't be sad... Your sadness will make your enemy happy and your friend sad. You will be the laughing stock of those who envy you.

Don't be sad... because sadness does not bring back what you have lost. It also does not resurrect the dead. It is of no help.

Don't be sad... because sadness makes you nervous and restless. It tires your heart and disturbs your sleep.

Don't be sad... if you committed a sin, repent and right the wrong you have done. God's mercy is infinite and His door is always open.

Don't be sad... for what you have lost, because you are blessed with many more blessings. Just concentrate on all of God's blessings and give thanks. His blessings are so many that we are unable to count them.

Don't be sad... for all the lies others say about you, because by the degree of tolerance and patience you show, by the same degree will you be blessed.

Don't be sad... As long as your actions are humanitarian,
don't be sad, for the door to happiness is in being
merciful.

Don't be sad... The result of a good deed returns to you
augmented anywhere from 10 to 700 times, and the
result of a bad deed, only one time.

Don't be sad... The world is not something to be attached
to, nor is it permanent. It is here today and gone
tomorrow. It is only a testing ground.

Don't be sad... for the bad situations fate brings your
way. For those, who truly worship God, they are a source
of happiness.

Don't be sad... Gold is refined with fire and the true
devotee of God with calamities and difficulties.

Don't be sad... If we compare our negative experiences
with worse ones, we gladly accept them.

Don't be sad... If you find yourself face-to-face with a
given situation, ask yourself, "what could be the worst
outcome?" Then get yourself used to the idea and prepare
yourself to face it. With full faith in God and hope
centered on Him, try to change the situation to your
advantage. God always solves all problems the best way.

Don't be sad... know that, if you don't live in the present,
your problems will multiply. When you wake up in the
morning, don't wait for the evening to come, and when
you reach evening, don't wait for the morning. Don't live
in the past or in the future, always live the present.

Don't be sad... all difficulties have a solution, and the
solution is hidden within the difficulty. What we take to
be the difficulty is actually the solution.

Don't be sad...

MEVLANA

**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;**

