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FROM LIGHT TO LIGHT «III»

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# UNIVERSAL LAWS



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## FROM LIGHT TO LIGHT «III»

**VAHE SIVACIYAN**



**TORONTO**  
**- 2017 -**

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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.





**Whoever believes  
in me ... streams  
of living water  
will flow from  
within him."  
(John 7:38)**

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# **BIOGRAPHY**

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

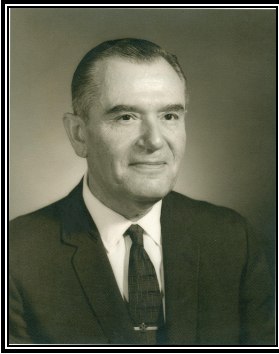


He immigrated to Toronto, Canada with his parents, where he completed his high school education. In 1968 received his Bachelor of Science degree from the University of Toronto, and in 1972, his Medical Doctorate degree from the same university. He specialized in Internal Medicine and in the sub-specialty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

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

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





1911-1985



1904-1994



LOVE AND RESPECT  
IN MEMORY OF MY  
BELOVED PARENTS

**JIRAYR & ISGUHI  
SIVACIYAN**



**“YOU ARE THE BOWS FROM WHICH YOUR CHILDREN AS LIVING  
ARROWS WERE SENT FORTH.  
THE ARCHER SEES THE MARK UPON THE PATH OF THE INFINITE,  
AND HE BENDS YOU WITH HIS MIGHT THAT HIS ARROWS MAY GO  
SWIFT AND FAR.  
YOUR BENDING IN THE ARCHER’S HAND WAS FOR GLADNESS;  
FOR EVEN AS HE LOVES THE ARROW THAT FLIES, SO HE LOVES  
ALSO THE BOW THAT IS STABLE.”**

(Paraphrased from Kahlil Gibran’s “The Prophet”)



**1955-2010**



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

**AYDA SIVACIYAN**



## 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 21<sup>st</sup>, 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, for her contagious laughter.

## **FOREWORD**

I would like to express my gratitude and thanks to Mr. Atranik Tchilingirian 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.



## A FEW WORDS

*(The following is a translation and a precis of a two page foreword, originally written in Armenian.)*

This third publication of the “From Light to Light” series, titled “Universal Laws”, is a publication by Dr. Vahe Sivaciyani dedicated to the loving memory of his parents, Jirayr and Isguhi Sivaciyani, presented with love and respect, as well as to the memory of his beloved wife, Ayda.

The books in this series are titled “From Light to Light”, undoubtedly to prepare the reader for the importance of the meanings of the subjects presented in them. The presentations, rich with information, entice the reader to continue further research in order to expand his horizon. The topics present the result of extensive research and are full of intellectual depth that flow smoothly. The author, to make the metaphysical topics more comprehensible, has included appropriate quotations from the Bible.

In this as well as in the two previous books, the author shows independent thinking and discusses the topics sincerely and presents his views with candor and has the boldness to call the “black”, black and the “white”, white. He, having been trained as a specialist, has presented his own personal perspective, but always remained true to the letter and the spirit of the teachings of Christ and is solidly based on the Bible. For him, these two are an unshakable guide and measure.

The author, a man of faith and a deacon within the church, with many years of service, if somewhat critical at times, has with great zeal kept to the spirit of the Bible and is unforgiving to those who misinterpret it.

“Universal Laws” is compact and interestingly full of rich topics. As if this was not sufficient he has added a section called “Addendum” where he has presented collected, helpful stories, wise sayings and contemplative thoughts, etc.

This book is not a repetition of the two previous books, despite carrying the same title. Without a doubt, it is a welcome addition to the spiritual literature, for which we are grateful.

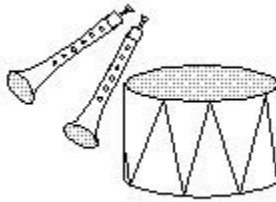
Antranik Tchilingirian

## A TURKISH PROVERB



**Anlıyana  
sivri sinek saz**

(For those who understand, the sound of a mosquito is like music.)



**Anlamıyana  
davul zurna az**

(For those who do not understand, drums and brass [whole orchestra] are not enough.)

\*\*\*

## AN ARMENIAN PROVERB

*For those who understand, once is enough.  
For those who do not understand, a thousand  
times is not enough.*

## **PREFACE**

### **A**

In 2013, I published the first book in this series entitled “From Light to Light”; in 2014, a book of poems entitled “The Light of Living” (only in Armenian); in 2015, my book called “Awakening” was also published. This book expanded on the way to live, presented in the two previous books, best expressed in the book of poems. In the book “Awakening”, I had tried to contemporize religion by showing that both religion and science support each other. As I had written in the preface of “Awakening”, I have always made sure not to diverge from the teachings of Jesus, despite the fact that some of the views presented, superficially, may appear to differ from the views held by some traditionalists.

There are those who believe in the presence of God, and there are also others who insist that there is no God, hence they do not believe in God. Without a doubt, it is good to believe in God. As a result, the person perhaps at times may follow the moral laws given in the Bible so that he/she will not be subject to God’s punishment. In reality there is no difference between those who believe and those who do not believe in God. They are both at the same “level”. They both believe in something that they have not acquired by personal experience. Those who believe, they believe in a God that they have not seen and have had no experience of. They simply believe in what they have been told that there is a God. Those who do not believe in God also believe that there is no God and they have not reached this conclusion from personal experience. Because using their five senses they have not experienced God, they think that God could not exist. Until today no one person including scientists has ever seen an atom, yet we all believe in its existence and we also believe that all matter is formed by atoms. Just because no one has seen an atom, it does not mean that the atom can not



exist. Although we have not seen an atom, we know how to use its power for both beneficial and destructive purposes. Should we not make the appropriate effort to also see the power of God that is acting both in nature and in us as well, and thus have the first hand experience of His presence?

In the New Testament, it is written: "God is Light". In the book "Awakening" it was shown how the properties of light and the properties of God were similar. As we can not see light (See chapter I "Anatomy-Body and Spirit" in this book), in the same way we are unable to see God. But we can experience light because we see its reflection. Light itself is not visible, but its reflection makes everything else visible. In the same way, should we not also see God's "reflection" in the whole universe, in each individual and in nature? Any matter that does not reflect light or is transparent to light can not be seen.

Unfortunately the great majority of humanity can not free itself from the snare of beliefs. Beliefs capture unbiased and free minds and make them prejudiced. This becomes the beginning of ignorance and prevents the individual from seeking further enlightenment. Even when a different perspective or a different view is presented to them, without studying and analyzing the merits and the shortcomings, they immediately refuse to consider it. For all types of advancement, including advancement within the spiritual path, one needs an open and inquisitive mind. Beliefs eventually become persuasions. In my book of poems "The Light of Living" I had a poem titled "The path of faith". At this juncture I find it appropriate to quote one verse of that poem.

**When signs of doubt appear  
About all the beliefs we hear  
The beginning of faith is born  
When beliefs are all forlorn.**

Faith is unshakable, because faith comes from knowledge acquired through personal experience conscious-

ly. The great majority of those who say they have faith only have beliefs that have prejudiced them and they do not have unshakeable faith. This comparison is true, because it becomes obvious through the life they lead. Is it not true that the unfavorable “atmosphere” of the world is caused by the way people think, speak and behave?

Man thinks that he can only be certain of those things that are within the experience of his five senses. Is it not true that today the findings of the scientists of quantum physics suggest that the physical world is not a reality? Don't they also say that the world is a hologram? Is it not true that it has been said that this world is illusory and a different level of dreaming? Don't we also say that the only Truth is God? We say these, but it appears, we do not believe in what we say.

People blindly are attached to their traditions. Different cultures have different traditions that differ, one from the other. Traditions have great benefits because a great majority of them have come from past experiences of enlightened individuals. Therefore, traditions convey to us hidden truths and the universal laws that are common to all mankind and were apparent to those with higher levels of consciousness. Man, instead of trying to see the Truth hidden in other's traditions, usually considers them foreign and ignores them. Traditions have their good and bad effects. The bad is that the same errors, mistakes or wrong understandings are perpetuated from generation to generation. It is beneficial to get to know and understand traditions of other cultures, because there also are hidden truths and universal laws. The purpose is not to adapt their traditions, but to find the errors within our traditions and to correct them. We should give thanks to our forefathers such as St. Nerses the graceful and St. Gregory of Nareg. It is sufficient just to sing with full attention and understanding the meaning of the words of the hymn “The morning of Light (Aravod Luso)” of the “Nocturne Service” written by St. Nerses, or the hymn

“Light within the Light (Luys ee Luso)” of the “Sunrise service (Arevakal)”. Therefore traditions reveal to us the will of God, and without our knowledge or consciousness, transfers it to our subconscious.

In this book titled “Universal Laws” I tried to present the laws that the whole universe and all of humanity are governed by. Every person that is born in this world has a duty to perform. The life that is given to him/her is an opportunity for further evolvement. It is an opportunity that should not be wasted. Life also is a great responsibility. Life is not simply being born, growing, eating, drinking, multiplying, getting old and dying. Life is an opportunity for self-betterment and attainment of higher levels of consciousness. From every person’s spirit, which is the presence of Christ, beauty, harmony, peace, discipline and perfection should radiate, of course only if the person allows it. Life is an opportunity to “wake up” and realize God-revelation within. Man, with his conduct, should not prevent and block revelation of Christ within himself. It is the way he conducts in life that reveals the virtues that originate from his Spirit, the Christ within. Every person should seek “Truth” and to that end should not withhold any effort until he personally experiences and gets personal knowledge of It. Then he understands that “Heaven”, “The Kingdom of God” is within each individual’s heart. This knowledge is dependent upon the virtues he has successfully developed.

**“nor will they say, ‘Look, here it is!’ or ‘There!’ for behold, the kingdom of God is in the midst of you.” (Luke 17:21)**

When the individual arrives at such a level of consciousness, it becomes impossible for him not to convey it to others as well, because it becomes part of his duty and responsibility.

When one acts against one of the universal laws, he has sinned and therefore is subject to “punishment”.

Unfortunately and especially in the Old Testament God has been presented to us as a revengeful, angry and punishing God. This view, rather than presenting the character of God, actually only presents man's ignorance and low level of consciousness.

**“For thus says the Lord of hosts, the God of Israel: As My anger and My wrath have been poured forth upon the inhabitants of Jerusalem, so shall My wrath be poured forth upon you ...”** (Jeremiah 42:18)

**“For God's [holy] wrath and indignation are revealed from heaven against all ungodliness and unrighteousness of men, who in their wickedness repress and hinder the truth and make it inoperative.”** (Romans 1:18)

Jesus showed us that God is love and wishes the best for us and does not punish. But, this does not mean that we will not reap the crop of the seeds we have sown. For the bad events in our lives, we should not blame God. They are the results of our actions that dictate the fate we are subjected to according to the universal laws. Alternate and wrong beliefs appear to be more attractive because the person does not like owning up to the responsibility of bad happenings in his life. But a similar approach prevents the “awakening” required for the advancement of the individual in the path of righteousness and usually leads to failure.

With the publication of this third book, as a deacon of the Armenian Apostolic Church, I am fulfilling one of my duties and responsibilities in this life. As before, I repeat again, that I do not pretend to be an expert in these subjects. Presently I have found these views to have had a very positive influence on me. Therefore it is possible that they may help others as well. I do not present them as an absolute truth, but rather as a different view that does not deviate from the teachings of our teacher, Jesus Christ. I hope that the

reader will be stimulated enough to search within him/herself for the truth and with personal experience, come to faith, rather than under the influence of beliefs, say: “I believe therefore I am saved”, and wait to die to go to heaven. Heaven is here on earth, if through our “awakening” we create it here and now. The searching has to be self directed, because The Kingdom of God, The Christ, is within us. At this point I find it appropriate once again to quote a verse from one of my poems titled “The Devotee”:

**Each person should know  
The truth of his Being  
Otherwise how would he know,  
The being of the Truth?**

All of humanity is searching for God everywhere. The following story as a metaphor may be helpful in understanding the present situation of humanity.

In the ocean there was a very smart fish. All the other fish used to consult this fish to get advice to solve their problems. They, as a sign of respect, used to address this fish as “the philosopher”, rather than using its proper name. One day one of the fish, as it was swimming by a rock, notices the philosopher-fish depressed and very pensive, staying motionless in the shade of the rock. The fish approaches the philosopher and asks what the trouble is. The philosopher slowly looks up and says: “I heard that there was a large ocean, and I swam far to the north, to the south, to the east and to the west, but alas, I could not find the ocean. I am a very unfortunate fish”.

The situation with the philosopher fish, being in the ocean and not finding it, should not surprise us, after all as smart as the fish are, they only have the brain of a fish. In the same way, man is also surrounded by God, but can not see Him and can not find Him. He also keeps looking here and

there. Is it possible that his brain is also the same as the fish-brain, or is it that man has not yet started using his brain appropriately and fully?

The purpose of this book is to show that the present life is the only opportunity to realize God-revelation within ourselves and not wait for death to have salvation. Salvation should be here and now.

\* \* \*

## 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.

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

\* \* \*

## C

### Chapter VIII: « 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



Be merciful to me, Lord,  
for I am faint;  
O Lord, heal me,  
for my bones are in agony.  
My soul is in anguish.  
How long, O Lord, how long?  
Turn, O Lord, and deliver me;  
save me because of your unfailing love.  
No one remembers you when he is  
dead. Who praises you from the  
grave?  
(Psalm 6:2-5)



- I -

## ANATOMY - BODY & SPIRIT







## ANATOMY – BODY & SPIRIT

In the second section of the first chapter of the book “Awakening”, the human nature was presented. Before the presentation of the human spirit, it is appropriate to review the nature of the human body and to also make an addendum. In the previous presentation, the emphasis was on the physical attributes and presented 24 elements that formed the human body. The following are the five basic elements and their proportions. Of the human body, 70% is water, 12% is solid matter, 6% is air, 4% is fire and the remaining is ether. This last element represents the volume of the body or better stated, the space it occupies. We must understand that beyond that limited space, “space” is infinite because it also contains the entire universe. The “limited” is only a minor portion of the infinite.

Of the 24 elements, the last four are the followings: The mind that gives the ability to think, the intellect that gives the ability to solve problems and logical thinking, free will that gives the ability of choice and the individuality, the “Ego”.

Given this information, let us analyze the human “anatomy”, so that we can understand the relationship with its spirit. The word anatomy is in quotations because in medicine, it implies the study of the physical organs of the human body. In this chapter, it represents the study of man’s total formation, the physical and more, but not the formation of the physical. Here, medical anatomy will not be discussed.

Human being is formed of five “sheets”.

1- The first “sheet” we are all aware of is the physical body, made of matter. It may be appropriate to call it the alimantal body, because it requires nutrition to survive. In general people think that they are their body and become one with their body. The truth is that we are not our body. It is true that the body belongs to us and we use it, but we are not

the body. This view may surprise most people. Is it not true that throughout our lives we gather a lot of possessions, a bank account, a house, objects and also a husband or a wife, children etc ...? But we do not think we are them. We may say they belong to us. Unfortunately, there are also some people, who in their minds, identify with their possessions and when they lose them, they commit suicide. Therefore, all that a person gathers from outside does not represent him. When a person is born, he weighs approximately 3-4 kilos. When he is fully grown, let us say he weighs 60-70kilos. The difference, between these two weights, he has accumulated through the food he has eaten over the years. In other words he has obtained it from outside. Did we not just finish saying that anything one gets from outside does not represent him. Hence, our bodies also having been gathered from outside can not be us. Yes the body belongs to us, but we are not the body. Even the initial 3-4 kilos at birth was given to us by our mothers. Therefore the body is given to us on loan, for use as a vehicle to accomplish our “temporary life”, called our journey through this world. One day every single atom we have gathered will be returned to the earth, where we originally got them from.

It may be interesting to add that within all of the Creation, the human body is the greatest, the most complicated and the most marvelous technological wonder, that incessantly functions and mostly without our knowledge. We are not conscious of all its operations because our level of consciousness is low. When we eat a piece of bread, a few hours later it becomes part of our body. The same bread changes to the body of whoever consumes it. Then, where is the difference in our bodies? It is only in their appearance.

2- The second “sheet” is the mental body which is much finer compared to the more solid physical body. Of the 24 elements forming the human body, the last four indicated above, belong to the mental body. The mental body

penetrates every single cell of the physical body, but it mainly functions in two basic locations, namely the brain and the heart. There is a strong tie between these two organs. The heart has its own nervous system and it is the seat of emotions. The heart has an electromagnetic field about it and the frequency of it changes according to the various emotions that are being experienced. It is possible to measure this electromagnetic field even up to one meter distance away from the body. Positive emotions have positive effects on the physiology of the individual and the negative ones, the opposite effect. An example is that one's immune system is positively or negatively influenced by his various emotions. Emotions also have positive or negative influences on the nervous system as well. The heart also has nerve cells and they are in communication with the brain cells. The heart sends more information to the brain than does the brain send information to the heart. Hence, emotions have an effect and influence the function of the brain. Positive emotions make us more creative and make it easier for us to solve problems. When the fetus is forming in the mother's womb, the heart is formed before the brain. It is interesting to note that the mother's brain waves become synchronized with the heart beat of the fetus.

The mental body has four elements.

- The first is the mind. When the mind functions through the brain, it gives us the ability to think. When it works through the heart, it gives us the ability to have feelings, emotions.

- The second is the intellect, which gives us the ability to reason, logical thinking and problem solving.

- The third is free will, which gives us the ability to choose, ability to differentiate and to judge.

- The fourth is individuality, the "Ego". This is unique to humans, whereas all the previous three are common to all

animals.

The human individuality was the last event within the Creation. In Genesis it is written that God completed the Creation and rested on the seventh day.

**By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. (Genesis 2:2)**

Within the Creation, evolution has reached its pinnacle; hence, there will be no further physical evolution. This also corresponds to the fact that according to the laws of physiology and physics, there can be no further evolution. In other words there will be no other animal superior to man. The pinnacle of creation is man's brain. Of course this does not mean that man will not evolve further. The physical evolution has ended, but the spiritual evolution of the great majority of humanity is still in its infancy. With the use of computers, man has succeeded in creating artificial intelligence. These computers are able to solve very complicated problems much faster than humans are able to do and much more accurately. It has been said that the human brain is 240,000 times more powerful than the best computer available to date. Unfortunately man uses only 5-10% of his brain's capabilities. During the future evolution, man will learn to use 100% of his brain's capacity.

3- The third "sheet" of the human "anatomy" is his energy body. Information about this body was given in the first book "From Light to Light" in the 15<sup>th</sup> chapter called "Addendum", as well as in the book "Awakening", in its second chapter presented as the chakras. Just as a river, energy also flows in our bodies.

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

The following metaphor may clarify the concept of this energy flow. Let us assume that there is a brook and on

the path of the water flow, there are seven ponds. The water flows from one pond to the next through a narrow channel. When dirt falls into the pond, such as dry tree branches fallen leaves etc., they may block the narrow channel and thus block the water flow. In this metaphor, the seven ponds represent the seven chakras and the flow of the water, the life energy of the Holy Spirit flowing within the person. The dirt that blocks the flow of the water represents the negative qualities of the individual's nature: i.e. seven deadly sins as well as all kinds of negative feelings and emotions, beliefs, habits, negative aspects of his character, thoughts, words and deeds. The seven deadly sins corresponding and blocking the flow of energy through the seven chakras is well discussed in the book "Awakening". Here, a few other situations that block the flow of the energy will be presented. Each chakra has its own purpose and field of influence. The first four chakras, the "Root" chakra, the "Sacral" chakra, the "Solar plexus" chakra and the "Heart" chakra, have strong ties with the first four main elements forming the physical body. These elements are matter, water, air and fire. The fifth element ether has ties with the fifth "Throat" chakra and the sixth the "Brow" chakra. The seventh "Crown" chakra has no ties with the elements that form the body; instead it has ties with the spirit of the individual. The spirit is the forth "sheet" of the human "anatomy". Below there will be more information given about the spirit.

- The purpose of the first chakra, the "Root" chakra is to ensure the survival of the individual. It provides physical strength and has strong ties with the element "matter". In addition to the deadly sin of sloth, fear, uncertainty, hesitation, which all prevent us from acting, block the flow of energy from this chakra.

- The second "Sacral" chakra's field of influence is pleasure and it has strong ties with the "water" element. In addition to the deadly sin of lust, feeling of guilt, stings of

conscience and remorse block the energy flow through this chakra. One should not allow past indiscretions to poison and destroy the present. If we expect to have a positive contribution to society, we need to forgive ourselves.

- The third “Solar plexus” chakra’s field of influence is the individual’s emotions and will and has strong ties with the element of fire. In addition to the deadly sin of anger, insult, injury and feeling of shame block the flow from this chakra.

- The fourth “Heart” chakra is the centre of flow of love. When energy flows freely through this chakra, an individual becomes compassionate, merciful, self-sacrificing, scrupulous, tender and affectionate. These are the expressions of the various aspects of love. In addition to the deadly sin of envy, sadness, depression and discouragement block the flow from this chakra. This chakra has strong ties with the element of air. We should not forget that the energy for the lungs and heart is distributed through this chakra. The lungs transfer oxygen from the air to the blood and the heart, by pumping the blood around the body, transfers the oxygen to the tissues.

- The fifth “Throat” chakra’s field of influence is sound, in other words speech, hence, the expression of truth. In addition to the deadly sin of gluttony, telling lies, deception and fraud block energy flow through this chakra. The worst lies are the ones we tell ourselves and convince ourselves in the form of beliefs, thus we think that what we believe in is the truth. The greatest lie we believe in is that Jesus is the son of God, but that we are not. This type of belief is against the teachings of the Bible. According to the Bible, we also are the sons and daughters of God. Jesus Himself said that we could do greater things than He had done and that we are inheritors of God’s kingdom.

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

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

**“The Spirit himself testifies with our spirit that we are God's children. Now if we are children, then we are heirs--heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.” (Romans 8:16-17)**

**“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...” (John 14:12)**

**“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<sup>st</sup> John 3:1)**

**“Don't you know that you yourselves are God's temple and that God's Spirit lives in you?” (1<sup>st</sup> 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<sup>st</sup> Corinthians 6:19-20)**

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

There is no doubt that Jesus is and represents the Son of God. The difference between us and Jesus is that, Jesus was His Son in Whom God was pleased. Unfortunately, the way we carry on in our lives is not pleasing to God. Therefore, all of us, despite being children of God, are not His children in whom He is pleased. Not that God has forsaken us; it is us that have forsaken Him. God is



constantly trying to make “eye contact” with us, but we have decided not to look in His direction. God revelation was realized through Jesus. Why don’t we accomplish the same realization within ourselves? Jesus said: “believe in me, take your cross and come after me. You will find salvation.” This does not mean saying: “I believe that Jesus is the Son of God and He died for my sins, therefore I am saved.” It is our duty to implement in our lives all that He taught us. This means looking towards God rather than looking at the world.

- The sixth “Brow” chakra’s field of influence is sight and understanding. We see the world and we think that it is a reality. Today, quantum physics has proven that the world as well as the entire creation is an illusion, it is a hologram. When we accept the illusion as reality, we block our understanding as well as our clairvoyance. The greatest illusion is that everything is separate from each other and that there is no connection between them. Hence, we say: “me and you” and we create duality. We put distance between ourselves and others. When the energy flows freely through this sixth chakra, it gives us clairvoyance and proper understanding and we become capable of seeing the Truth, the Christ within everybody, as the true being of the individual. Everybody and everything is connected and is one. (See also the first universal law “Singularity” in the next chapter titled “The Universal Laws”.) The only Truth is God. This statement is commonly and frequently used. We say but it appears that we do not believe in what we say. Everything that we see and experience are various manifestations of the same Truth, of the same God.

In the first chapter of the book “Awakening”, it was shown with proof, how the thoughts and the feelings in the consciousness of each individual had an effect on the total of society as well as on nature. This is possible because each individual’s consciousness is part of the collective consciousness. The collective consciousness represents the

presence of God, because that consciousness is the same as God's consciousness. Why do we say: "God sees and knows everything?" Despite the fact that our consciousness is a part of the collective consciousness, we are unable to be privy to other's thoughts and feelings. To be able to tap into the feelings and thoughts of others, we need to learn to use our brains properly and fully. Is it not true that Jesus could read peoples thoughts?

**"Knowing their thoughts, Jesus said, "Why do you entertain evil thoughts in your hearts?""**

(Matthew 9:4)

**"Jesus knew their thoughts and said to them, "Every kingdom divided against itself will be ruined, and every city or household divided against itself will not stand." (Matthew 12:25)**

In addition to the deadly sin of greed, the multitude of thoughts, in other words riches of thoughts as well as worldly desires, will block the flow of energy through this chakra.

- The seventh "Crown" chakra is concerned with the divine universal energy, the Holy Spirit, and has ties with the individual's spirit. In addition to the deadly sin of pride any kind of attachment to anything in the world as well as any blocks to the flow of energy in any of the previous six chakras will prevent or block the flow of energy through this chakra. The flow and the revelation of the energy through this chakra is the true meaning of the Communion. Communion is actually the conscious communication between the Spirit of the individual with the Spirit of God, the Holy Spirit. It is the union of the two. This is not possible without true repentance. We need to detach ourselves from all types of worldly pursuits and possessions that have a significant value in our minds. Detachment does not mean getting rid of them; they are there for our use, but getting rid of our maniacal attachments to them. When we detach

ourselves from them, then and only then would we be able to attach ourselves to our true Being, Christ within.

**Do you think I came to bring peace on earth?**

**No, I tell you, but division.” (Luke 12:51)**

Is it not written: “We can not serve two masters”.

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

**“...You cannot serve both God and Money.”**

(Luke 16:13)

When the Holy Spirit flows freely through all the seven chakras without any blocks or any resistance, then the God-revelation becomes a reality within that person. It is of utmost importance for the individual, before anything else, to establish continuous equanimity in his life and peace within himself.

The above mentioned three bodies, the physical, the mental and the energy bodies belong to the physical realm. The following metaphor may help understand the relationship between these three. A bulb, the electricity and the light have a strong relationship with each other. All three are within the experiences of the physical realm. The above mentioned three bodies of man also have similar relationship to each other. As we can see and touch the bulb, so can we see and touch the physical body. No one has ever seen electricity, but we are all privy to all the wonderful things electricity can do. Similarly we do not see the flow of energy within us, but we know very well that without that energy we would not have any experience of the physical or the mental bodies. As no light comes out of the bulb without electricity flow, in the same way without the life energy flowing through us, the body would remain motionless, which we call death. In the same way that the light coming out of the bulb is invisible, but thanks to that light, everything else becomes

visible, the mental body also is invisible and without that mental body we would have no way of feeling, thinking or problem solving. Thanks to that invisible mental body we become aware of all our relationships, all our achievements and all our experiences. In general it is thought that light is visible. It is impossible to see light if it does not reflect off an object. The space is full of light but it looks black and dark, because there is not an object to reflect it. (See Fig. 1)



**Fig. 1 :**  
**Despite being full of light the space looks dark. In this picture taken from the spaceship, one can see earth and the astronaut because they reflect light.**

The apostle has said: “God is Light”, hence, God also is invisible. But when God reflects throughout the creation, He makes it visible. If we do not see God in each individual as well as in the nature of this creation, we will never see God.

**“...that God is Light” (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 lamp stand, 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)**

After the above information regarding light, now it is appropriate to consider the fourth and fifth “sheets”, bodies of a human being. The fourth “sheet”, represents man’s spirit

and the fifth his “bliss” body. The “Bliss” body has no connection to the “physical” bodies. It is universal. It is God’s spirit, which we call Holy Spirit. The fourth body also is not physical, but it has some ties with the physical. Man’s first three “physical” bodies can not exist without the fourth body, the person’s spirit. Between the fourth and fifth bodies there is but also there is not a difference. Their difference is best understood once again using a metaphor. Before presenting the metaphor, it is important to repeat the following, originally presented in the book “Awakening”. In the previous book, it was noted that energy could contain information, as we are aware of the radio waves etc. Man’s spirit is a small finite part of the infinite Spirit of God. There is no difference between the spirit of man and the Spirit of God, the Holy Spirit.

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

(1<sup>st</sup> Corinthians 3:16)

Our finite spirit contains information put there by us through our thoughts, words and deeds. Because of this information we call our spirit the “Soul”. A lot of people use spirit and soul interchangeably. Some believe that souls become ghosts. The soul does not have an independent existence. It is just a name given to the “finite” spirit. With this information it is appropriate to present the metaphor.

As a child we all have had the experience of blowing soap bubbles in the air and watch them “fly” and running after them and bursting them. In this metaphor the air within the bubble represents the “finite” spirit of the individual. As there is no difference in the air within the bubble and the air outside, in the same way there is no difference between the spirit of man and the spirit of God. The air outside the bubble represents the universal Spirit, the Holy Spirit. The soapy water surface of the bubble represents “the information” that our spirit contains, hence the totality of the bubble represents

our “finite” spirit, our soul. Our spirit, despite being the same as God’s infinite spirit, is limited by the information put there by us. This information represents our fate. When the bubble bursts, our spirit also becomes one with God’s Spirit and it becomes impossible to separate the two. One succeeds in realizing God revelation within himself, when he is able to burst the bubble and his spirit joins with that of God’s. This is the true meaning of Communion. This is the purpose of the human life, the purpose of our lives.

Man’s “finite” spirit has strong ties with his individuality, because it is the information contained in the spirit that determines his nature, the qualities of his individuality. The various types of information contained in the spirit all come from the first three “physical” bodies, the physical, the mental and the energy bodies. With the death of the person, his individuality also dies, but the “finite” spirit, the soul is the same as God’s Spirit, therefore can not die and does not die. It is only energy. Today even science has come to this understanding. One of the axioms of physics is that energy can not be destroyed, nor can it be created; only its expression may be changed. When the “finite” spirit or perhaps we should call it the soul, reincarnates, it forms an individual according to the information contained in it. The energy acting through the prism of that individuality, thusly influenced, forms a body, mind and intellect. This is the reason for the individual variations at birth. Otherwise God would have been unjust. But we know that God is just and He is Love and wishes the best for us. We should not forget that the sins committed against the Holy Spirit are not forgivable. Jesus made this clear in the Lord’s Prayer when He said: “forgive our trespasses as we forgive those who trespass against us”. Our sins are our trespasses committed against ourselves until we fully pay them back, meaning we would have fully forgiven ourselves, we would not have redeemed ourselves. As a result of our sins, we become accountable to

the universe, to God, mainly because whoever and whatever we have sinned against, all are nothing but God's expressions in one way or the other.

The life energy that flows through us comes from our spirit, the Christ within. Yes, Christ is the spirit of each and every individual. And what do we do? With our thoughts, words and deeds, we block His revelation in us. If Christ had not been with us, we would have no life.

**“In him was life, and that life was the light of men.”** (John 1:4)

As it is presented in the book of Revelations, only Christ can open the book with the seven seals. In the same way, in us as well, only the Christ within can open the sealed seven chakras, so that the energy of the Holy Spirit can freely flow through us. Did not Christ say?

**“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 you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”**  
(Acts 1:8)

The purpose of presenting information on the human “anatomy” is to enable man to understand his true nature and purpose in life. This understanding should make it easier for him to advance in the spiritual path. When we talk about a spiritual path, people may wrongly understand that there is somewhere to go or something to do. The word spiritual path is used in this book mainly because people are accustomed to hearing this terminology. In reality the spiritual path is not a journey. It has nothing to do with gathering further information and beliefs by thinking or visiting “holy places”. It is not possible to comprehend, to understand or to realize

the spiritual way through thoughts and intellect. Instead it is an awakening and becoming conscious of one's true Self. It is an elevation of level of consciousness. It is becoming conscious of the Truth. It is awareness.

The tragedy is that, our first two bodies, the material and the mental are so tightly attached to the world that we are ignorant of the fact that we contain an internal treasure.

**"Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also."**(Matthew 6:19-21)

It appears as if the great majority of humanity is in an "internal coma". We need to wake up from this slumber.

**"... This is why it is said: "Wake up, O sleeper, rise from the dead, and Christ will shine on you."** (Ephesians 5:14)

It is imperative that we change the direction of our attention from the physical world and its riches of thoughts, desires and feelings, to the riches of the internal treasure.

**"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 a rich man to enter the kingdom of God."** (Luke 18:24-25)

When we become worthy to have the awakening, then we become aware that everything and everybody is nothing but expressions of God. We become aware that we are all one. Then true love pours through us towards all. Then we exclaim: **"I and the Father are one."** (John 10:30)

To reach such a level we should first learn to worship God and then try to change our nature and fix our lives. It is written:



**“Even in darkness light dawns for the upright, for the gracious and compassionate and righteous man.”** (Psalm 112:4)

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

For success to occur, changes in one's nature and behaviour are essential, but these alone are not sufficient. One should also detach himself from any and all physical and mental “richness”. It is extremely difficult to get detached from the material riches. To accomplish this task, there are those who isolate themselves by becoming hermits and living alone in a cave on top of a mountain. The isolation should not be physical, but rather mental. Detachment from mental riches is far more difficult to achieve. The constant flow of thoughts makes it impossible for us to experience the “awakening”.

When we are in deep sleep, we are rejuvenated, because in deep sleep all thoughts stop and our individuality for that duration becomes one with the Christ within, the source of energy. Unfortunately in deep sleep the level of consciousness is so low, that we can not be aware of this union. What we need to do is to do the same consciously, when we are awake, so that we can also be aware of it and experience it. This is possible if we emulate deep sleep while we are awake. This entails stopping all thoughts while we are fully awake and absolutely vigilant. This is easier said than done. That is the purpose of “silent” prayer, absolute mental silence, namely meditation.

As it was mentioned above, the fifth and the sixth chakras have ties with the fifth element forming the human body, the ether. According to the numbers presented above, it forms 8% of the total (If we add up all the other percentages and subtract the total from 100). But in the above presentation, purposefully no percentage was given for the ether. The ether is also the place of thoughts. The ether

represents space. Although the human body occupies a specific area within space, the space itself is infinite. Hence when we stop all thoughts, then there remains nothing cluttering the ether. It is a well known fact that space is also known as the universe or perhaps we can call it ether. In addition to containing all the known physical bodies, namely galaxies, stars, planets etc. it also contains what quantum physics has called “The dark energy”, in other words what Jesus has called the Holy Spirit. Hence, when thoughts stop and do not clutter the ether, then the content of the ether (space), the Holy Spirit becomes “visible”, known to the individual.

Man always lives with the hope of salvation, but surprisingly, wants that salvation after death because he does not want to be detached from his body and from his mind, hence, from the world. The seed is sown in each one of us. We are all born with this seed. That seed is one’s spirit, soul and individuality. But only those seeds that fall in fertile soil will sprout and grow and be productive. The seed is one’s Self, being, the Christ within. Our duty is to release our “being” from the limited “bubble” (reference to the metaphor used above), lose our individuality so that our spirit dissolves within God’s infinite spirit, and this should occur here and now and not after death.

**Spirit of God, true God,  
who descended on the river Jordan,  
and into the Upper Room;  
who enlightened me by the baptism of the Holy Font,  
I have sinned against heaven and before you.  
Purify me again with your divine fire,  
as the fiery tongues purified the Holy Apostles.  
Have mercy upon your creatures,  
and on me, a manifold sinner.**



God is spirit,  
and his worshipers  
must worship in  
spirit and in  
truth."

(John 4:24)



- II -

## UNIVERSAL LAWS





## UNIVERSAL LAWS

There are various types of laws.

1- Generally accepted old and traditional customs and practices by which people interact are known as unwritten laws. These laws represent society's traditions.

2- There are also laws of jurisprudence. These are written laws that correspond to the views of the majority of the members of the society. They are laws enforced by the governmental bodies. These laws govern the making and the running of governments as well as the various aspects of interactions between the members and behaviour within the society. When one acts against these laws, one becomes subject to punishments pre-determined by the law.

3- There are also scientific laws. These include the mathematical laws, laws that govern chemical reactions, the laws of physics (both Newtonian physics as well as Quantum physics) and the laws of physiology.

4- There are also laws that religion has given, such as the ten commandments of Moses. Some of these are incorporated in the laws of jurisprudence as well. These laws represent "God's will". They are usually given through prophets or apostles. Unfortunately at times man has failed to understand their true meanings, or probably it is more accurate to say they have changed their interpretation to adapt them to their own life style.

Of the above laws, the first two are man made and reflect man's level of consciousness. The last two are part of the universal laws. One part of the universal laws, namely the scientific laws govern the physical universe. The second part governs the spiritual world. There are some laws that are common to both the physical and the spiritual worlds.

Having said this, some of the laws given by religion are also man made. These include some of the laws of morality and others that are not part of the universal laws. These laws

are not common to all religions, such as circumcision.

There are “laws of religion” in both the Old and the New Testaments, as well as in Holy Books of other religions. Some of these laws appear to be contradicting each other and this creates confusion. If the laws are God given, does that mean that God changed or He changed the laws? Of course not. On the contrary, God’s universal laws are unchangeable. In the old testament, what the prophets were trying to teach were misunderstood due to the ignorance of the people and/or they actually wanted to misunderstand them to suit their unsavoury ways, rather than change their ways and live according to the teachings.

**"You have heard that it was said, 'Eye for eye, and tooth for tooth.' But I tell you, Do not resist an evil person. If someone strikes you on the right cheek, turn to him the other also."**

(Matthew 5:38-39)

According to what Jesus has said, it appears that the Jewish belief was that the universal law allowed them to harm those who had harmed them in the same manner. In other words the Old Testament law allowed revenge and appropriate punishment. Jesus refutes this type of belief and teaches just the opposite. If this difference within the universal laws was truly present, it would be very disturbing and unacceptable. Is it possible that Jesus gave a different law or was He trying to correct their wrong interpretation? When we find the same law given in the Old Testament, we will see that the law is not changed. Jesus was just giving its correct interpretation.

**"If a man hits a manservant or maidservant in the eye and destroys it, he must let the servant go free to compensate for the eye. And if he knocks out the tooth of a manservant or maidservant, he must let the servant go free to compensate for the tooth."** (Exodus 21:26-27)

According to these verses, the punishment is given to the perpetrator. He is forced to free his servant (slave). This represents a loss for him, hence a punishment. The verses do not allow for the slave to cause the same harm to his master, such as gouging out his eye or breaking his tooth. These verses simply indicate that those who act against the law will be subjected to a punishment, but not by the victim. Did Jesus also not say the same? “You reap what you sow”.

The general opinion is that in the Old Testament, God is presented as a vengeful, angry and punishing God. That impression is correct, because when we read, we notice a lot of comments verifying this impression. But, these passages do not represent the qualities of God, but rather they are the products of man’s ignorance and wrong understanding. Jesus clearly indicated this and all the Gospels have also clearly expressed the fact that any transgression against the universal laws is not forgivable. The universal laws are the laws of the Universal Energy, which is the Holy Spirit.

**“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)

There is a Turkish proverb that says: “You know others as you know yourself”. In the same ways the Jewish people of those times, being vengeful, also considered God to be vengeful. The following verse in the New Testament may also give the impression that God is 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)

**“therefore this is what the Sovereign LORD says: I will stretch out my hand against Edom and kill its men and their animals. I will lay it waste, and from Teman to Dedan they will fall by the sword. I will take vengeance on Edom by the hand of my people Israel, and they will deal with Edom in accordance with my anger and my wrath; they will know my vengeance, declares the Sovereign LORD.”** (Ezekiel 25:13-14)

We should take into consideration that the first quotation above was written by Paul to the Romans to remind them the Old Testament interpretation by the Jewish people of the day and cautioning them, so that by taking revenge themselves, they do not increase their sins and suffer the consequences. The understanding of the Jews was wrong. In the second quotation, it becomes clear that the Jewish people of the day had taken upon themselves the delivery of God's vengeance. God is not vengeful, but transgression against any of the universal laws has its unfortunate result. The realization of this result does not belong to us nor is it our responsibility. It comes to fruition at its own and appropriate time according to the rules of the Energy. The universal laws are the laws of the Holy Spirit and when we transgress them and act against them; sooner or later we have to be subjected to the reaction of our actions and will come face to face with the pay-back. This does not mean God punishes us. We should not forget that all our thoughts and emotions as well as our bodies have energy and are only energy. This is true, because physics has proven that all the atoms and their sub-atomic particles that form all the cells forming our bodies are only tiny packages of energy. To best

understand the fact that God is love and that He does not punish us and also the relationship of the law and the punishment, let us consider the following two examples. One is man's law and the other nature's law.

When we drive a car, we are subject to the laws of the road. One of the laws is that at an intersection, we can not proceed against the red light. If we disobey this law and try to cross the intersection against a red light, the punishment may be immediate in the form of an accident and injury and great loss and expense, including the harm caused to others as well. But if by some "luck" we cross the intersection without an accident, it is possible that within a very short time a policeman may stop us and give us a ticket. The pay back was not as immediate as the accident, but it had materialized only a very short time later. If we get away without an accident and there is also no police to see our transgression, we feel we are home free, but two weeks later we get a summons in the mail. It appears that the camera had recorded our transgression and the plate number. The monetary penalties will have to be paid and in addition we are given demerit points that stay with us for three years and may contribute to loss of drivers licence if further transgressions of the law continue. Occasionally we get away without any penalty. We should not forget that the traffic laws are man made.

Let us also consider one of the laws of nature, the law of the gravitational force described in physics. We are all familiar with this law. According to this law, two physical bodies, based on their masses, will have a certain force of attraction to one another and will tend towards each other. It is also a well known fact that the gravitational force of the earth pulls us towards the earth and prevents us from floating into outer space. When a person walks out of a second floor balcony, there is no doubt that he will fall down until he hits the ground below. It is highly likely that he may end up

breaking his legs, if not worse. The broken bone is the punishment for acting against the natural law of gravitation. Is it possible to say that God punished him? No, the punishment is already hidden in the act. God has given an intellect to man, so that he uses it appropriately. Even animals know not to transgress against the law of gravity. If we do not want to suffer the consequences we should not transgress against the universal laws. All the pleasant and also the unpleasant happenings in our lives are all the results of us following or transgressing the universal laws. When we live our lives harmoniously with the universal laws, we reap a good harvest. But, if our lives are not harmonious to the laws, misery will follow us everywhere.

**“Misfortune pursues the sinner, but prosperity is the reward of the righteous.”** (Proverbs 13:21)

Jesus was teaching us to live in harmony with the universal laws. Why is it that we do not implement His teachings?

After the above general presentation about laws, considering that the universal laws are laws of energy, let us review the properties of energy according to physics.

The following represent these properties.

1- Perpetual transmutation. The energy is in constant motion and subject to change. The electromagnetic energy through the receiver, the radio, changes to sound. In certain machines, electrical energy changes to kinetic energy. Don't we say that the energy of the Holy Spirit freely and constantly flows in the universe? The energy that forms a piece of bread, a short time after consumption, changes and forms and becomes part of our body. Energy is never static.

2- Relativity. The expression of energy may change according to a given situation, external factors or associations. Einstein had understood this very well when he presented his theory of relativity.

3- Vibration. Energy is a vibration and may have any and all frequencies. Electromagnetic energy has different frequency vibrations and each frequency gives it a special property, such as the visible spectrum of light, radio waves, X-rays etc.

4- Polarity. Every vibration has both negative and positive poles. Magnetic energy has its two poles, north and south (in relation to the planet earth). Electrical energy also has two poles negative “-” and positive “+”.

5- Rhythm. Within the universe, everything is subject to a rhythm and “dances” to the tune of its rhythm. The stars, the planets, the seasons (spring, summer, fall and winter), the months, the weeks the days (night and day) ..., all have and follow their rhythms and change according to their rhythms. The periods of women every 28 days has its rhythm that is synchronized with the rotation of the moon.

6- Cause and effect. Energy is the cause of everything and everything has an effect on the energy. The various frequencies of the vibrational energy that cause various effects also have their causes. In the universe, nothing is accidental. The electromagnetic radio waves are at the same time the result of the change they are subjected to at the radio station and are also the cause of the sound we hear.

7- Creativity. Everything in the world moves as a result of energy. Without energy, a car would not move. This energy comes from the gasoline.

It should not be surprising that the above mentioned properties of energy are seven in number. Seven is the number of God and the Universal Energy is the energy of God, the Holy Spirit.

After presenting the properties of the energy, let us consider the individual universal law.

It is logical to note that some of the universal laws, the basic ones, also demonstrate and correspond to the energy properties presented above.

## THE LAW OF SINGULARITY

In the whole of the universe, the only Truth is God. Therefore, only God exists and everything else is only various expressions of that one Truth, God.

**"... the Lord our God, the Lord is one."**

(Mark 12:29) (Deuteronomy 6:4)

**"... that there is no God but one."**

(1<sup>st</sup> Corinthians 8:4)

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

**"that you may be sons of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous."** (Matthew 5:45)

The entire universe, the whole of the creation has come about as the result of and by the Universal energy. The Universal energy is God's energy, known as the Holy Spirit. Quantum physics has also come to this understanding, but not knowing the nature of this energy has named it as "the dark energy", because the energy, or, it may be more correct to say, the Spirit of God, is in all of creation. It is appropriate to say that the universe represents "God's body". Therefore everything within the creation is part of God's body and presents a small part of it; hence, each part also contains that divine spark, God's Spirit. Each individual is a "cell" in the body of God. We know very well that our consciousness permeates every single cell in our bodies. Every single cell is aware as to what is going on in the total body. We are also aware as to which cell in our body is healthy or sick. In the whole of the universe, there is only one consciousness and that is God's consciousness that permeates and functions in all. Our individual consciousness, which we seem to think is ours, is also the same consciousness of God functioning in us, but only a small part of it because its expression is very low. Although fortunately man has been endowed with the

ability to express this consciousness fully, unfortunately he does not yearn for and try to realize this potential in him. Each part of the whole has its special qualities, but because it is part of the whole, also has the qualities of the whole. Each individual has his own qualities, but he also has the responsibility and the duty to improve those qualities and evolve. The individual also has the duty and the responsibility to also express the qualities of the whole, just because he is capable to do so. The expression of the qualities of the “whole” in him is also known as God-revelation within the person. Because our consciousness is only a part of God’s consciousness, it stands to reason that God knows everything. Since the same energy has formed us all and it is the same consciousness that we all share, then where are our differences? Those differences are only in our minds and are the result of our ignorance. If we succeed in elevating our level of consciousness, then we will see the Truth and the unity of all. That is exactly what Jesus was trying to teach us.

**“I have given them the glory that you gave me, that they may be one as we are one: I in them and you in me. May they be brought to complete unity to let the world know that you sent me and have loved them even as you have loved me.”** (John 17:22-23)

The spirit of each individual is but a small part of the Holy Spirit. The human mind does not have the capacity to understand God the Father. Man also does not have the ability to comprehend the Holy Spirit, just because the Holy Spirit is infinite and eternal. Man has not even been able to understand his own limited spirit, the Christ within, but we did get to know it in the person of Jesus, who had realized God revelation within himself. As it was presented above, we are all just expressions of God; hence we should all be able to see Christ in every individual as well as in everything

in nature. Then should we not revere and worship all? This is the true worship. All our thoughts, words and deeds have their influence on the whole, namely everybody in society as well as on nature in general.

The Holy Spirit is God's energy. All energies have vibration. When the way we carry on changes the frequency of the energy forming us, we also affect the frequency of the total energy just because we are also part of it. When we engage in unsavoury undertakings, we lower the frequency of our energy and as a result, we block and prevent God-revelation through us. As a child, when we misbehaved, they used to tell us that we were crucifying Christ again.

Quantum physics has shown that when two sub-atomic particles, such as electrons, that had been in association in the past, and if at the present are miles apart, even at the two opposing edges of the universe, and one is subjected to a change, the other also without any obvious communication between them, also changes (*Also see the following section "Psychometric Influence"*). We should never forget that we are all part of the same singularity. Before the creation we were all with God, hence in association with each other. Therefore, now that we appear separate from each other, anything that happens to one has its effect on everybody else as well. We need to promote togetherness in our lives rather than separateness. Each person's spirit is formed along with the spirit of every other person within the collective unconscious which represents God's consciousness.

## **THE LAW OF PSYCHOMETRIC INFLUENCE**

As mentioned above, when two living beings or insentient objects that are in association with each other, can have their influence on each other persist even when space or time separate them. Not only the situations that people are subjected to have an influence on us, but also objects have similar influences. For example, an individual may be

affected by a jewellery item that he/she is wearing, if the same item had previously belonged to and had been worn by someone else who had left it as an inheritance. The individual is affected by the frequency of the energy of the previous owner. This effect is dependent on the degree and duration the person was in contact with the item.

According to the Greek historian Socrates of Constantinople (380-439 AD), he had described in his book "Historica Ecclesiastica" that Helena, the mother of the emperor Constantine, had travelled to Jerusalem between the years of 326-328 AD with the intent of finding the cross on which Jesus was crucified. As a result of excavations done near the tomb of Jesus, three crosses were found. To determine which cross was that of Jesus, they laid down a sick woman on top of each cross. When the woman was put on the third cross, miraculously she got healed. By this method, Helena was able to determine which one of the three crosses was the cross of Jesus. The cure of the women was the result of this universal law. (See picture:1)



**Picture : 1**

From painter Jean Colombe's imagination depicting a scene from the above event.

The picture shows the healed woman sitting on the cross, and Helena the emperors mother with her entourage.

## THE LAW OF HARMONY

Throughout the entire universe everything is as it should be. Unfortunately, due to his ignorance, man is unable to experience this perfect harmony of the universe. No event is ever by chance. The expressions of our personal energies, in other words our thoughts, words and deeds, are the cause of all our experiences we are subjected to. The purpose of all those experiences is to teach us. The thoughts,



words and the deeds of the masses create our environment that we live in. When the energy of the majority centers on peace, we all live in an environment of peace. But if the majority centers on anger, war becomes inevitable. As indicated above we are part of a singularity; we are all one. When a preacher belonging to the “born again” sect, preaches and instils the fear of hell in the members of the congregation, he is disseminating disharmony, because fear is an undesirable and a negative emotion. The desirable and positive emotion is love. If and when simultaneously a group of people meditates for world peace, they emit positive energy and promote harmony. Such an undertaking opposes and negates the disharmony spread by the preacher. If we can not reveal the divine harmony, at least maybe we can negate the disharmony. A child needs to obey his parents not because he is afraid of them, but because he loves them, reveres them and wants to be like them.

Harmony is one of the major laws of the universe. The whole of the universe in its entirety is proceeding towards complete harmony. As we throw a stone in a calm lake, water splashes and waves form which propagate, but in time slowly the surface of the lake becomes calm again and harmony returns. In the same way our negative undesirable thoughts, words and deeds also disturb the harmony of the universe. Superficially, it appears that the law “you reap what you sow” opposes the law of harmony by causing negative events in our lives. Those negative events do not oppose harmony, because they are lessons for us and their purpose is to teach us how to develop harmony within ourselves and find our equanimity. Every individual’s true self is Christ who creates the harmony within the person, of course if we allow it to occur. Hence, a sincere prayer that comes from the depths of the heart goes a long way in realizing this inner harmony. When every individual in the

world creates that harmony within himself, the universe in its totality also expresses that harmony. Perfect harmony within the person represents his “salvation”. Before salvation is attained, the person has to resolve all the negative thoughts and emotions especially fear, that give rise to deeds that cause disharmony within. The truth is that no one gets saved until all are saved. Are we not all just a part of one singularity? All of humanity collectively, spiritually progresses when the level of consciousness of the majority reaches a critical level. This has been well demonstrated by the “the hundred monkey” rule<sup>1</sup> in psychology.

### **LAW OF VIBRATION**

According to physics, everything has come forth from energy. Therefore, within the universe everything has a vibration. As a result the energy is in perpetual motion. Because we are also formed by energy, all our thoughts, words and deeds also have their specific vibrations. As it was indicated in the book titled “Awakening”, all the human emotions as well as all information obtained through the five senses are all the results of vibrations. When these vibrations resonate with similar vibrations within the universal energy, they “activate” them and put them into “motion”. As a result of this “activation” and “motion”, we become subjected to the various good or bad situations in our lives. Each condition has its own frequency. Similar vibrations attract each other and completely different vibrations repel each other. It is the

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#### 1- “The hundred monkey” experiment:

Monkeys were put into a large cage. Every week a monkey was added to the cage. All the monkeys were coexisting without any problems. Eventually the number of monkeys within the cage reached the number ninety nine and all was well. When the hundredth monkey was added to the cage major fight ensued. The critical number was reached.

duty of each and every individual to at least try to change the frequency of the vibration of the energy forming him and make it harmonious with the vibrations within the universal energy that give rise to desirable conditions. The energy of the individual is determined by his thoughts and emotions; hence, his feelings and emotions also become the measuring stick of his success. Emotion and thought together represent a powerful factor. When an undesirable situation makes us uncomfortable, we should not continue dwelling on the situation. Instead we should give thanks to God for teaching us a lesson. Every situation, especially negative ones, contain a lesson to promote a positive evolution in us. If and when we do not miss the opportunity and learn our lesson, we become wiser. Every person should interact with anybody else in a manner that emulates what he would like to have and experience in his life. If we want to emulate Jesus, we should also develop a similar frequency energy and copy and live the type of life He led. Our frequency should be harmonious with a universal frequency that is similar to the frequency of Christ. Our will, thoughts and desires create the experiences in our lives, our reality. Because everything in the universe vibrates, every experience, every situation and every reality all have their specific vibrations. If we want to live in paradise, we should develop an appropriate vibration. But if we are in hell, we should ask, "why?" And we should not blame God, society or others.

### **LAW OF ACTION**

Action is the result of first thought, then motive or incentive, then intension and lastly desire. Everyone has to act to realise his desires. All actions should be harmonious with or correspond to our thoughts and emotions and words. Many say beautiful things, but their actions do not correspond to their words and are not harmonious with them. Many pray for all sorts of things, but do nothing to realise

them. What do they think? Do they think that God is going to come as the genie of Aladdin's lamp and make things happen for them? By being lazy and not acting we accomplish nothing. "Sloth" is one of the deadly sins.

**"Laziness brings on deep sleep, and the shiftless man goes hungry." (Proverbs 19:15)**

Intention with attention and action together can perform miracles, but to realize a wish should not be a struggle and cause for suffering. When the undertaking evolves into a struggle, it indicates that our frequencies are not harmonious with the universal frequencies that are needed for the realization of that undertaking. We should then revise our desire, to see if it is a beneficial thing for us or is it harmful. Hence, we should change our desire or we should change ourselves. The work that is done with joy and fervency, regardless of how difficult and complicated it may be, always appears to be easy. The secret of success is not in saying: "I wish it would occur", but is in acting and doing it.

**"If you say, 'But we knew nothing about this,' does not he who weighs the heart perceive it? Does not he who guards your life know it? Will he not repay each person according to what he has done?" (Proverbs 24:12)**

In the same way, the purpose of prayer is not asking for this and that, wanting and waiting, but instead it is the active realization of an internal change within the self. One prays for health, but continues to smoke. Does one think that he will find health? Yes, health and everything else are the blessings of God, but only if one develops appropriate energy within himself.

**"I know that there is nothing better for men than to be happy and do good while they live. That everyone may eat and drink, and find satisfaction in all his toil-this is the gift of God." (Ecclesiastes 3:12-13)**

## LAW OF CORRESPONDENCE

The ancient eastern six-pointed star, which in the west later became to be known as the Star of David, is composed of two triangles, one pointed upwards and the other down. Its symbolism has several meanings. One of the symbolisms is that God incarnated as man, so that man could be a vehicle for God-revelation. The second symbolism is that as above so below, which reflects the universal harmony. It is possible to extrapolate from this last symbolism and also say: “As the inner, so also the outer”. All the experiences that we are subjected to in our lives represent our fate. And we are the architects of our fate through our thoughts, words and deeds. Buddha has said: “What we are is the result of our thoughts”. If we want to change the conditions of our lives, we should first try to change our inner “world”. Those who realize inner peace and mental clarity have developed a higher level of consciousness and will always enjoy pleasant lives.

**“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)

Those who allow anger, discontent, fury or any other harmful emotion, as well as harmful beliefs, to overtake them, will always live chaotic lives. Unfortunately man can not make the connection between the two, the cause and the effect.

Society appears to be centered on negativity. All the news in the media is mostly the negative, bad and troubling events. They tend to instil in the listeners fear and paranoia. For the individual and his spiritual health, it is better not to subject himself to such negativity so that he will not disturb his inner peace. Fear has a very strong negative effect on one's life. One of the symbolisms of the six pointed star was: “As above, so below”. Based on this let us examine the following situation. In the world, over the last decades,

cancer has increased so much that it has become the number one killer. As was indicated previously, each individual represents a “single cell” in the “body” of God.

**“The body is a unit, though it is made up of many parts; and though all its parts are many, they form one body. So it is with Christ.”**

(1<sup>st</sup> Corinthians 12:12)

Today, within society, individuality is promoted rather than the benefit of the collective. Hence, selfishness, personal benefit and greed have become the main incentives for acting. When in “the above”, the cells, namely each individual, acts selfishly and only for his own benefit rather than the benefit of the whole, he endangers and prevents God-revelation. Therefore it should not be surprising that in “the below”, the cells of our bodies also act in the same manner. Instead of working for the benefit of the total body, they promote only their own kind and thus multiply. We call this cancer that endangers our lives. It is very easy to find multiple reasons as to why cancer is increasing, such as the pollution of the air, the water and the soil. But, why is nature polluted? Because man has behaved selfishly. With our way of living, we promote “cancer” in “the above” and eventually it also appears in “the below”, in our bodies as well. The usual reasons given are just the ties between what is happening in “the above” and what is acting in “the below”.

### **THE LAW OF CAUSE AND EFFECT**

**“Cast your bread upon the waters, for after many days you will find it again.”**

(Ecclesiastes 11:1)

**“Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.”** (Luke 6:38)

**“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)

**“Sow for yourselves righteousness, reap the fruit of unfailing love, and break up your unplowed ground; for it is time to seek the Lord, until he comes and showers righteousness on you.”** (Hosea 10:12)

**“As I have observed, those who plow evil and those who sow trouble reap it.”** (Job 4:8)

**“Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously.”**

(2<sup>nd</sup> Corinthians 9:6)

**“Do no evil, and evil will never befall you. Stay away from wrong, and it will turn away from you. My son, do not sow the furrows of injustice, and you will not reap a sevenfold crop.”** (The Apocrypha- Sirach 7:1-3)

Within the universe, our thoughts, words, deeds emotions ... represent a force, namely energy. This energy follows a circular path and one day when we least expect it, it returns to its source, to us, much more forceful and amplified. Whatever is due to us in this life corresponds to what we have given to “life”. We are capable of injuring a fellow man with out thoughts, words or deeds, but we should be aware of the fact that some day the same injury will return back to us. When we engage in an endeavour with great enthusiasm and do it lovingly, we put into motion an enormous positive energy in a specific direction which one day returns back to us as a reward. In physics this is known as: “For every action there is an equal and opposite reaction”. But if

we act with negative feelings, such as with sadness, lack of enthusiasm, complaints or injury to others, as well as to ourselves, undoubtedly the result will also be poor.

**“Therefore, I tell you, her many sins have been forgiven for she loved much. But he who has been forgiven little loves little”. Then Jesus said to her, “Your sins are forgiven.” (Luke 7:47-48)**

## THE LAW OF ATTRACTION

Like attract like. Just because of this, populations that speak the same language or have the same religion attract each other. They gather together and form various countries, churches or temples and groups etc. The direction of our attention determines the direction in which our energy becomes spent. People with natures and characters similar to that of ours become attracted to us. If and when we become loving and show love towards others, love also finds us. If we desire peace and harmony in our lives, then we need to change ourselves and become more peaceful, mild and calm. If and when we project positive energy, the positive energies of the universe will find us. If we want something to happen in our lives, simply wanting, desiring, hoping for it to happen are not enough. We need to project positive energy in that direction. In other words, make the effort to realize it. All our thoughts, words and deeds release energy. These energies attract similar vibrational energies towards us. These are the energies that cause and govern the good and bad circumstances of our lives. When a scientist spends long periods of meditation and concentration on a problem in physics, he attracts similar energies to himself that sooner or later reveal to him the secret, the answer or the solution of the problem he was seeking.

Similarly, even a sinner through self-realization may be able to change the quality of his energy and thus attract to himself the positive and beneficial energies of the universe. This does not negate the result of his sins previously com-



mitted. The pay-back for these still goes on, but the positive energies give him the graces of the Holy Spirit and the individual thus gets wisdom and the ability of accepting and tolerating the negative experiences initiated by his sins. This lightens the burden he bears as a result of his sins and fate.

Gratitude and being thankful attracts positive energies towards us. The more we give, the more we receive. The more we help others, by that much we have also helped ourselves. Whatever the circumstances of our lives are, we should always give thanks for them. For the good circumstances, we should give thanks for their goodness and for the bad ones, we should give thanks for the lessons they teach us.

## **THE LAW OF COMPENSATION**

Everything that happens to us in life is the result of our choices; hence, we are responsible for everything that happens to us. Our thoughts, words and deeds determine our fate and in turn our fate determines all that happens to us. As indicated at the onset of this chapter, sooner or later the penalty of the transgression of crossing the intersection against the red light finds us. In the same way our life circumstances dictated by our fate, sooner or later find us. The delay in the retribution makes it difficult if not impossible for us to understand the connection of our past transgressions and the present circumstances.

Every time we act consciously and knowingly we put into motion “the law of compensation”. Whatever we give to the world, we receive the same back. When our attention, namely our thoughts, words and deeds are directed towards the beauty, happiness, joy, harmony and peace in and of life, the universe also will make it happen in our lives. When we are merciful and share what we have with those who do not have, then happiness, joy, peace and abundance and well-being will always be with us.

## **THE LAW OF PERPETUAL TRANSMUTATION**

Because energy is in constant motion and subject to change, we have the ability to give a specific direction to our lives. The effects of all energies sooner or later manifest. Energies with higher frequencies are able to obliterate those with low frequencies because they are all subject to and able to change. Therefore, if we are not happy with our life circumstances, we have the capacity to change them, perhaps it is more correct to say, we have the ability to allow for the change to take place. Since we have the ability to change, then we should try to elevate the frequency of the energy forming us and develop a higher level of consciousness. We should not force our wills and ways on others; instead we should try to change our outlook. Usually people consider such behaviour as weakness. When we oppose change and we wrongly think that we can control the situation according to our will and desire, we always become confronted with difficulties. We should allow for change to occur in our lives. Instead of resisting it, we should always work in harmony with the energy of the universe and allow situations to evolve and change according to God's will. Man's "Ego" usually blocks positive energies to be able to continue its hold on the individual. Surprisingly those blocked energies were the ones that would have realized the changes the individual was looking for. Fear and uncertainty also impede the effects of positive energies.

The individual's purpose of life is, by subjecting himself to constant change and slowly raising his level of consciousness, to realize God-revelation within himself.

## **THE LAW OF RELATIVITY**

In this world everything is relative. An object is considered small, when we compared it with a large object. A deed is bad when we compare it with a good deed. When someone has done some injustice to us, to hurt that person in

return is a bad deed. The desire to hurt that person, but not doing it, is still bad, but somewhat less evil. On the other hand, instead of hurting the person, in return for his injustice, wishing him well and doing a good deed for him, is good. In the universe (including the world) all is perfect, but we can not say that all is good or bad, because good or bad depends on the circumstance. When one forcefully cuts the leg off of a person, it is a bad deed. But when a surgeon cuts the gangrenous leg off of a person to save his life, it is a good deed. The goodness or badness of a deed is like saying a glass is half full or half empty. Hence it all depends on the perspective of the observer.

In every individual's life, undoubtedly there will be difficult situations and times. What is actually important is the way we deal with these situations. The way we deal with these situations actually form and solidify our nature, individuality, our character and also determines our advancement within the spiritual path. The secret of happiness is the acceptance of all of our life conditions and situations as beneficial factors. Without a doubt, unsavoury conditions will occur. They are there to test our sincerity. At times difficult roads lead to beautiful places. Difficult life situations may cause us to be depressed, but it is also possible for us to learn a lesson from them and become better and stronger. We should never lose our perspective. When we break an arm, we sadden, but when we see a person without an arm, we give thanks for our broken arm and we are happy that we have an arm. Everything is temporary and always subject to change.

## **THE LAW OF POLARITY**

All vibrations have both their positive and negative poles. Is it not true that the creation is based on duality? Examples are: hot and cold, male and female, small and large, light and dark, punishment and reward, happiness and

sadness etc. In the absence of one it is not possible to rate the other. Every deed good or bad within itself also has a hidden opposite effect as well. When we happen to get negative useless thoughts, we should try to concentrate our thoughts on their opposites, namely the positive and useful thoughts. If a certain direction or way of action does not promote realization of our goal, we should embrace the opposite view if we want to achieve our goal. When a person angers us, we should not respond with anger. We also should not try to hold back the anger that rises in us, because anger held back has a way of expressing itself more forcefully some day. Instead it is important to do just the opposite and take up some project that automatically dissipates the anger.

### THE LAW OF RHYTHM

In the universe, everything has a rhythm and “swings” according to that rhythm. Man also constantly “swings” between good and bad times, between happiness and sadness, joy and depression, health and sickness...

**“There is a time for everything, and a season for every activity under heaven: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to embrace and a time to refrain, a time to search and a time to give up, a time to keep and a time to throw away, a time to tear and a time to mend, a time to be silent and a time to speak, a time to love and a time to hate, a time for war and a time for peace. What does the worker gain from his toil?” (Ecclesiastes 3-1-9)**

Everything has its time and purpose. Man is also sub-

ject to this “swing”, rhythm. The “swinging” appears to be without any purpose, just by chance, but everything is actually preparing the individual for a future that is unique for him. All energies vibrate and progress according to their rhythm. It is these rhythms that determine the times and form and regulate the circumstances. We should try to see the rhythm of the “swings”, the rhythm of the changes and act accordingly in harmony with the rhythm rather than oppose it.

### **THE LAW OF CREATIVITY**

Everything in the world happens as a result of energy. Since everything is formed by the universal energy, the divine energy, we all have the same creative original force within ourselves; therefore we are all creative as well. Are we not the architects, the creators of our lives? Are we not the cause and creators of our fate? Usually we tend to do this unknowingly, subconsciously. Would it not be better if we create our fate consciously? Each individual is the creator of his life circumstances. As much as our life circumstances are the result of our environment, we should not forget that our each thought, word and deed create our environment. Is it not true that everything that belongs to us, a house, furniture, profession, knowledge, family members, relatives, friends etc. all are the result and expressions of our belief systems and attitudes ...? Are they not the expressions of our self-image and culture? Man has the ability to realize all that he believes in and all that he wants if they do not oppose the universal laws. Is it not true that what and who we are is the sum total of all our experiences? Hence, we have the ability to create paradise in this world or also the ability to create hell. We need to control our thoughts and emotions. For the realization of anything, time, space and care is needed. Because of this, it is important that we develop patience and perseverance and not to despair until we realize our wish. Each one of us has the ability to create the environment we

live in. It is not enough just to say or know this, but one should also find that ability within himself. Both his consciousness and his sub-consciousness should be harmonious.

**“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)

To act according to and in harmony with the universal laws means to allow our lives to be governed by the Christ within, rather than the “Ego”.

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

**“In that day you will no longer ask me anything. I tell you the truth, my Father will give you whatever you ask in my name. Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.”** (John 16:23-24)

When our lives are guided and governed by Christ, all our wishes then come from Christ, therefore in harmony with the universal laws. We are conscious of our thoughts. It is as a result of those thoughts that we develop the various belief systems. Beliefs act within our subconscious. As a result of our subconscious and the information therein we create our environment. If we want our life circumstances to change, we need to change our beliefs, our thoughts, words and deeds. The last three, thoughts, words and deeds are the result of the first, the beliefs. As indicated above, the human mind has infinite creative abilities, only if we use it according to and harmonious with the universal laws.

## **THE LAW OF LIMITATION**

Man can not create anything greater than his level of understanding and creates only according to the level of his

consciousness. In the same way, society in its totality can not be more prosperous than the sum total of the individuals that form it. Man has always tried to correct the ills of society by trying to change what is external to him. Each time he has failed. Communism is a contemporary example. No revolution has ever succeeded. It is true that for a short time they appear to have succeeded, but the end result is always failure. The reason for this failure is that man has tried to change the effect rather than the cause. The change has to be internal and not external. Only when each and every individual, or at least the majority of the individuals of a society change themselves and make harmony the purpose of their lives, the society and the world changes and becomes harmonious. If we want the world to change we should first change ourselves. It is our low level of consciousness that prevents us from creating paradise on earth.

### **THE LAW OF SELF-ESTEEM**

Anything and everything that we feel we are entitled to, we attract to ourselves. Self-esteem is important for happiness and success. Man is not his possessions; he also is not his profession or work. Man lives in a trap, in an environment of fear. The reality is that man actually is a creature that has the means of full consciousness, self-sufficiency and self-reliance and the ability to express infinite love. It is the seed of fear in him that prevents him from recognising his true Self. We need to free ourselves from this trap of fear. As our self-esteem increases, the more we succeed in realizing our dreams and aspirations. We also enjoy the recognition and respect of others.

### **THE LAW OF WISDOM**

It is a well-known fact that wisdom is one of the graces of the Holy Spirit. Everything that we are subjected to in our lives is the gift or grace of the Holy Spirit. The good happenings are rewards and the bad ones are lessons to learn from.

Wisdom is a necessary grace for the individual to be able to promote change within himself. As a result of greed, when we take advantage of another person, sooner or later, someone else will take advantage of us. But, if through wisdom we realize our mistake and “sin” and henceforth stop taking advantage of others or give in to greed in any way and we make amends, then we may avert being taken advantage of.

As an example, let us consider the feeling of pride. Pride is a form of fear. The person feels proud, because he is afraid that others will not appreciate him or his actions. Pride also takes away from the individual the realization and acceptance that he could also be vulnerable and does not ask for help from others. For such a person, the lesson not to be proud may come in old age when he becomes an invalid requiring the care of others even in the simplest tasks of daily living. In a nursing home, he may require the constant care of nurses etc. Such a situation cures him from the feelings of pride. But if through wisdom, he is able to overcome the emotion of pride, even if he falls ill in old age, he may not end up in a nursing home and may not require other's help. It is a pity that man learns through pain much better than through words and reading. Suffering is an excellent teacher. A child does not yet have the capacity to have wisdom, because physically his brain is not fully developed yet. Therefore children learn best by experience and through pain. When a child sees the flame of a candle, he is intrigued and wants to hold the flame. It does not matter how often he is told it would hurt not to do it. He may even momentarily withdraw his hand, but when the parents are preoccupied elsewhere, he will try to catch the flame. Of course he will burn his finger and start crying. After that experience, when we entice or force him to go and touch the flame, he will not even go near it and will start crying and run away. As a child, should all of humanity also learn its lessons through pain and suffering? The brain of a mature



man is able to accept and project the grace of wisdom; hence, live wisely. In school, one of the subjects taught is “history”. If we are not to learn anything from the past events, what is the use and purpose of teaching all that information? The purpose of teaching “history” is that, through our wisdom, we should learn from past experiences so that we do not repeat the same mistakes. Unfortunately, when we read history books, we notice that the same mistakes presented there are repeated century after century. If we truly want to pray and ask God for things, let that only be wisdom. It is through wisdom that we can promote inner change and self improvement. Through this self-improvement, we can also develop the necessary qualities that may minimize the unsavoury results of the fate we had previously created for ourselves. Even if one can not completely eradicate the effects of our fate, we may at least ameliorate them. These qualities are listed at the end of this chapter.

## THE LAW OF SPIRITUAL EVOLUTION

Spiritual evolution is the purpose of human life. In the first chapter of this book called “Anatomy”, it was written that man only uses 5-10% of his brain capacity or power. Spiritual evolution is strongly tied to the individual’s mental evolution. That is the ability to develop a much higher level of consciousness. As a result of life experiences, one should be free of fear and learn to give love to all.

**“So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.”** (Matthew 7:14)

**“Do to others as you would have them do to you.”**  
(Luke 6:31)

Such changes within the person increase the frequency of the energy forming him; hence, the individual approaches the universal harmony. The frequency of a person’s energy is dependent on the degree of harmony or disharmony his thoughts, words and deeds project. When one shows love,

mercy and compassion, he becomes a vessel to receive the graces of the Holy Spirit.

Some think that humanity is far from any spiritual evolvement. Even if the entire world should think the same, this view is absolutely wrong. All the negative experiences of humanity are nothing but lessons for its spiritual evolution. They are small steps that slowly lead to future evolvement. When a child starts riding a bicycle, he falls every time he tries and eventually after nine falls on the tenth try he learns to ride it without falling. The nine falls or failures were necessary steps to achieve success on the tenth try. In reality, every failure is nothing but a small success.

### **THE LAW OF GROWTH**

As in spiritual life, so in everyday (physical) life as well, evolution is not possible if the person is not dissatisfied with his present condition and does not tend to improve it. When a person reaches a level of satisfaction, his growth also ceases. Often in some religious circles, we get acquainted with individuals that claim to have been “born again” and consider themselves as “saved”. Thinking that they have achieved their goal and satisfied with their achievement, they block their further growth towards God-revelation within themselves. One has to carefully analyze all the things that cause dissatisfaction in his life, because they are the teachers to teach him what he needs to distance himself from. The way a person thinks of himself and what he thinks of himself is that which he becomes. Hence, all the choices that one makes in life that determine as to who and what he wants to be are very important, because those choices will have their effects in every aspect of his life. One wonders as to how many people, dissatisfied with their present situations, want to be like Jesus and make efforts to realize it?

### **THE LAW OF REBIRTH**

Every person during his life will have special moments

that may change his life-perspective or change his nature (character). These situations become the cause for sudden change in his energy flow and the frequency of his energy, of course only if the individual allows this to happen through his free will. This change in the energy causes a complete transformation of the individual. A tragedy in life such as a serious car accident, the death of a loved one, a serious illness, child-birth or simply a religious conversion, a certain understanding and repentance, all may become the cause of that transformation within the “ready” individual, if the individual is already at the threshold and “receptive”. Such a change is called to be “born again”. To be “Born again” means a change in the person’s perspective, character, nature, thoughts, words and deeds. If these changes are not present in the individual, then the words “born again” are just empty words.

### **THE LAW OF FREE WILL**

All animals act according to their natures. God has given man a free will. With this free will man has the ability to choose the “governor” of his life. Unfortunately man usually chooses his “Ego” as the “governor” of his life. Each person has a fate. In the past, as the architect of this fate, he had created it. All the circumstances of his life are the result of his fate and he is unable to escape this trap. The advantage of a free will is that it gives the man the ability to take the reins of his life away from the “Ego” and give it to the Christ within. This becomes visible in his behaviour, when he shows love towards everyone, when he becomes merciful and by augmenting others joy by rejoicing with them and diminishing their sorrow by grieving with them and showing sympathy. Such a character appears to indicate that the person may have learned his lessons and may no longer require the effects of his fate. Because of this these effects become much milder. When his true-Self, the Christ within

becomes the “governor” of his life, the individual distances himself from all worldly pursuits. Then, just as Jesus did, he can also say:

**“... I am not of this world.”** (John 8:23)

Jesus had distanced Himself from this world and relatives to such a degree that He even called His mother “woman”.

**“... he said to his mother, "Dear woman, here is your son," and to the disciple, "Here is your mother." From that time on, this disciple took her into his home.”** (John 19:26-27)

To distance oneself from worldly pursuits does not mean to sit with the legs folded and chant “OM”. Instead one should enjoy all that nature provides, but not to be attached to them. What is important is that one should emancipate himself from the emotions that tie us to everything in life. One should perform all the responsibilities and duties to the best of his ability, but not be attached to the results. When one becomes attached to the result and his efforts do not give his desired effects, then he becomes unhappy and sad. Various life situations such as interpersonal relationships, the death of a loved one, loneliness, sickness, accidents, being troubled by conscience, poverty, unrealized desires, all may be cause for suffering if the person tries to oppose and “fight” the situation. But if consciously using his intellect, he accepts all circumstances, all that life dishes out to him as the will of God for his future benefit, the suffering also disappears. One should always try to change all those negative circumstances into positive ones if he is able to, otherwise he should accept them and try to learn the lesson hidden in them, instead of getting depressed and crying over his bad fate. All the situations that are not within the ability of the person to change, he will not be able to change; therefore he should not spend any further physical or mental energy on these issues. One should enjoy all the positive and good things in life and not to oppose the negative ones.

**“... I tell you, Do not resist an evil person. If someone strikes you on the right cheek, turn to him the other also.” (Matthew 5:39)**

When we see a stranger that requires help, we have the free will to say: “It is not my responsibility” and leave. But we also have the free will to say: “If I was in his place, I would want someone to help me”, and we try to help to the best of our ability. When we show compassion and mercy, in the future we are not subjected to a similar needy situation.

### **THE LAW OF MAGNETIC ATTRACTION**

All energies have their specific field of influence. As the electrical current creates a magnetic field, so do thoughts create their own magnetic fields. After all thoughts are the results of electrical currents within the brain. The flow of electricity does not occur only in the brain but in all the cells, nerves and muscles of the body; hence, our bodies also have their specific magnetic fields. When we meet a stranger and immediately feel sympathetic towards him or feel attracted to him, this is the result of magnetic attraction. Sometimes, some other person that we do not know at all makes us feel uneasy and we try to stay as far away as possible from that individual. This is the result of magnetic repulsion. Stars and planets also have their specific magnetic fields. The “science” of astrology is based on interaction of these magnetic fields.

The family in which an individual is born into, the place where he is born and the time that he is born are all determined by the magnetic field created by the information contained in his soul. The magnetic vibrations of his parents need to be harmonious with the vibration of his magnetic field. This means that the two magnetic fields need to be attracting each other and not repelling. The time and location of the birth also has to be harmonious with the sum total of the magnetic fields exerted by various stars and planets at that time and at that place. Therefore, those who are well

versed in this “science” are able to predict the characteristics, the negative and positive traits, the nature and the abilities of the individual by the locations and the degrees of the magnetic contributions of the planets at the time and location of the birth. Each characteristic has its specific magnetic frequency. Each planet also has its specific magnetic frequency. Because the magnetic energies either attract each other or repel, after many years of observation it becomes possible to learn the effects and meanings of specific planetary magnetic field influences. From this then it becomes possible to extrapolate and predict the characteristics of an individual. Based on experimental data, it is well known that those born under the influence of the planet Mars are physically stronger and usually become the athletes in the Olympics etc. In fact it is wrong to say the previous sentence. The correct way to say would be: “Those who are to be physically strong have a magnetic frequency that is attracted to the magnetic field of the planet Mars. This way the individual appears to be born under the influence of the planet Mars.

### **THE LAW OF COLLABORATION**

When two or three people come together and work together for the same purpose, their collective ability surpasses by three to four folds the sum total of the abilities of each individual alone. People that have similar frequency energies attract each other, find each other and form friendships. Exactly because of this, it is much easier for a group of individuals to succeed in realizing a difficult project than a lone person. When an individual associates with a group of individuals that have low energy frequency, in time his energy frequency also dips and equals theirs. To be able to elevate our energy frequency, it is desirable that we associate with people that have higher energy frequencies than us.

The church is formed by a group of individuals. When all present are there with one single mind, mission and

purpose, sincere for God-worship, mind centered on God, it creates a field of energy that may appear to be tangible. Did not Jesus say:

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

## THE LAW OF RITUALS

Every action that is constantly repeated for a specific purpose is called a ritual. Rituals mobilize the universal energies. The effect of rituals on the universal energies is dependent of the following three conditions.

1- The persons performing the rituals must have their minds centered on the purpose. The effect is added energy for the realization of the purpose.

2- The persons performing the rituals and everyone else present at the ritual allow the will of Christ to function.

3- Every time a ritual is performed, it receives added energy from the multiple previously performed similar rituals.

This is the superiority of the ritualistic churches over the non ritualistic ones. When the same rituals are performed all over the world in various locations, the energy in each church is augmented by an amount corresponding to the number of locations. When the same ritual has been performed approximately for the last 1700 years, this augments the energy in the church in the present. Of course, all these are dependent on the mental concentration of those performing the rituals and those present, namely the clergy, the deacons, the choir and the congregation. It is also important that they allow for Christ to be “revealed” within the church (congregation). The purpose of the church rituals and specifically the Mass is to realize Christ-revelation within the congregation. It is very important for those performing the rituals to be mystics. It is possible to witness “miracles” in our churches if we really want them. Otherwise the rituals just become simple traditions.

## THE LAW OF RESISTANCE

Anything that we oppose we attract to ourselves. Resistance is the result of fear. To give an example: We fear of becoming an invalid in old age requiring to be cared for by others and we oppose that view. Unfortunately, this fear tends to promote the possibility of this situation to become a reality. For many, (especially in some cultures more than in some others) the relationship between mother-in-law and daughter-in-law may become a major problem and cause for a lot of stress. The daughter-in-laws usually have an attitude of resistance towards their mother-in-laws (of course there are always exceptions). The feelings of the mother-in-laws are also to reciprocate the same. It appears as if they can not divide the poor man between themselves. The poor man caught between the two, the son of one and the husband of the other usually becomes inept, “paralyzed” and unable to take sides. The mother, being older, has lost flexibility; more rigid in her ways; does not easily change. But if the wife, acting wisely and being young and more flexible, does not oppose or resist the mother-in-law, all the problems go away. The wife should emancipate herself from all negative emotions. When she succeeds then there can not exist any resistance and clashes regardless of the fact that the mother-in-law has not changed at all. The daughter-in-law’s attitude in time slowly also changes the rigid mother-in-law as well to a more amicable personality and make her more tolerable. The household then, instead of becoming hell, becomes heaven. Any situation, character etc. that we resist with a passion, in time we also become. A daughter-in-law, in such a toxic environment, in time, after having children and growing old, becomes a mother-in-law and does exactly what she had despised, had opposed and had resisted in her younger years. Now she makes the life of her daughter-in-law hell.



## **THE LAW OF REFLECTION**

The good or bad characteristics of others that attract our attention, or bother us, usually are reflections of our characteristics that we find we also have. These personal characteristics can be divided into four groups.

1- Those characteristics of others that we appreciate are also found in us. When we see an individual dealing with an injustice committed towards him with forgiveness and does not hold a grudge and we appreciate that characteristic in him, it means that we also have a similar forgiving character.

2- Certain characteristics of others that bother us and make us unhappy or upset, without a doubt are also present in us. When an individual gets angry with us and we get affected by his anger and respond with the same, it indicates that we also have an angry nature.

3- When we oppose a certain characteristic we notice in an individual, we also fear that we may also have the same character. When an individual gets angry with us, instead of responding with anger, we should simply say: "Why are you angry?" It is likely that we also have an angry nature but we know that it is not a desirable trait.

4- A characteristic that we have in ourselves, but we do not like it and we try to control it and change it. Undoubtedly if we see it in someone else, we will get upset and will hate it.

In our lives all our reactions are nothing but expressions of fear. Hence, the purpose of life is to get rid of all fears. When words that are directed to us produce a negative emotion in us, we should in fact be thankful, because they tend to show us, what we need a change in ourselves.

## **THE LAW OF LOVE**

Unconditional love liberates us from fear. In the same way, when we are able to get rid of fear completely, we develop love towards everybody. Unconditional love means

to accept everybody as they are without judgement and without trying to change them. One should only try to change himself and not others. This is not about the “romantic” love but rather the spiritual, divine love. This is not simple fondness, but rather it is wishing well for all, family, friend, stranger and enemy and working towards their well being. Similar expression of love creates harmony within the life of the individual.

### **THE LAW OF ABUNDANCE**

The universe is generous. Everything for man’s comfort is provided. Unfortunately despite abundance of food, half of the worlds population suffers in poverty and part of that also are dying of starvation. It is thought to be appropriate do dump tons of legumes and milk into the sea, rather than feed the starving. Seventy per cent of the “riches” of the world are in the hands of 1% of the world’s population. Should we not think that there is something wrong with this picture? Does it not reflect human greed? This type of relation with the gifts of the planet earth is to act against the universal law of abundance. Mankind has the ability to transform the world into a paradise for everyone. But just the opposite, for a great majority, he has turned it into hell. We should not forget that abundance also has two “faces”. It is also possible to have abundance of happiness and joy in our lives, but if we pursue the “road” of greed and selfishness, according to this law we may end up with abundance of sadness and suffering.

### **THE LAW OF ATTITUDE**

Within the universe absolutely nothing can cause even the slightest harm to us except our own attitude. We are guided into all the different situations by our attitude and thoughts. Our attitude can make any situation worse or better. Undoubtedly everyone sooner or later during his life will experience negative unfavourable situations. The more

one understands the meaning of the law: “you reap what you sow”, the more he can change his attitude and open the way for spiritual advancement by using the experience of the negative situations as lessons for self improvement.

### **THE LAW OF TWO AND THREE**

All of the creation is based on duality, matter-antimatter, male-female, etc. which represent opposing facets. In Chinese religion and philosophy it is known as “Yin” and “Yang”. As in the earth, the magnetic field has two poles, north and south. In the same way, electricity has two poles “-ve” and “+ve”. It is the attraction between these poles of duality that enables the flow of energy. Without the flow of energy nothing would exist. In the same way in the life of an individual, similar duality is present such as love-hate, good character-bad character, harmony-chaos etc. Man is an expression of energy, therefore is subject to duality. The negative (-ve) energy is not harmful of itself and is essential for our existence. Unfortunately the great majority of humanity expresses this energy with undesirable means, namely, dangerous acts, fights, anger, arguments etc. These are the usual causes of sickness in the individual and wars within societies. It is also possible to express the negative energies as positive activities.

When these two aspects unite with a third aspect that neutralizes the opposition between the two aspects, a wholeness, a singularity is formed. At this juncture, each aspect works for the benefit of the totality. Each one alone can never be as powerful as the totality, the union. In geometry as well, the most stable shape is the triangle and represents wholeness and unity. Man also has his consciousness, and also his sub-consciousness. But he is still missing his super-consciousness so that he can be whole, stable and perfect. When a man and a woman unite with the energy of the neutralizing sacrament of marriage, they become a unity,

one family and become creative by having children. Is it not true that God also being “One” is also a “Trinity”, God the father, God the son (Christ) and God the Holy Spirit?

## **THE LAW OF DESTRUCTION**

Destruction is the natural end of duality. Anything that is absolutely successful destroys itself. When a person reaches the pinnacle of his desire, such as in a personal relationship, in his profession, in his spiritual path, the possibility of destruction becomes highly possible. Therefore it is important to aim always higher than the present and never be satisfied with the present achievements. An honest and virtuous individual who has the desire to serve goes into politics and eventually may even become president or prime minister. Having reached the pinnacle, having no further aspirations of growth, starts taking bribes and loses his virtues. Evangelists start with the best intentions and one day as a result of some indiscretion, they disgrace themselves. It is the same with countries as well. The history books are full of the success of empires, which later crumbled from within. An individual should not be satisfied when he reaches his goal. Instead he should set a higher goal for himself. Energy can not be static; it is always in motion, otherwise it gets destroyed. Man is also made of energy; therefore he also should not remain static, if he does, he gets destroyed. How often do we hear the following: “He retired from work and had no other interests. Within a few years he quickly aged and died”. On the other hand, when an individual chooses a very high goal for himself to achieve that is over and above his abilities and he can never realize, it also gets destroyed. When he sets reachable goals and slowly progresses, after the realization of the goals, each time choosing a slightly higher goal, will never be subject to destruction. One should never disturb harmony and should always keep equanimity. When he eventually reaches the pinnacle of his desires and

goals, which should eventually be God-revelation within himself, then he unites with the Christ within; then it is the “Ego” that gets destroyed. And this is the purpose of life.

### **THE LAW OF ASSOCIATION**

When two or more factors exert similar force in a given direction, the total effect exerted supersedes the sum total of the effects of the individual factors. This, of course, is dependant on and based on the fact that the effects exerted are all harmonious to each other. For example, for good health, exercise is a good thing. It is also true that healthy eating is also beneficial, such as not to eat animal fat and minimize salt intake, etc. It is also known that smoking is a health hazard. Each factor has its benefit and if the individual takes all three precautions, he will benefit more then the sum of each individual factor alone. Let us assume that each precaution alone decreases the risk of heart attack by 5%. The sum total benefit then one would expect to be 15% if he is following all three health guidelines. The reality is that if he is exercising, eating healthy and not smoking he will decrease his heart attack risk by 25%, greater then the 15%.

### **THE LAW OF STRONGEST DESIRE**

A strong wish or desire will negate any weaker desires. Every new desire makes it possible for the realization of a stronger desire. Man is subject to numerous desires and it appears impossible to annihilate them. To succeed, the individual has to have such a strong desire that makes the rest of the desires look unimportant and they slowly disappear. When the individual makes God-revelation within himself such a strong desire that all the other desires become unimportant and this desire takes over his whole being and he uses all his energy and ability towards the realization of this desire, all other desires one-by-one disappear. The desire for which we work to realize becomes our strongest and foremost desire.

## THE LAW OF DEDICATION

When an individual works towards an end with utmost dedication and perseverance, fully believing in the realization of that goal, it is impossible for him not to succeed if the cause and the means are harmonious with the universal laws, in other words harmonious to God's will. Everything appears to progress as if supernatural forces are at work and the goal is achieved without any difficulties. Dedication is impossible without faith. Vacillation and uncertainty, which are the result of lack of faith, make it impossible to realize the goal irrespective of the energy and effort spent to realize it.

**“He replied, 'If you have faith as small as a mustard seed, you can say to this mulberry tree, 'Be uprooted and planted in the sea,' and it will obey you.'” (Luke 17:6)**

**“He replied, "Because you have so little faith. I tell you the truth, 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)

## THE LAW OF SELF-DECEPTION

When an individual has two different beliefs that contradict each other, he creates discordance in his mind which causes him to be subject to mental anguish. In the same way, when his actions are discordant with his beliefs, he again subjects himself to mental anguish. For mental peace, he either has to change his action or change his belief. If he believes that smoking is harmful, but continues to smoke, he loses his mental peace. To re-establish mental peace, he either has to quit smoking, or has to convince himself and believe that smoking is not harmful or even may be useful. It is well-known today that this last view according to all available information is nothing but self-deception.

## **THE LAW OF EXPERIENCE**

Every experience in an individual's life forms his nature and character. High frequency energies neutralize low frequency emergencies. These changes in the energy as well as the character and nature of the person are not conscious efforts and take place within the sub-conscious. One of the properties of the brain is neuroplasticity. Every experience causes new synapses between various brain cells and form new neuronal pathways. These changes in the brain are dependant on the frequency of the energies. When an individual rides a horse or a bicycle and falls off, it is well known that the best advice is to remount the horse or the bicycle right away. Otherwise the negative experience of falling creates a phobia in him that will prevent him from riding a horse or a bicycle for the rest of his life.

The sub-conscious mind can not differentiate the real experience from the unreal illusionary experience. Just because of this property of the sub-conscious mind, psychiatrists are able to cure phobias through hypnosis and hypnotic suggestions.

When an individual confronts his fears, it is possible that he may become addicted to what he feared. An example would be the fear of jumping off an airplane with a parachute. When the individual confronts this fear and overcomes it, he may actually become addicted to the sport. This occurs because the excitement and the anxiety associated with the act cause the release of endorphins that the individual may become addicted to.

## **THE LAW OF DENIAL**

When a person denies the presence or occurrence of an unpleasant happening or situation in his life, he is basically rejecting finding a solution for the problem or rejecting taking responsibility for the things that happen to him. This attitude unfortunately causes much mental anguish in his life.

He becomes a constant target to unpleasant life situations until such time that he properly resolves the problem and finds his equanimity. Every person that denies reality or the truth always becomes the subject or the target of misfortune. To blame others for the misfortunes in our lives is to deny our responsibilities.

## **THE LAW OF RESPONSIBILITY AND SPIRITUAL GROWTH**

Every individual is born for a specific purpose according to the information contained in the energy that forms him. In his life, he has a duty and a responsibility to himself as well as to the society he lives in. Each person should listen to his “inner voice” and live accordingly and impeccably perform his duties and responsibilities towards society. All work done by workers, soldiers, police, clergy, doctors, scientists, philosophers, teachers, politicians and artists are all service to society. Each individual must perform his duty perfectly, because that duty, that service that has been given to him is for his benefit and the means for his spiritual growth towards becoming a “saint”.

For a person, in his spiritual journey, to be able to reach the growth level of a “saint”, he must carry on with his life and perform all his duties according to the three following precepts.

1- All his actions should be with generosity and without any greed.

2- He must be morally virtuous and not cause any harm to others physically or otherwise, not to steal, not to lie, always to speak the truth and never speak to hurt others, not to gossip, and not to carry on speaking nonsense, not to consume drugs or drinks that influence the clarity of the mind, not to engage in lechery or debauchery, not to give in to lust and avoid sexual improprieties and extremes, because these may harm both himself and others. He should always



carry himself calmly always harmonious with everyone and promoting unity of all present.

3- One should constantly exercise to develop mental concentration and focusing. This is also known as meditation. This is important to continue in the correct path in his life without deviating from it, the path that he has chosen for himself. This path is his chosen moral, virtuous and other condition for himself. Meditation eventually makes him more intuitive and gives him insight and he realises the true purpose of his life. This makes it easier for him to develop determination in realizing the true goal and purpose of his life.

### SUMMARY

The cause of all misfortunes is our actions committed against the universal laws. To succeed in acting according to, and in harmony with the universal laws, we need to change our natures and develop the following qualities in our natures:

- |                                                   |                        |
|---------------------------------------------------|------------------------|
| 1- Longing for God                                | 2- To be merciful      |
| 3- To be compassionate                            | 4- To be brave         |
| 5- To be dedicated                                | 6- To have faith       |
| 7- To be forgiving                                | 8- To be generous      |
| 9- To be graceful                                 | 10- To be a leader     |
| 11- To be happy                                   | 12- To have hope       |
| 13- To be patient                                 | 14- To be praising     |
| 17- To be responsible                             | 16- To be appreciative |
| 18- To be thankful                                |                        |
| 19- To be unconditionally loving                  |                        |
| 20- To be honest and have integrity               |                        |
| 21- To be benevolent and gentle                   |                        |
| 22- To always remain neutral and not to interfere |                        |

**O Jesus, wisdom of the Father, grant me the wisdom that I may always think, speak, and do what is good in your sight. deliver me from evil thoughts, words and deeds. Have mercy upon your creatures, and on me, a manifold sinner.**



# - III -

## MAN AND HIS IDIOCY





## MAN AND HIS IDIOCY

There is only one problem in this world and that is man himself. When man knows the presence of a problem, sooner or later he finds a solution to that problem. But when he is not aware of the nature of the problem, then it becomes impossible for him to find a solution to the problem. Man has found and has resolved a lot of the problems of physics and the other natural sciences. Because the human condition in this world appears to get worse as time goes along and man has not found a solution to change this trend, it indicates that he has not found out the nature or the cause of the problem and he has not come to the realization that he is the cause of all those problems. This stems from the fact that man has the habit of objectifying everything and can not see that the problem is the subject, him.

All that will be helpful or harmful to the individual depends on his choices and his likes and dislikes. Man says that he loves God and he believes in God. But the way he carries himself in life does not correspond to what he expresses in words. If he truly believes in God and has faith in Him, then he should tolerate all the life situations without losing peace and equanimity. He should know that all that is happening in his life is God's will. Even when death comes, this should also be acceptable to him. Man within himself has the ability to such an "awakening", but because he fears death he prevents this "awakening" from being realized.

Man despite being strongly attached to his body, has absolutely no clue as to what goes on in that body. The body functions without his knowledge or awareness; hence, man appears to live even his physical life unconsciously. It is the most complex and complicated and most marvelous technology of the entire universe that is functional in his body, but man does not utilize his ability to find the intelligence that governs that technology.

At the age of five, he lives according to the wishes of his parents, obedient almost as a slave, but he is happy. When he matures he is free and no longer a “slave” and subject to other’s wishes. At this stage he is free to do what he wants, but yet usually ends up being dissatisfied and sad and complains. Therefore there must be some error in the way humans carry on in their lives. Between the ages of five and maturity what was it that changed that also changed his happiness to unhappiness? It is his mind that formed fully and he developed memory.

In his youth, man thinks that he is his body. He does not realize that he has obtained his body from the earth on loan and some day he will return even the very last atom back to the earth. This view is based on the fact that as a result of hormones in his body, sexual pleasures occupy his mind; hence, in his own mind he identifies with his body. During this identification, he tends to spend 90% of his energy by pursuing sexual pleasures or trying to control or subdue them. As the creation is based on duality, male and female, sexual attraction represents the attraction of the two poles of the duality. Sexual intercourse at the physical level is a natural act and serves the creation. But when sex preoccupies the mind, it becomes an ugly perversion that is considered to be one of the seven deadly sins, the sin of lust. It wastes the life-energy of the individual.

When man reaches middle age, the effects of his hormones diminish. As a result, he tends to identify more with his mental body rather than the physical. This time he becomes driven by his emotions. At this stage, the attraction between the two poles of the duality expresses as an expression of emotional love (not carnal).

In old age, man realizes that he has wasted most of his life and tends towards the real purpose of his life, towards God. Unfortunately he does not know how. Man has not yet understood himself. How can he even think that he can

understand God? He has not found himself, how can he expect to find God? In his mind the idea of God is an exaggerated concept of his individuality. Hence, he imagines God to be a Being Who is as a bearded old man sitting somewhere above the clouds in heaven that is watching the world and its inhabitants. This view comes directly from his mind and culture.

The truth is that man has been searching for God from the day he was born, but unconsciously. Is it not true that even the act of sexual intercourse for a second or two represents the union of the two poles, as does the love expressed in middle life? But, neither the physical nor the emotional or mental means are able to change duality into a singularity.

Throughout his life man does everything according to his memories. This should not surprise us because even his body functions according to memory. The memory of the body is in the individual cells of the body, in the genes. When he eats a piece of bread, according to the memory in the body, the piece of bread changes and becomes part of the body. When another person eats the same bread, this time the bread changes according to the memory in his body and becomes part of his body.

Man's eyes tend to see only whatever is already in their memory. When Christopher Columbus first arrived to the Americas, the natives of the islands could not see the huge ships anchored out at sea because they had no memory of such ships. Today we find this reality very surprising and unbelievable. When sight is tainted by memory it becomes impossible for man to see the reality. In an individual's life, all his experiences are unique to him; hence, everyone's memory is also unique to him and vary from the memories of others.

Man is subject to eight different memories. These are: elemental memory, atomic memory, evolutionary memory, memory of destiny both physical and psychological, sensory

memory, inarticulate memory, articulate memory and pure intellect.

The purpose of man is to live and to live fully and impeccably, but instead he has turned his life into madness. Man is subject to multiple thoughts fed by the information received through the senses and from his memory. To some degree, these thoughts are important and useful for his physical existence. Man, for his security, builds a “wall” around himself, not realizing that in the process he is imprisoning himself. The psychology that he develops also becomes a trap, but he sees it as security. Thoughts create the duality of the subjective and the objective. His intellect that gives him the ability to reason allows him to differentiate between the knower and the known. Science and the scientific method as a result of experiments conducted gives man a certain understanding of natural laws. Religion gives man certain beliefs. But what man really needs is realization. Aren’t even scientific discoveries nothing but small steps, increments of realization? It is exactly because of this they are called a “discovery”. This word is formed of two parts “dis” and “cover”, which indicates removing the cover of ignorance that was hiding the truth from our awareness. Intellect, also tainted by belief systems that exist as part of memory, does not allow the person to have the above indicated realization. Therefore man barely experiences only ~1% of the Truth. Man by calling those beliefs as “faith”, fools himself. The true faith annihilates all negative thoughts. If through some miracle, if suddenly God comes and appears in front of man, man will question whether He truly is God. This is today’s level of man’s faith. Whatever such a man wants in this world, what he wants to possess, whatever makes him happy, what he finds pleasant etc. he has “transported” to “heaven”.

For the body, it is pleasant to be healthy and experience all the physical pleasures.

For the mind, it is pleasant to be at peace, tranquil and joyful.

For the emotions, it is pleasant to experience love and mercy.

For the energy, it is pleasant to experience bliss and ecstasy.

Man from time to time temporarily experiences the first three pleasures, but until now the fourth type of pleasure has escaped him. Man to date does not know what bliss is. Only very few individuals have ever experienced bliss. Because in man's memory, there are only the first three types of pleasures; therefore he thinks, that this is how "heaven" will also be. He seeks to go to "heaven" after death and enjoy the same type of pleasures he is used to, and at that, not temporarily but for "eternity", meaning unending time. He is also ignorant of the fact that eternity is not unending time, but rather timelessness. Only the present is eternal. Therefore one is able to find eternity only in the present.

The way one carries himself in life reflects his level of consciousness and understanding. When he sees benevolence in the world, it means that he is also benevolent. If he promotes negative tendencies, it indicates that he is a bad person. Man lives according to the level of his consciousness.

Science has given us many technological advances that have made life much easier and given us much leisure time, more comfort but not more happiness. This tends to indicate that man's physical quality of life having improved, the basic has not changed and remains the same. Man has the capacity and capability of also experiencing bliss here on earth in this life, but only if he has that desire and with perseverance pursues the realization of that goal. Man has the ability to unite with his creator. That is exactly why Jesus said:

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

When man identifies with his body and his mind, he suffers.



If his happiness is dependent on external things and causes, it is impossible for him to ever have continuous happiness.

Man forms the character of his individuality by collecting numerous memories that come from outside of himself and he thinks that the various life experiences shape his personality. In reality, what forms the character of his individuality or his personality are not the events of his life, but rather his understanding of and attitude towards those events. His understanding and attitude are in turn the result of the information that is present in his memory. Man appears to be the slave of his memories. This should not surprise us, because man is subject to the evolutionary memory, the genetic memory, the information contained in his energy and the memory of destiny. All his actions are the results of past memories and everything that he does are nothing but repetitions. The education that he receives, which becomes part of his memory, prepares him to act better and to be more productive and to provide better service. But the highest and best university degrees are useless for him when it comes to finding his true Self. For the revelation of his true Self requires self transformation and improvement, which is called the “spiritual path”. Schools teach nothing about this. In this path there is nothing for him to do other than just changing the direction of his mind’s attention. If man stops all his senseless activities, especially the mental ones, he advances within the spiritual path. Because man has a certain level of consciousness, it tends to indicate that he already is on the spiritual path whether he knows it or not. The degree of advancement in the path varies from person to person.

In this life every individual has a duty to perform, which he should perform impeccably and he also has the responsibility of performing it to the best of his ability. The responsibility of a student is to be studious and to learn to the best of his ability so that he can serve society the best way.

Within a given family the duty of the parents is to be a perfect example to their children and in their occupations to do their best. After a certain age when one retires from work, it appears as if their responsibilities have ended and it is just time to wait for death to take them away. On the contrary their responsibilities and duties are even more than before and also much more serious. Now their duty is to teach the future generations what they have learned from life. But the responsibility they have towards themselves is much greater, serious and important. Their minds, no longer busy with pursuits of daily living, they should dedicate more time and effort in advancement within the spiritual path. First, self-preparation is essential and then, meditation. This becomes easier and more natural if and when, to some degree, they have followed a similar path throughout their lives. For most, this appears to be impossible. When they succeed to some degree, emancipation from all worldly pursuits naturally follows.

Each person is at the same time materialistic and spiritual. Unfortunately man throughout his life eats, drinks, sleeps and procreates. In old age, when death approaches, he evaluates his past life and regrets the time wasted. Why should he not do this evaluation in the present? If he had come to that realization during his youth, in his old age instead of having regrets, he would be much wiser.

Animals also eat, drink, sleep and procreate. God has given man added abilities. One wonders why man does not make use of those added abilities and lives only as the animals do. Man does not care with sensitivity and gentleness for all that does not “belong” to him. If this is his behavior pattern, it tends to indicate that man has not yet found his humanism. Animals live according to their instincts. Man also to assure his survival lives according to his instincts. But man has the ability to surpass, exceed and improve his nature. Despite all this, he looks and seeks

compassion from others, rather than he himself becoming compassionate towards the entire world. It appears as if man has come from monkeys, because he seems to always emulate and copy others instead of being the architect of his own life. In this last sentence the word “others” basically means the society, the culture and the traditions he lives by. It appears as if man has made a curse of the free will he has been given, because he always suffers the results or the situations created by himself through his free will. Ignorant of this situation and truth, he blames even God for the unpleasant circumstances that occur in his life. It is interesting and surprising in that he forgets to remember God when the circumstances in his life are pleasant.

If there had been no free will, the Creation also would not exist, because without free will all would live according to God’s will and all would be with God. “The Awakening” is a fundamental right of man, but unfortunately man constantly ignores it. Man has to understand that the Creator, the Creation and the created are all one; hence, there is only one Truth.

Man, to emancipate himself from the self created situation of anxiety, usually seeks the help of psychiatrists. The psychiatrists give the individual psychological solace, which in reality pushes the individual into greater ignorance. Because the individual superficially feels better, he continually wants to visit the psychiatrist. The “healing” would be much more appropriate and lasting if he had just turned to his true healer, the Christ within. But it is difficult to follow the teachings of Jesus. The person, in whose presence an individual feels comfortable, that person can not be his healer and can not help him. He also can not be his spiritual teacher, because he would tend to encourage and solidify the individual’s limitations. The true spiritual teacher is the one in whose presence one feels uneasy, because that teacher tries to destroy the “old man”, the old personality, so that the

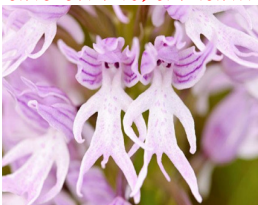
“new man” is born. And this is to be born again. Man need not seek for a spiritual teacher, because the teacher is not a person, but at the same time he is everyone. The real teacher is the Christ within, the individual’s true Self. When the individual has a true yearning and desire to advance within the spiritual path, the teacher will find him. Any one person, any article that will help his advancement will automatically find him, because Christ’s power is everywhere and He is able to put into motion all that is needed for the individual’s success. This may be called synchronicity. Unfortunately man wants his comfort the way **he** thinks it should be and he ignores the teachings of Christ that could actually give him bliss. Man continues to say that he loves God, but he distorts his religion and brings it down to a level of ignorance. The true religion is a journey inwards and the yearning for the individual to unite with his true Self, the Christ within.

Man in general appears to be satisfied with the superficial life that he leads. Having identified with his body and mind, he does not understand that these are only the superficial layers of “life”. Undoubtedly these layers also contain that spark of life, but “life” is much more than that and this escapes his awareness. The following metaphor may be helpful in understanding this truth. In this metaphor the orange represents “life”. The orange has a bitter peel that is not conducive for consumption. The orange also has the core, which is the edible part, the tasty fruit. Both, the bitter peel as well as the tasty edible core, are part of the whole. It is possible to make tasty jam from the bitter peels, but it requires lengthy process of preparation. Thus, the peels may also become edible. The way man lives is like an individual that only eats the peel of the orange, sometimes bitter and sometimes sweet and he thinks that he has eaten an orange. And to experience the “sweet” part he suffers and toils. He seems to completely ignore the core of the orange, the tasty, juicy fruit. In general one throws away the peel of the

orange. The real fruit, “the core of the orange”, man has not yet “tasted”. As the peel may become edible but requires a lot of work, this life as well may be pleasant for the individual, but requires a lot of work and wastage of energy. Surprisingly, man is capable of eating the tasty fruit without any difficulties and work. To make this come true, all he has to do is to ignore the peel and has to want to eat the core, the fruit and put aside the peel. To want to eat the fruit is the yearning to experience God-revelation within himself. Ignoring the peel and putting it aside represents ignoring all the worldly attractions that are born of his “Ego” and ignoring the “Ego”. The fundamental principle of the spiritual life is to become aware of the unity of all and experience the “singularity”. Man thinks that to love and to be happy are virtues. This is wrong, because they are the nature of our “being”. The blessings or the graces are God’s help so that we can transform ourselves, our natures, to reveal the true nature of the Christ within, through ourselves. Without God’s graces, religion becomes a disastrous force. Today we see this effect in the Middle East.

Society and the church (the gathering of the faithful) are created by man for his evolvment and success and not to mislead and pervert the spiritual path.

**I confess with faith and worship you, O Indivisible Light, unified Holy Trinity and one Godhead; creator of light and dispeller of darkness, dispel from my soul the darkness of sin and ignorance, and enlighten my mind at this moment, so that I may pray to you according to your will, and receive from you the fulfillment of my requests. Have mercy upon your creatures, and on me, a manifold sinner.**





- IV -

GOD REVELATION





## GOD REVELATION

In this world everyone wishes for good health, happiness, peace, comfort, knowledge, success and equanimity. In summary man wants a life of bliss without interruption. This is possible only when man realizes and understands the importance of the Universal energy, the importance of the Holy Spirit and his true Self, the Christ within and the relationship of the two. Universal energy, the Holy Spirit, is the essence of everything; because of this, all is one, nothing but various manifestations or appearances of the same unity. The following metaphor may help to clarify this somewhat better. Let us assume there is a necklace made of various sized beads. The necklace is a whole, a totality and one, but it has many beads. The thread running through the beads is invisible, but without that thread the necklace would not exist. The thread represents the Holy Spirit. The Holy Spirit is invisible, but without it the creation would not exist. The beads are more solid and heavier and represent the material world. The thread, finer and lighter, represents the spirit. Man thinks that he is the most important part of the creation. He lives as if it is the beads that hold up the thread. Holy Spirit is also our “life”, the life giving energy that flows through us, which also gives us our consciousness. Hence, without the energy of the Holy Spirit, nothing is possible. All our thoughts, words, and deeds are possible thanks to the presence of the Holy Spirit.

Man’s mind, under the influence of his “Ego” is always restless. The mind has the ability to guide the individual towards God revelation within himself, but it also has the ability to take him to failure as well. Wrong desires and warped logic that come forth in the mind, guide the individual to speak and act in a negative, undesirable way. The “Ego”, the usual “captain” of the mind, uses all types of deception to continue its control over the individual’s mind.



As a result the individual becomes attached to the world and its lure and forgets and ignores his true Self. Through warped thinking, using his mind, he tries to dominate his Spirit. Each individual is himself responsible to correct this fundamental wrong, the error within himself and allow for his Spirit to rule his mind. The worldly pursuits and attachment are enticing and seductive; hence, man deviates from the spiritual path and weaves a fate of self-destruction. As a result of a calamity or in very old age, when he gains a bit of wisdom, he realizes that all the worldly attractions eventually lose their luster and captivating powers, and then he understands that everything in the world is meaningless. He then really understands his mistake and the life that he has wasted.

**“For a man may do his work with wisdom, knowledge and skill, and then he must leave all he owns to someone who has not worked for it. This too is meaningless and a great misfortune.”** (Ecclesiastes 2:21)

**“What advantage has a wise man over a fool? ... This too is meaningless, a chasing after the wind.”** (Ecclesiastes 6:8-9)

This realization is the true meaning of repentance and the opportunity for him to turn towards God. But most, under the influence of their “Egos”, think that their ignorance and their stubbornness are their true faith. Hence, even when they truly want to follow the spiritual path towards God, they fail miserably in realizing their desire. With arrogance they say: “What they believe in is correct. I believe in Jesus that He was the Son of God and died for my sins. I am washed with His blood and sanctified. By accepting Him as my savior I have been born again, therefore saved”. This type of a view is nothing but arrogance and an expression of pride.

**“... For everyone who exalts himself will be humbled, and he who humbles himself will be exalted.”** (Luke 18:14)

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

True faith and true knowledge, which are the result of a higher level of consciousness, dissipate arrogance and pride. A little knowledge in fact increases arrogance. Is there not a proverb that says: “A little knowledge is a dangerous thing”?

The “Ego” is an expert deceiver and promotes all sorts of falsehoods in the mind as if they were true. These are the eight faces of pride:

1- I know the truth, I do not need to read or learn anything else.

2- My form of worship is the correct one; all the other religions, sects or forms of worship are the works of the devil.

3- I belong to a noble class; I am not like the others.

4- I belong to the superior race; all the other races are inferior to mine. (As Armenians are we not proud for being the first Christian nation in the world?)

5- I know what I am doing and I have strong will, therefore no one can change my mind.

6- Financially I am very well to do; therefore it appears that God loves me.

7- I keep lent, I fast and I regularly attend church services and I take communion.

8- I know that I have God's graces, because He has created me beautiful (handsome) and strong.

Man, instead of developing pride with the above mentioned lies created by his “Ego”, he would be much better off if he seeks the presence of his true Self, the Christ within. Only Christ's energy can burn up the various prides created by the “Ego”.

**“To some who were confident of their own righteousness and looked down on everybody**

**else, (Jesus told the parable of the Pharisee and the other a tax collector Luke 18:10-13) "I tell you that this man, rather than the other, went home justified before God. For everyone who exalts himself will be humbled, and he who humbles himself will be exalted.""** (Luke 18:9 & 14)

On the path towards God-revelation one needs the next four factors:

1- A life style that is pleasing to God, in other words humanitarianism.

2- Knowledge which comes by an elevated level of consciousness.

3- Surrender, which means emancipation from all worldly pursuits and attractions.

4- God worship.

Humanitarianism is the most important and the greatest responsibility and duty of each and every individual. Usually the will of man directs him towards tyranny. Even when his heart, his love for God tells him to choose the path of God-worship, his mind takes him towards materialism. Whatever the situation, love is the presence of God, but it is difficult to emancipate oneself from the mind's attractions of desires and the thoughts about materialism. Love that springs from God-worship to some degree ameliorates our sins.

**"Therefore, I tell you, her many sins have been forgiven--for she loved much. But he who has been forgiven little loves little."** (Luke 7:47)

But we should not forget that the sins committed against the Holy Spirit are not forgivable. Negative thoughts that spring up in the mind of man have their unique energy frequencies and attract similar frequency energies towards us. It is those attracted energies that give rise to the various situations in our lives that we are subjected to. When an individual is ready to carry out or act on a negative thought that has come up in his mind, he already has sinned and has created a

negative fate for himself. But before carrying out the act, he changes his mind and decides not to act it out and instead to express love, it is possible that he be “forgiven” and the negative fate he had created for himself be eliminated. But if he carries out the negative deed, but later he regrets doing it and shows love, that love may ameliorate the negative effects of his fate. Otherwise he bears the full brunt of his fate that he himself has created for himself.

**“Do not revile the king even in your thoughts, or curse the rich in your bedroom, because a bird of the air may carry your words, and a bird on the wing may report what you say.”**

(Ecclesiastes 10:20)

**“He went on: 'What comes out of a man is what makes him 'unclean.' For from within, out of men's hearts, come evil thoughts, sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come from inside and make a man 'unclean.' ”** (Mark 7:20-23)

**“But the things that come out of the mouth come from the heart, and these make a man 'unclean.'”** (Matthew 15:18)

Humanitarianism, which is the God-pleasing life style, is the result of a higher level of consciousness and the expression of love. This is the first step in the spiritual path that leads to God-revelation. The true Self of man, the Christ within, wants for man to get to know himself, because it is only then that man can see the beauty of God both within himself and also within nature. He becomes aware not just of God’s beauty, but also understands life, love, power and his own unity with all. The Spirit wants us to seek the “Word”, mentioned in the beginning of John’s gospel, which is the essence of everything. Man thinks that matter is insentient,

but this view is wrong. Such a view is the result of ignorance. The “Word”, the Truth is life that has multiple appearances. The material world is the result of the energy of the Holy Spirit, therefore has life. Man is the expression of this matter and also more energy combined together. Man with the use of his will, has the ability to put into motion this energy.

The entire universe is governed by all the universal laws. These laws, which are the causes of all our life situations, are themselves created; therefore they do not represent the Truth or the Universal consciousness. These laws are also subject to God.

Laws do not have intelligence, nor do they have will or emotions. They act according to the limitations imposed in the law. Within the creation everything, man and nature are all subject to these laws. If we desire to enjoy the harmony, peace and the happiness that the laws of energy can bestow on us, we need to increase the frequency of the energy forming us. Meditation is one way to accomplish this. It allows us to get in touch with our Being, the Christ within so that He can give us the grace of being able to increase the frequency of our energy. Meditation is the highest form of prayer and it is silent prayer (*Also see the chapter on meditation*).

**“Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”** (Psalm 46:10)

**“But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.”** (Matthew 6:6)

Prayer is the pastime of love. At this juncture it is appropriate to quote the May 31<sup>st</sup> part of the book “God calling”.

**“Hear and I answer. Spend much time in prayer. Prayer is of many kinds, but of whatever kind, prayer is the linking up of the soul and mind and heart to God. So that if it is only a glance of faith, a look or word of Love, or confidence, and no supplication is expressed, it yet follows that supply and all necessary are secured. Because the soul, being linked to God, united to Him, receives in and through Him all things. And the soul, when in human form, needs too the things belonging to its habitation.”**

The energy flows in and through each person as well as in the entire animal kingdom. When man carries out his daily chores, in time his energy level starts dwindling both mentally and physically. He no longer can think logically and even his physical work output decreases and falters and he feels he no longer can work. Even sleep may suddenly take away his consciousness. In deep sleep, the mind, devoid of all forms of thought is finally at peace. In that mental silence, the path of the energy flow is not blocked, hence, he receives more life-giving energy. When he wakes up, he is fully charged again and energetic and ready to think and work productively. All this happens without his knowledge, without his awareness. That energy is essential for both our mental and physical well being, for our existence and for the elevation of our level of consciousness. The amount and the “quality” of the energy flow within and through us determine the overall frequency of the energy forming us. The amount and the “quality” of the energy flow are fully dependent on us. In deep sleep we receive this energy and are unaware of it, but the purpose of meditation is to receive this energy consciously. Meditation is the communion of our consciousness with that of the Christ within. It is the means of advancing within the spiritual path. In this progression, the

individual is guided from his body to his mind. The mind is his thoughts and emotions, but he should always try to objectify them. Then his mind guides him to his intellect. By objectifying his intellect as well, he gets guided from his intellect to his Being, the Christ within. The last step is the progression from his spirit to the Holy Spirit which is the union with God. And this is God revelation within the individual. In this progression, one makes use of both the body and the mind. They are helpful, but they can also be strong deterrents. The energy flows in our “energy body” (*see the chapter called Anatomy*), but our thoughts block the flow of the energy. The lack of energy flow can cause all types of illnesses. Hence, we need to control and cease our torrents of thoughts so that we do not block the energy flow. When the flow of energy increases, then our level of consciousness also increases. This gives us experiential knowledge, which is essential for true faith. This type of knowledge surpasses all knowledge learned from books. The “experiential” part is the experience of becoming one with the abundant flow of energy that gives the individual a higher level of consciousness, a better understanding and greater intellect (wisdom). This sudden expansion of one’s level of consciousness is described as “Rapture” in the Bible. After such an experience, the individual’s thinking, understanding and beliefs all change. Man becomes aware of his “energy body” and lives a life formed by high frequency energy and he lives his life consciously. Our dreams also come from our “energy bodies” and reflect the quality (frequency) and the amount of our energy. This of course also reflects the blocks we create for the flow of energy. Those who are adept in analyzing dreams can actually determine the psychological inner world that we have created for ourselves unknowingly. Conscious experiences expend our horizons.

For the realization of all this presented above, one has to surrender. This means to be emancipated from all worldly

attractions. The first step of surrendering is the control over the mind. Before trying to control the mind one should have a certain understanding of the mind.

A child, until the age of seven, is in communion with the Christ within; therefore a child will never lie, unless he has been taught to lie. Hence, we say that children are sinless. Did not Jesus say?

**“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)**

From the age of seven to the age of fourteen, a child's mind fully develops. At the age of fourteen, his intellect starts forming and by the age of twenty-one he has a fully formed intellect. From the age of twenty-one to the age of twenty-eight, he enjoys the collective benefits of a fully developed body, mind and intellect. From the age of twenty-eight onwards, all his experiences are dependent on his level of consciousness, the degree of self-knowledge and the fate he has created for himself. If he has worked and succeeded to get higher level of consciousness, he enjoys appropriate life conditions; if not misery becomes his companion. Caught by the trap of his body and mind, he can not allow proper energy flow through himself. The usual consciousness of man is a conditioned and a limited consciousness. That conditioning and the limitation is the result of the life he leads “dictated” by his ‘Ego’. The unlimited, unconditioned consciousness is the presence of God. One needs to fully control the mind and ignore the “Ego”.

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

**“Whoever tries to keep his life will lose it, and whoever loses his life will preserve it.” (Luke 17:33)**

During human evolution through the evolution of man's “individuality”, the new era started. As Jesus, ignoring His



“Ego” (the devil) in the wilderness said: “Away from me, Satan!”. In the same way, one day humanity will also be emancipated from his “Ego” which will be the next evolutionary step of mankind. Is it not written?

**“He seized the dragon, that ancient serpent, who is the devil, or Satan, and bound him for a thousand years. He threw him into the Abyss, and locked and sealed it over him, to keep him from deceiving the nations anymore until the thousand years were ended. After that, he must be set free for a short time.”** (Revelation 20:2-3)

Buddha also has said that the “Ego” is illusory. Before the creation of the ego, man was living naturally and was one with God, but unknowingly. This is the meaning of Adam and Eve living in paradise. Unfortunately, the evolution of the “Ego” became the cause of man’s downfall. After the next evolution, the negation of the “Ego”, man will find paradise again and again will be with God, but this time consciously and knowingly.

Thinking and thoughts have become an addiction for man. Man has to end this addiction. Man usually thinks that his thoughts are what make him who he is and does not want them to end. Even a world-renowned philosopher has said: “I think therefore I am”. It appears as if the whole of humanity is suffering from a mental illness.

The individual thinks that he is his body. As a result of the information that he receives through the five senses of the body and the thoughts and emotions that he forms as a result of this information, he thinks that he is the body and does not realize that he is not the body, but the body belongs to him. The thoughts like “numbing drugs” prevent him from achieving a higher level of consciousness and proper understanding. The poor man is unable to free himself from this trap. Contrary to the above statement of the famous philosopher Decartes, the important thing is not the thoughts,

but rather our Being. We need to connect with our true Self, the Christ within, now in the present and not wait to die to be saved and go to “heaven”.

The entire creation is the presence of God. There is only one life that we all share and that presents in various forms and as “multiple lives”.

**“Jesus said to her, “I am the resurrection and the life. He who believes in me will live, even though he dies;” (John 11:25)**

**“Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me.” (John 14:6)**

The universe becomes aware of itself through us. God sees His creation through our eyes, because God is in us.

The creation is based on duality; hence, in this life we also have two choices. Through our free will we have the freedom to choose one of the two directions of our lives. There is a direction directed outward, which is the creation of the “Ego” and there is a direction directed inward, which is the spiritual path, a return to our true Nature, the Christ within. This “returning home” should be the purpose of our lives.

Death is the only permanence of the world. But man, knowing only the experience of worldly life, lives in such a way as if he will never die. Intellectually he knows that he is mortal, therefore he fears death. It appears that all living things fear death.

**“I tell you, my friends, do not be afraid of those who kill the body and after that can do no more. But I will show you whom you should fear: Fear him who, after the killing of the body, has power to throw you into hell. Yes, I tell you, fear him. Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God. Indeed, the very hairs of**

**your head are all numbered. Don't be afraid; you are worth more than many sparrows."**

(Luke 12:4-7)

**"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me." (Psalm 23:4)**

Fear takes away the possibility of living consciously. This is what we call ignorance. Hence, man lives the majority of his life unconsciously. His mind instead of being centered on the present is busy with past memories and future expectations. But if every moment of his life is lived consciously, the mind centered only on the present, then he develops the desire and the yearning to get to know his true Self. This desire and yearning is known as God worship. Only the present is eternal. The true God-worship gives the individual a completely different level of intellect, which is wisdom. We need to put aside our tiny limited intellect. The true worship is to completely dissolve into the flow of life to such a degree that even the person's individuality loses its importance, but only life itself in its multiple forms becomes important. Only then can we realize that everything in the world is a miracle, otherwise nothing is considered miraculous. Miracles are born of our understanding. A miracle is not what we can not explain or understand or a thing that is outside of our experiences. Instead, the whole of the creation is a miracle and full of miracles.

**"Jews demand miraculous signs and Greeks look for wisdom," (1<sup>st</sup> Corinthians 1:22)**

It is impossible for man to search and understand his true Self through thoughts or through his intellect. It is only possible through personal experience and that, in this life, and not after death.

## **What is God revelation and how to realize it in ourselves?**

Since consciousness is the presence of God, then our consciousness should also be the key for God-revelation in us. Every individual is conscious of all of his emotions, his feelings, his experiences and his thoughts, but man also has the ability to be conscious of his own Being. What does it mean to be conscious of one's Being? It means to experience "the space", "the energy", "the means", the Holy Spirit that forms us and contains us. To this end there are many teachings. Those teachings that recommend reaching a goal and one who is following that teaching says: "I had an experience, or I reached a certain level, or I became aware of something", it tends to indicate that he is still in the trap of duality. That type of an approach has the seed of failure within itself. When the consciousness becomes conscious of itself then the duality disappears and this is "the bliss". When man tries to find or understand God using his emotions, thoughts or intellect will always fail because they condition and limit his level of consciousness in him. The "awakening" is the unconditioned, unlimited expression of consciousness within the person. Occasionally a strong shock in the life of the individual may cause a sudden change in the level of consciousness within the individual, because the shock negates the stronghold of the "Ego" on the person's mind. Without the effect of the "Ego", the idea of duality and objectification also change. The greater the shock, the greater is the "emptiness" it causes. In this emptiness, the individual becomes aware of the Holy Spirit working in him. When we objectify the tragedy and we give it a name, we create duality again. This prevents us from experiencing the truth of the mystery we were exposed to.

Armenians as a nation collectively were subjected to such a calamity and shock, but instead of trying to

understand the mystery of what had happened, they called it genocide, considered themselves as victims and mourned their fate. The greater the shock greater is the mystery hidden in it and of utmost importance, the lesson that it teaches us. That tragedy was the means for our nation to experience a spiritual awakening and increase its level of consciousness. But what have we done? Just the opposite. Sectarian and partisan divisions, constant quarreling and even murder have become the norm. Even our Holy Church was divided into two and all these pushed us into greater ignorance. Hence, today we are face to face with another tragedy that is going on in Syria. Will we learn our lesson this time and use it to our advantage and increase our level of consciousness? Today we have a free Armenia, but what is it doing for the entire Armenian nation? Should it not call, invite every single Armenian, wherever he is born, whatever language he speaks, not as tourists to benefit financially from the money they spend there, but to give them immediate citizenship and facilitate their earning a livelihood? Such an attitude requires a high level of consciousness, which selfishness does not allow. On the contrary, what do we see? Those Armenians born there emigrate out of the country. It is said that the riches of the entire country belongs only to a few families.

In Mexico, the Aztecs were also subjected to genocide by the Europeans. Today there is not even a single descendant of the Aztecs left. This reality has greatly puzzled anthropologists. It appears as if the whole race suddenly vanished. Some have advanced the theory that after the genocide, the whole nation collectively had an increase in the level of consciousness and having experienced “singularity” (this is described as “rapture” in the Bible), willingly have left the world. If in fact this theory is correct, it appears that they have utilized the genocide and seeing the mystery hidden in it have acquired salvation.

In our individual lives as well, don't we do the same as

the Armenian nation collectively did a hundred years ago? We also do not take on our selves the responsibility for all the negative experiences that we are subjected to in life. We consider ourselves as victims and we blame others for what has happened. We should not resist anything that happens in our lives, instead we should accept them.

**“... Do not resist an evil person. If someone strikes you on the right cheek, turn to him the other also.”** (Matthew 5:38-39)

Did Jesus resist the cross? Suffering and the feelings and emotions associated with it destroy the paradise. If a tragedy takes place in our lives, it is exactly where our place is. Even in that chaos we should be able to see the Truth and accept it. Did not Jesus say?

**“Then he said to them all: "If anyone would come after me, he must deny himself and take up his cross daily and follow me. (Luke 9:23)**

Thoughts and our intellects usually block the experience of self realization. This experience therefore is possible only when we are able to control and eliminate our thoughts. Jesus taught us this reality with his visit to the two sisters Mary and Martha.

**“Martha, Martha," the Lord answered, "you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her.”** (Luke 10:41-42)

Martha, who was busy, represents the human mind that is “busy” with a torrent of thoughts. On the other hand, Mary, sitting by the feet of Jesus, represents the human mind without multiple thoughts, but centered only on Christ within. Jesus made this clear also in “the sermon on the mount”.

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

The “pure heart” indicated in the Bible, represents the mind

without thoughts. When we succeed in clearing the mind, “sanctifying it” we develop a much higher level of intellect and this is called wisdom. We put aside our puny intellect. The presence of such wisdom indicates the functioning of an unconditioned consciousness. When man gets attached to his illusory self, separateness gets born. It appears as if all of humanity is suffering from a collective spell and can not emancipate itself from the clutches of his “Ego”. The following metaphor represents the present human condition. Let us consider a long string with numerous knots on it. Each knot sees itself only as a knot and different from the other knots. The knot does not understand that it as well as all the other knots are nothing but the string. The purpose of this life is also to “untie the knot”. The untying of the knot is the annihilation of the “Ego”.

**“For whoever wants to save his life will lose it,  
but whoever loses his life for me will save it.”**

(Luke 9:24)

When a person succeeds in annihilating his individuality, his outlook completely changes. Even if and when he continues to live in this world, for him everything, other than his physical appearance, also represents a completely different dimension as well. Therefore the spiritual path is not to look up to “heaven”, but rather it is to have a completely different experience other than the usual physical experience we all have. It is to see Truth everywhere, even in the stone on the roadside. In the Gospel of Thomas (not one of the canonical accepted gospels), Jesus Christ has said: “... Lift that stone and you will find me there” (verse 77). Everything is nothing but a small part of the “Singularity”. When a person expresses love towards his/her life partner, to his children, to strangers, to his enemy and to nature, including the mineral, plant and animal kingdoms, all these loves he is expressing are loves that are all directed to himself, because he and they all are nothing but just members of that one “Singularity”.

This type of “self-directed” love does not constitute selfishness.

It does not matter how badly people make their lives chaotic, the Holy Spirit forming them is not influenced. Finding this internal cause, the Holy Spirit is to receive the graces of the Holy Spirit. When the individual chooses this spiritual path, all that is in his fate and all that his fate will subject him to and all of his trespasses become revealed to him. Fate constantly tries to renew itself. To resist what fate presents to him prevents his progression in the spiritual path. Man, like a silkworm, has to destroy his cocoon so that he can emerge as a glorious “moth”. Otherwise he remains just as a silkworm and one day dies within the cocoon. Consciously accepting one’s fate and the sufferings that it may bring annihilates the “Ego”. Is it not true that the “Ego” is the actual cause of our fate? Is it not also true that Jesus, Himself being sinless, accepted and took over other’s bad fates and as a result suffered the crucifixion and doing so revealed God to us? Suffering has many faces such as illness, unfulfilled desires, mental anguish, physical pain etc. Every person should accept his present situation. Other than physical pain, suffering is a sign that one is resisting his life circumstances rather than to accept them as God’s will. Of course, this is a sign of a low level of consciousness. In general humanity’s life appears to be based on an objectified consciousness. The scientists of physics tell us that atoms collide with each other. As the atoms collide with each other, so do men. Is it possible that our level of consciousness is the same as that of an atom? Man makes a mountain out of an molehill, in other words, he makes a big issue out of an inconsequential thing. Doing this, he disturbs the peace and tranquility of both himself and others. Instead, he could have used all that energy to achieve a higher level of consciousness. In life there is only one important thing and that is consciousness, because consciousness is the presence



of God. Outside of consciousness, all else is relative. Our little objectified consciousness is like a lit candle in a dark room. The light of the candle makes it possible for us to see all that there is in the room. Hence, the candle is of utmost importance for us. The light of the candle represents the level of consciousness that we consider sufficient to live our lives. But when we open the drapes or the sun comes up, the sunlight fills the room and the light of the candle appears to be inconsequential and we put out the candle. When the universal consciousness or wisdom is conditioned by our brains (thoughts), it opens the doors of ignorance. This corresponds to closing the drapes and blocking the sunlight from entering the room. Hence, man sees the Truth through the prism of himself, his “Ego” and becomes selfish. This level of consciousness corresponds to the light emitted by the candle. The level of consciousness of the “awakening” corresponds to the sunlight filling the room.

The following represent the signs that show the level of success within the spiritual path:

1- Sensitivity towards all thoughts, emotions and feelings both physical and psychological of self and others.

2- Decrease in the level and number of thoughts and desires.

3- Acceptance of all life situations.

4- To come to the realization that life is present in every cell of the body and avoid all habits that may be harmful to life, such as gluttony, smoking, illicit drugs etc.

The compulsive torrent of thoughts block the progression in the spiritual path; therefore it is imperative for the person to change the direction of his mind from thoughts to consciousness. When the individual becomes aware of the “silence” that exists between two consecutive thoughts, at that moment he may be able to have communion with his true Self. It is important to become aware of multiple period of mental “silence”, then the duration of the “silence”.

Thoughts are like minor wavelets on the surface of a lake, but they make it impossible to see the bottom of the lake clearly. It does not matter how badly the water is disturbed, it does not get affected by the waves. In an individual's life as well, thoughts, feelings, emotions, situations and belongings come and go; nothing is permanent, but they all block his view and consciousness of his true Self, which is permanent, unchanging and unaffected by all. It is not possible to experience or to see that unchanging-self objectively. Instead, it can be experienced only subjectively by identifying and becoming one with it and thus revealing it. When using the vernacular we say "spiritual path", we think that there is something to do or there is somewhere to go. This is incorrect thinking. If the individual thinks that he is going to reach some goal, it becomes impossible for him to succeed. Many, dissatisfied with their present condition, try to follow some type of "spiritual path" for the purpose of improving their life condition. This is also wrong. The correct approach is to accept the present situation regardless of how bad it may be, because it represents God's will. Without God's will even a leaf can not move. Not to accept any present situation is not to accept God's will. The present is eternal and infinite as is the Holy Spirit. In my book titled "Awakening", with a quotation from the Old Testament, I had indicated that at the onset of creation, both time and space along with the Holy Spirit had come forth from the Father.

As indicated above, intellectually we may get to understand that everything is part of a unity, "Singularity". This becomes only a belief. In the "spiritual path there is nothing to do and there is nowhere to go; instead there is only becoming. Do we do anything to wake up from sleep? No. Simply, the appropriate time comes and we wake up. When our "system" is ready, our level of consciousness changes from sleep-level to a waking-level. This is also a form of "rapture". To go to sleep, it is possible to prepare

ourselves for sleep, but we can not force ourselves to go to sleep. But sleep, sometimes without our knowledge, takes away our consciousness and we fall asleep. This is also a form of “rapture”. In the same way within the spiritual path, we can only prepare ourselves but the “rapture”, the sudden change in the level of consciousness occurs at its own time according to the will of God. When we reach such a high level of consciousness, we also subjectively experience the “Singularity”. This is the basis of faith. We say God is love; therefore love is to see and accept without thoughts, without judgment. We have to love others because we should see ourselves in them as well. Unconditioned consciousness without expectations represents the “awakening”, which is God-revelation

**O Christ, the true Light, make my soul worthy to encounter with joy the light of your divine glory, on the day I will be called by you; and to rest in good hope, in the mansions of the righteous, until the great day of your coming. Have mercy upon your creatures, and on me, a manifold sinner.**





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## MEDITATION





## MEDITATION

In the book titled “From Light to Light”, in the chapter “What is Prayer”, meditation was presented as being part of and a form of prayer (page 137) and in the section “Addendum” the section titled “What is Meditation” (page 363) an essay was presented on meditation. One may consider this chapter to be a continuation of the previous writings. It is recommended to read them first.

The purpose of meditation is to focus the mind and to stop the constant chitter-chatter of our thoughts. A mind without thoughts is peaceful and when it concentrates and focuses only on one goal, that goal gets realized. Scientists, when they make a discovery, achieve results after lengthy periods of meditation on that one issue. As a gift for the faith they have in their research and their perseverance, they are given the answer they were seeking, their discovery. This knowledge, as one of the graces of the Holy Spirit, is given to them. When the person’s mind is focused on the Christ within with full yearning for God-revelation, then the individual is likely to succeed.

The following is a quotation from one of the last hymns of the Morning Service (Matins) of the Armenian Apostolic Church. It is the last verse of the hymn that starts with the word “Norasdeghdzyal” meaning newly created. Since meditation is an important part of “awakening”, it is appropriate to present a short interpretation of this verse.

*(Here I will attempt a translation of the verse)*

**“Children of Zion, wake up. Give the good news to the bride of the Light. If your Groom resurrected, having defeated death with His power (or authority), comes to crown you (wed you) with glory, present yourself adorned with finery. Sing a new song to the resurrected, the fruit of life of those sleeping”**

The expression “Children of Zion” indicates the children of God, namely us. According to the Bible, we are all children of God. The command “wake up” represents the spiritual “awakening”, the increased level of consciousness that is required, indicated multiple times in this book previously. The meaning of “give the good news to the bride of Light” is that the purpose of our lives is to unite with God, which is also known as God revelation within the person. Hence, we are the brides of the Light. This Light represents the Christ within. As in a wedding ceremony the groom and the bride form a union and physically as well as spiritually become one and form one family. We also have the duty to reveal the singularity by joining as a bride to the Groom, the Christ within. Therefore the good news is given to us, the brides of the Light. What is this good news? It is the arrival of the Groom and His crowning us with His glory. “If your Groom resurrected, having defeated death with His power (or authority)” is a reference to Jesus’ crucifixion and resurrection, as well the “resurrection” of the Christ within that appears to sleep. Jesus was killed by selfish people, because they did not want to change their ways and follow His teachings. In the same way, within ourselves, as a result of our “Egos”, we also have crucified and condemned the Christ within to death, hence, he remains sleeping. But He will resurrect. In us also, the Christ within should wake up and resurrect. Jesus showed and taught us this same lesson on the Sea of Galilee when he was sleeping in the boat. There was a storm and He was awakened and calmed the winds and the sea. When the Groom, the Christ within wakes up “comes to crown you (wed you) with glory”, which means by joining and becoming one with Christ, the individual gets crowned with His glory, meaning God-revelation within the person is realized. The bride, namely us, should be ready for this union. Therefore it is imperative that we also present ourselves as it is recommended “present yourself adorned

with finery”. Hence, first we should prepare ourselves for this union. When a bride is to wed, she has only two requirements. The first is to give her consent to wed with that groom. This consent represents the yearning to join God. The second requirement is to prepare and adorn herself for the day of the wedding. The meaning of “adorned with finery” is the necessary preparation and adornment one has to do prior to God revelation within himself. This adornment represents all the virtues he has to develop. These are presented at the end of the 2<sup>nd</sup> chapter titled “Universal Laws”. “Sing a new song to the resurrected” represents the change in our lives that is required. Henceforth our lives should reflect the will of the Christ within and not that of the “Ego”. The life we lead is the song we sing. “Sing a new song” refers to the change in our lives and “to the resurrected” means that the song has to be pleasing to God. Of course the resurrected is the Christ and he is the fruit of life for those who are in a slumber of ignorance, hence “the fruit of life of those sleeping”.

For successful God revelation, meditation is the last step in addition to the above mentioned two factors that are also essential. Those were the yearning (consent) to join Christ and the self-adornment (preparation). Meditation is like the entry of the bride into the church and procession through the aisle towards the altar. It is the means of communication and the means to have communion with God. It is the supreme form of prayer.

**“Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”** (Psalm 46:10)

**“But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.”** (Matthew 6:6)

Usually when we pray, we speak with God, but



unfortunately during the prayer we do all the talking and we never listen to God. More than 90% of all prayers are the expressions of fear or greed. It is fortunate that all the wants presented in our prayers are not granted, because if they were granted, they would cause more harm to us than do any good. Our minds are full of the “noise” of unnecessary desires and wants.

**“Prayer is not asking. It is the longing of the soul.”** (Gandhi)

Meditation that takes place in silence is a prayer, it is conversing with God, but instead of talking, it is listening for God’s “Word”. When there is too much noise, it is difficult to hear God’s “Word”. The many thoughts are noise that capture our attention and prevent us from “hearing” God. They also prevent us from “seeing” His presence. During meditation, patience and perseverance are very important virtues because they reflect the degree of yearning, longing, and confirm the degree of the faith. All that we require and is beneficial to us and we are worthy of having are automatically given to us by God. Man has the ability to realize all that he wishes, both the physical desires as well as, more importantly, he has the ability of creating an individual with a much higher level of consciousness within himself.

Man has deviated from his basic nature. The first thing he needs to do is to ignore his “Ego”.

Man tries to keep and protect his limited self and is not even aware that he has an unlimited, infinite Self. Both his mind and his intellect make him exclusive rather than inclusive of his true being. It is just this that creates duality. This life is the only means for evolution and improvement. Hence, everything in life is important and beneficial to realize that evolution. Success in any given field does not come by simply desiring it. It is important for the individual to be worthy of that success. Both success and failure are just ideas given to us by society. In the world nothing surpasses life. Simply to be alive is the greatest success. Man, as a

result of all sorts of unimportant issues, lives a life of anxiety; hence, he suffers. He usually disregards the Life of his creator, which is also his life. Meditation, the last step of the “spiritual path”, is self-directed. This means the focusing of the mind on his true Self, the Christ within. It is concentrating on the inner Life rather than the outer one. The outer life is illusory. Meditation is to love all without any distractions. The above-mentioned concentration and focusing inward is not a direction per se, but rather a realization. All that man has in his memory are all limited; therefore none of these represent God. One can not find God with the use of limiting means, namely belief systems etc. The only limitless is “nothingness”. The mind will always find a reason as to why it is impossible for man to find God. When the individual, in his spiritual path, succeeds in overcoming some limitation or obstacle, he faces many new limitations and obstacles. Just because of this, the mind by thinking or intellectualizing, can not take us to our true Self.

Considering that our bodies are the temples of God, we need to take proper care of the temple, our bodies. Because God is in that temple, all that we experience, which we think is external to us, is in fact occurring in us. Hence, during meditation, we need to ignore all external happenings and concentrate only on the internal. For this purpose, it would be appropriate to close our eyes, so that any external ongoing do not disturb us. In our childhood, did they not teach us to close our eyes, to put our hands together and to lower our heads while praying? The lowering of the head is a sign of meekness and humility. To pray is to communicate with God and have communion with Him. When we are with God, duality no longer exists. The two hands put together, becoming one represents that unity, “singularity”. During meditation, aside from closing the eyes one should sit in a comfortable place and position so that physical discomforts do not disturb the mind. As was indicated above, to meditate

is to listen to God; hence, the purpose is to “hear” and “see” Him; it is to experience His revelation. When we are ready to receive something, we tend to open our hands, therefore instead of putting the two hands together, it may be more appropriate to upturn the open palms and thus meditate. The purpose of meditation, through patience and perseverance is to slowly stop the activities of the mind and to calm it. When the mind is clear and pure (in the Bible indicated as pure at heart) and all thoughts have ceased, first we become aware of God’s “intellect”, meaning wisdom. The person experiences “rapture”, which is a sudden expansion of his consciousness. At this time, he comes to the realization of what Truth is and experiences the Unity, the “singularity” of all, that all is one and in an infinite bliss, he completely loses his individuality. Then he understands that his usual level of consciousness was also another dream level. True meditation is a complete lifestyle and not just sitting for an hour, with the legs folded. The sitting part is the initial part of meditation, the physical means and an exercise to facilitate controlling the mind. Once the mind is controlled, true meditation is to live with the flow of life without trying to change it. Man always tries to change his environment and his life circumstances according to his will. To this end he constantly struggles. This also is to live according to the will of his “Ego”. To live according to the will of his true Self, according to the will of Christ within is to accept all that life dishes out for him. This is called living consciously. Did not Jesus, knowing about his upcoming crucifixion, accept his fate, the will of God? Then one really understands the meaning of meditation. His entire life becomes an expression of a prayer.

Each individual is born with the seed of God revelation, his individuality. Animals do not have this seed; hence, they can not realize God-revelation. For the seed to sprout and become a tree, it has to die. Without the death of the seed, it is impossible to have the tree. But we do not want

to lose the seed and we like to keep our individuality as seed. The seed some day gets old and dies without sprouting. All those who think of going to heaven after death are sowing a seed that is dead. It will never sprout. We can not keep both the seed and also have the tree. For the seed to become a tree there is a whole course to follow. During this time, weeds may stunt and kill its growth. Therefore, this course requires constant care. Part of this care is to get rid of the weeds. This represents the 7 deadly sins that we need to get rid of in our lives. The torrential thoughts also represent these weeds; hence, we need to stop them and get rid of our thoughts. Part of taking care is to water and to ensure plenty of sunlight. These represent the virtues that we need to cultivate for ourselves. Unfortunately man has not yet succeeded in emancipating himself from the seven deadly sins. It is the same useless “weeds” that for centuries have prevented man from evolving. That which is the cause of our lives is also the cause of our death. When the energy of the Holy Spirit leaves, then man loses all that was important for him, his individuality, his mind, his intellect and his body, he loses them all. Various teachings give us an enormous amount of information and may even make us geniuses, but no one can teach us how to be a God-worshiper. Man will never rest until he experiences God-revelation within himself. And this is the Christ’s “second coming”. The purpose of Jesus’ teaching, which later became known as the Christian religion, was to lead us to this Christ-revelation within, the “second coming”. But man has made an emotional issue of it. This having an emotional basis has a great influence on his mind. Why did Jesus walk on water and why Peter could not? The water is a metaphor for emotions; hence, Jesus by walking on the water was telling us that it is imperative that we also develop full control of our emotions. Peter saw the waves and the wind and got scared, showing that he did not

have control over his emotions and he sank. Man's mind, as a result of beliefs that have never been part of his experiences, becomes dangerous for himself and for others. Thus man sees the world fragmented and with the belief of duality. Both the body and the mind are subject to the pleasant as well as unpleasant situations created by this duality. The purpose of meditation is to overcome this idea or belief of duality. Meditation is the means to become one with the source of life.

Man experiences the world through his nervous system. The information from these experiences reaches the brain through the spinal cord. The spine represents the axis of the universe, because man knows the universe as portrayed or allowed by that spine. Therefore it may be of utmost importance to have some control over the functioning of the spine. Meditation also is the means to achieve this. In the chapter titled "Anatomy" of this book, it was previously indicated that the life-giving energy of the Holy Spirit flowed through the spine. All we need to do is to remove the blocks that impede the flow.

Removal of these blocks has been mentioned multiple times in this book. As a quick reminder, it involves freeing ourselves of all the seven deadly sins, to cultivate all the virtues and to control the mind. This last one, controlling the mind, is the hardest one, because as previously indicated, man has become addicted to his thoughts. The major purpose of meditation is to control all thoughts. Hence, as indicated before, one should sit in a comfortable place with the eyes closed and to concentrate on the source of life within himself. How to do such a concentration? The respiration is essential for continuation of life, therefore it may be sufficient to concentrate on one's normal respiration. The real purpose is to annihilate all other thoughts. Respiration also takes place in the present; therefore he would also have concentrated on the present, which is eternal. Undoubtedly

many thoughts will arise in the mind. One should not despair. He should simply objectify the thoughts and concentrate on the short “silence” that is present between two consecutive thoughts. Or as soon as he realizes that his mind is distracted with a thought, he consciously stops the thought and brings the mind back to his respiration. During meditation the concentration on the respiration itself does not have any special meaning. It is only a means for the mind to remain focused on the present, because respiration is always occurring in the present. Concentration on the present is nothing but the means to stop the constant flow of thoughts, because all thoughts come either from past events that are in our memory or future expectations. The success of meditation requires infinite patience and perseverance, because it takes years to succeed. It is a life long undertaking. It is possible to start initially with 20 min. a day and increase as required, or possibly according to ability. If one has not put “his house in order”, in other words has not prepared himself, he should not try to meditate. The bride does not go to her wedding unprepared; the groom may not show up. Without the initial preparation, meditation can cause more harm than does good.

We should implement meditation in our daily lives. Man lives 90% of his life unconsciously. When we are carrying out some task, our minds appear to be more centered on the result rather than the task at hand. The result belongs to the future. The important thing is to concentrate on the immediate present task and to perform it impeccably. The result does not belong to us, it belongs to God. When the mind is on the result of the task at hand, it shows that we are attached to that result and we consider it ours. We should not forget that the task being done in the present, we are able to do because of God’s life energy flowing in us. Therefore when we focus on the present we actually have focused on the Christ within and on eternity. The present is the presence

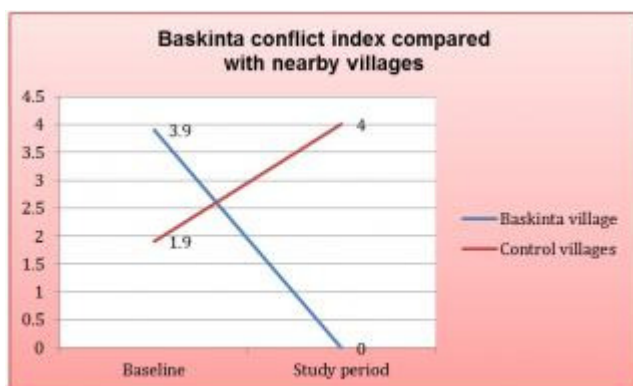
of God, because only the present and God are eternal. Such an approach and living transform our lives to a constant continuous meditation.

The purpose of meditation, by controlling the mind, is to have communion with Christ. A controlled mind cleared of all thoughts, emotions and feelings is a clean sanctified mind. In such an environment, the “Ego” can no longer promote the seven deadly sins within the individual and therefore can not block the flow of the energy of the Holy Spirit. As a result of successful meditation, high frequency energy flows within the individual and through him into his environment and to others. It has been shown numerous times and it is well known that the energy and the increased consciousness of such individuals also have tremendous effect on their environment and on the collective energy level and collective consciousness. Hence, meditation sessions that are held by certain groups for the benefit of all of humanity are not unimportant meaningless efforts, but rather they are very beneficial for society and exert a positive effect. In the 1980s, during the Israeli-Lebanese war, there was research being carried out in this vein. In Jerusalem, at various times, various numbers of people held transcendental meditation sessions. Many variables were considered. Of all the variables, the most important ones were the trend of the war, namely going towards peace or the worsening of conflicts and clashes and the number of injured or killed soldiers. (See graph #1) When the number of individuals meditating was high, the result was positive in that the war became less intense and the number of casualties became lower. When the number of those meditating was high, the number of deaths were 71% lower ( $p < 10^{-10}$ ), the number of injured was 68% lower ( $p < 10^{-6}$ ) and the intensity of the conflict had decreased by 48% ( $p < 10^{-8}$ ). Accord between the two fighting factions also improved by 66% ( $p < 10^{-6}$ ).

**Graph #1**

The blue line represents the number of individuals meditating (90 to 260). 200 people represent the square root of 1% of the population of all of Israel. The green line represents the intensity of the conflict and the number of casualties.

In the village of Baskinta in Lebanon, when 1% of the population of the village got trained and started meditation, all conflicts of the war within the village ceased. In neighboring villages the conflicts of the war intensified and doubled. (See graph #2)

**Graph #2**

The blue line shows the intensity of conflict in the village of Baskinta. The red line shows the intensity of fighting in neighboring villages. "Baseline" is before meditation, "Study period" is after meditation.

Therefore, man with his behavior, by concentrating his mind on the Christ within, is able to create paradise on earth. If only 1% of the world's population prepares himself and



starts meditating, it will be possible to change this world to a paradise for everyone.

Each individual that meditates should first develop virtues, should be disciplined and have equanimity and harmony in his life. The meaning of harmony is that his body and his mind, with all its thoughts and emotions, should be commensurate. Thoughts always seek pleasure. The individual also should not have any fears. Only love can annihilate fear. When we say love, this is not the pleasure-seeking love, but rather it is the joyful love. Those who are emotional by nature can not express joyful love. Emotional love can be cruel. A mind that sees and accepts everything without judgment and without being emotionally affected can emancipate itself from the constant “noise” of thoughts; hence, it is able to become calm. That is what Christ said: “I give you my peace”. The human mind is capricious and jumps from thought to thought constantly changing its focus of attention. During meditation there is nothing to do except to remain immobile, absolutely awake and attentive, and to observe the inattention of the mind. To observe that inattention in itself is to be totally attentive and it requires objectifying the thoughts. The observer and the observed are one. Meditation is to focus the attention on the true Self, the Christ within. Therefore meditation is the means of realizing, becoming aware of one’s Being, one’s life and through personal experience, to get to know It. Man usually experiences the world with his five senses. But all the five senses give us only external information, information of objects and are unable to give any information about the nature of the being. The individual’s Being, his life is internal and subjective. One is able to feel a tiny ant crawling on his skin because that is external and objectified, but he is unaware that every minute, five liters of blood circulate in his arteries and veins. Man wants to find God but he constantly fails, because he tries to find Him using his five

senses, because he is so used to them. It is impossible to find the subjective by senses that are made to “see” the objective. The present human condition is like a man that wants to observe the sunrise early in the morning, but he keeps facing westward. It will be impossible for him to see the sunrise. If he truly wants to see the sunrise, he has to turn towards the east. If we truly want to find God, we have to turn our minds away from worldly pursuits and change direction inwards towards our Being. And this is the purpose of meditation.

**O Christ, the quickening fire, inflame my soul with the fire of your love that you dispersed over the earth, so that it may consume the stains of my soul; cleanse my conscience and my mind, purify my body from sin, and kindle the light of your knowledge in my heart. Have mercy upon your creatures, and on me, a manifold sinner.**





**Prayer is not asking.**

**It is the longing**

**of the soul.**

**(Gandhi)**



-VI-

## INDIVIDUALITY





## INDIVIDUALITY

Within the creation God's last deed was to give man his individuality. On the seventh day, He completed the creation with this last act.

**“By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work.”** (Genesis 2:2)

**“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 other translations including other languages the last two words are translated as “living being”, “living individual”, “living spirit”, “living soul”).*

The following is a quotation from the 8<sup>th</sup> chapter of the previous book titled “Awakening”.

“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.”

In the first chapter of this book titled “Anatomy” the soul is presented as the Spirit, limited by the information it contained. Hence, the soul is the Spirit conditioned by the individual. The information contained in the spirit represents the individual's fate that he has engineered and this is called soul.

Both in this book as well as in “Awakening”, multiple times it is mentioned that the Creation is based on duality. Man also has free will, therefore the ability to judge and to choose. Man as the charioteer of his life is able to choose his “Ego” or his Being, the Christ within. This is also part of the duality. The individuality also having been created is also subject to duality, hence, it has two poles, one pole is positive (+) and the other the negative (-). Tradition represents this

polarization as an angel or as a devil, each sitting on one of the shoulders and giving advice to the individual and influence his decisions. (See picture)



The positive pole of the individuality in a metaphorical way represents Venus the bright morning star that announces the arrival of the sun. When an individual acts according to the positive advice coming from the Christ within, he metaphorically becomes the angel Lucifer before his fall from grace. As Venus announces the coming of the “Sun”, Lucifer also announces the revelation of the “Son”. The positive thoughts of the individual are born of his true Self, the Christ within. The positive pole of the individuality gives man the ability to have a higher level of consciousness than animals have. The high level of consciousness makes it possible to realize God revelation within the individual. The negative pole of individuality metaphorically represents the angel Lucifer after his fall, namely the devil. Within the individual it is known as the “Ego”, mainly because it nurtures only selfishness within the individual and instead of a high level of consciousness, it promotes ignorance. It appears that a great majority of humanity have given the reins of their lives to their “Egos”. The ego is also creative, but can only create suffering.

For the realization of God-revelation, the person’s individuality is important and essential, otherwise God would not have given individuality to mankind. When we read the following verses, it is difficult not to find them in contrast with this idea.

**“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)**

*(In classical Armenian the above word “life” is translated from the original Greek as individuality.)*

Both in this book as well as the previous book titled “Awakening”, multiple times the death of the “Ego” is emphasized. Our duty is to annihilate the “Ego” by crucifying it on the cross, so that the Christ within can resurrect.

**“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)**

According to this verse the individual can not serve both his “Ego” and also the Christ within. The death of the ego is to eliminate the influence of the negative pole of the individuality. The positive pole of our individuality gives us the seven virtues, but the negative pole gives us the seven deadly sins. Within the creation everything is based on duality. When the negative pole disappears, individuality also disappears. To some degree this is true. The positive pole of individuality joins and becomes one with the Christ within and the individual becomes the “bride” of the groom; they become one. Duality disappears and the individual “dissolves” into God that represents the “singularity”, which is the Truth. And this is God revelation.

Within human experience, there does not appear to be any perfection in the world. Perfection is attained only when one is with God. And if he is with God, then he truly understands that everything that he previously was considering to be imperfect is in fact perfect. Man lives only by the grace of God, but influenced by the “Ego”, our minds and thoughts tell us otherwise and give us a false understanding. They create beliefs and “swear” by them. The “Ego” and the mind can not give consciousness, but only fear and anxiety.



Thoughts are nothing but noise belonging to the external world, thus block our experience of consciousness. Consciousness that belongs to the “internal world” can only be realized in silence and in peace and calmness. Through consciousness we become conscious of consciousness only in tranquility. Every person has individuality and a personality that represents his “story”, his collection of memories of his thoughts and emotions. It is important for the individual to depersonalize his mind. We are at the threshold of a new age and man is barely starting the evolution of his individuality and of his mind. When the mind is governed by the “Ego”, suffering is generated. The following is a quotation from the section called “What is Meditation” in the first book titled “From Light To Light”.

All of the Creation exists based on five principles.  
These five principles are:

1- Existence, 2- Knowledge, 3- Bliss, 4- form and 5- name.

The first three are the basics and divine. The last two are man-made and therefore, belong to the illusion. Surprisingly, man has always looked for happiness in the last two, having forgotten that bliss is part of his true nature.

Man thinks that his identity is dependent on the external forms and names. Therefore every day for him becomes a new reincarnation, because he sees himself as one with the form name and the “Ego”. Jesus was preaching about the internal, but the Jews of the day were concerned with and busy with, the external and did not understand Him and clinging to their “Egos”, created suffering. Jesus understood very well the cause of all the suffering they created, that it was their ignorance and said the following:

**“Jesus said, "Father, forgive them, for they do not know what they are doing.” (Luke 23:34)**

We, also clinging to our “Egos”, do not know what we are doing. The “individuality” gifted to man by God should be made use of appropriately. We need to ignore its negative expressions and cling to the positive ones, so that we can experience that “awakening”. And this is being emancipated from selfishness.

Undoubtedly every plant, animal and person will eventually die. Man does not want to give up his individuality and his “Ego”. It is a reality that regardless of one’s level of consciousness, be he ignorant, “awakened”, a mystic or a saint one day he will die. Even Jesus died. Whoever is in the world has no escape from death.

What is important is that how one will die. Would he die consciously abandoning his body and “Ego”, desiring to separate from them and with a great longing to join Christ, will depart, or, with the fear of losing his “Ego” and separating from all worldly pursuits, will he go fighting and kicking? The first type becomes worthy of resurrection, the second ...?

**Benevolent Lord, your will encompasses all that is good, you are the director of the will. Do not let me follow the inclinations of my heart; rather, guide me to always walk according to your good pleasure. Have mercy upon your creatures, and on me, a manifold sinner.**





**The human soul has still  
greater need of the ideal  
than of the real. It is by  
the real that we exist; it  
is by the ideal that we  
live.**

**Victor Hugo**



## - VII -

# CONSCIOUSNESS AND TIME





## CONSCIOUSNESS AND TIME

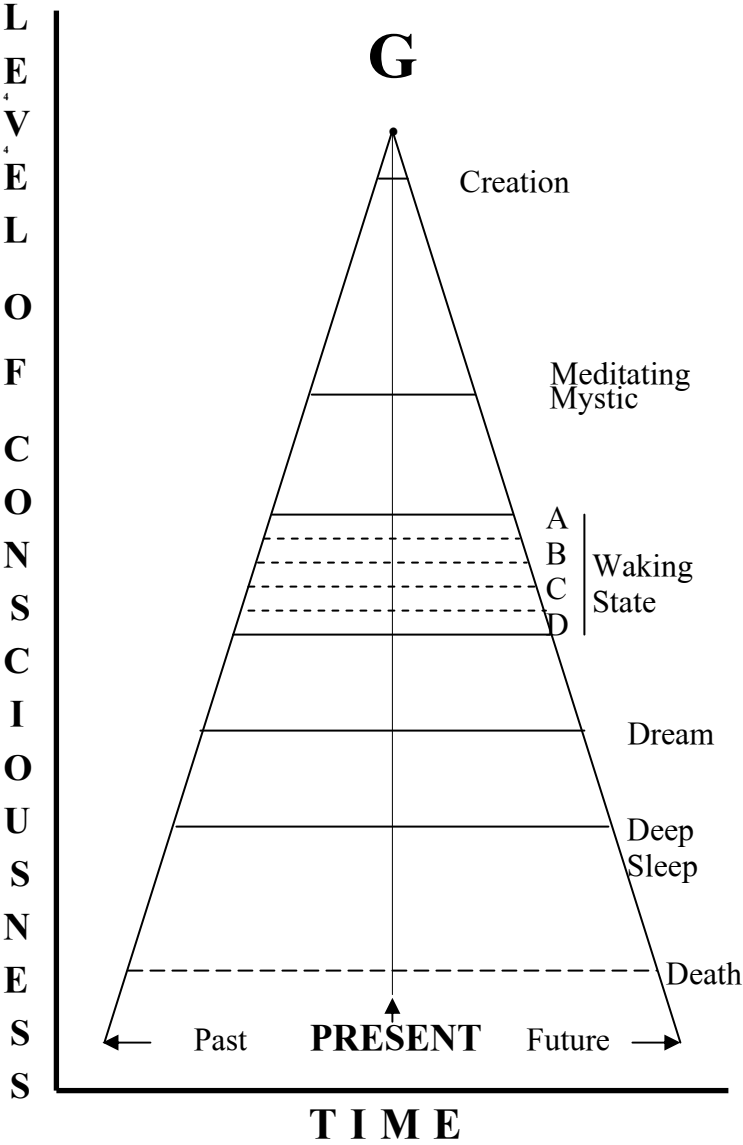
Consciousness is God's presence. Within the Creation, everything is an expression of God, because the whole of the Creation represents God's "body". We say that God is everywhere; hence, He permeates everything within the Creation, as we, our essence, also permeates into every individual cell of our bodies. Apart from our usual consciousness, with regards to every single cell in our bodies, they also have their unique levels of consciousnesses, which is a small part of our consciousness. In the same way everything within the universe also has its unique level of consciousness. But there is only one consciousness, which is the presence of God; hence, all those unique levels of consciousnesses are nothing but expressions of the same and one consciousness at different levels.

As indicated in my previous book titled "Awakening", before the Creation, the first thing that was with God was wisdom (pages 25-26,224). Therefore the entire universe is created with wisdom. Wisdom is the knowledge within God's consciousness. Again in the book "Awakening" was noted that according to Genesis, the first things created were time and space (page 27). Consciousness and time have a very close relationship with each other. Einstein's relativity theory showed that time was relative. According to his theory, time passed slower as the speed of travel increased. Scientists have also proven that time is relative according to the strength of the gravitational force. The weaker the gravitational force the faster time passes. This property of time, to be relative appears to make time also relative to the level of consciousness and not only relative to speed and gravitational force. The higher the level of consciousness the slower time passes. God is the highest expression of consciousness, which is infinite. When the level of consciousness is infinite, time does not pass; hence for God

time does not exist. Within the universe everything is in motion (see chapter II, the part titled “The law of perpetual transmutation”). Whatever is static can not exist; hence, time that does not pass can not exist. Therefore from God’s perspective there is no time, hence God is eternal. Eternity is to be outside of time, in other word, timelessness and not unending time. Nothing can exist for “unending time”, because anything that is created has a beginning and whatever has a beginning must have an end also. Time also having been created, can not therefore be unending. Only God is eternal. If we want to be in eternity it is imperative that we increase our level of consciousness until we experience God-revelation within ourselves and thus with our consciousness, “dissolve” into His consciousness. Unfortunately man does not want to separate from his “Ego” and thus perverts the teachings of Jesus and conforms them to his level of ignorance, and waits for death so that he can be saved and go to “heaven”.

Let us consider the relationship of time and level of consciousness. The graph in the next page may be helpful and make it easier to grasp the theory. One should understand that the relative times presented in the graph are not accurate. One would agree that it would be impossible to present two minutes and a millions of years in the same graph simultaneously.

In Genesis it is written that the Creation had taken place in seven days. Again according to studies of the Old Testament and calculations made from the days of Adam and Eve to the present it has been approximately five thousand years. Scientists tell us that the world has been around for four billion years. Our ancestor the “hominid” lived two million years ago and the present man, the “homo sapiens” only for few hundred thousand years (see “From Light To Light” page 113). For a lot of people this gigantic difference of time regarding the creation has become a major problem





and cause for loss of faith. Those who are vehemently attached to their religions have blamed the scientists of having made a mistake, and the scientists, based on the results of their research have indicated that the calculations from the Bible are meaningless. Is it not possible that they are both correct? Don't we say that the one day of God is thousands of years of man?

Time is relative. When the creation started the first thing that existed was wisdom. Wisdom represented a very high level of consciousness, but perhaps not infinite. At that level of consciousness time progressed very slowly, hence, what took 6-7 days to create at that level of consciousness would naturally last billions of years at a much lower level of consciousness that we seem to have in our waking state. Man started using tools and communicating with syllabic speech only a few ten thousand years ago. With collectively living in cities, civilization started only a few thousand years ago. The five thousand long history of humanity presented in the Bible is also very logical, because only with the onset of civilization has man started keeping records.

The relativity of time with the level of consciousness is shown to us in our lives. When we sleep at night and dream and in that dream time may be lasting a few hours, days weeks or years, but scientists who record our electroencephalogram (EEG) during our sleep, tell us that we had dreamt only a couple of minutes. This should not surprise us; because the level of consciousness of the dream state is much lower then that of the waking state. Hence, the time that lasted months at the dream level of consciousness had lasted only two minutes at the level of consciousness we call the waking state indicating that time had progressed at a slower pace. In deep sleep we are not aware of the length of time we have slept, and when we wake up refreshed we feel as if we have slept for ages perhaps a whole day. But we look at the sun or at the clock and we determine how long we

have slept.

The level of consciousness of our waking state also probably has minor variations of levels of consciousness from time to time and from person to person. When they asked Einstein as to what he meant when he said that time was relative, he gave the following answer: “When you are sitting with your sweetheart, time seems to pass quickly. But when they give you a task to perform that you hate, time does not seem to pass at all”. Einstein with this example knowingly or unknowingly defined the relativity of time with the level of consciousness. His actual discovery was that time was relative to the speed traveled. When a difficult task is performed willingly, enthusiastically and with joy “time appears to pass faster”, in other words it appears that the task has lasted only a short time. The person performing the task feels that he has only worked a short time. It is only when he looks at the clock that he realizes that a long time has passed; hence, he says just the opposite of the truth: “time passed quickly”. In fact for him time had passed slowly while he was busy with the task. The opposite of this is also true. When one is depressed and sad and angry and tries to complete a task that he may not even like doing, he feels as if he has been working hours and when he looks at the clock he sees that only 15 min. or half an hour has passed. This tends to indicate that when we are happy and elated the level of our consciousness is slightly higher and when we are depressed, unhappy, anxious or angry, it is slightly lower than the neutral level. Don’t we say that the deadly sins promote ignorance and ignorance blocks wisdom. Without wisdom the level of consciousness would definitely be lower. When we are children we like to grow up quickly, but the time to us appears to progress very slowly. This is because children do not have wisdom yet; therefore their level of consciousness is much lower. On the other hand, in old age, man as a result of all his life

experiences, having learned a few lessons, is much wiser; hence, his level of consciousness is somewhat higher and he says: “the day quickly passed”. This means that the time for him appeared to be much shorter; hence, for him time had progressed much slower. This means that what had lasted one hour by the clock, for him appeared to last only ten minutes, because in his consciousness it had lasted only ten minutes. When he looks at the clock then he becomes aware of the difference in time and because he is used to living by the clock, he says: “Time passed quickly”, instead of saying the truth which is: “Time passed slowly”.

It is highly possible that when a scientist, focused on the problem at hand, meditates on the subject, he slightly elevates his level of consciousness to the highest level of the waking state level and becomes worthy to receive the answer to the problem.

A mystic has described his experience in the following way: “When I was meditating suddenly everything went black and a feeling of bliss took hold of all my being and for approximately 15-20 minutes I remained in that state of bliss. I did not want to end it, but people were tugging away at my feet and I was forced to come out of meditation”. What had felt for him to be 15-20 minutes, they told him that he had been meditating constantly for 13 days. It is highly possible that during meditation his level of consciousness was much higher than the waking state, therefore for him time had passed very little. Of course this means at that level time had progressed much slower.

During Jesus’ transfiguration (Matthew 17:1-8) undoubtedly His level of consciousness must have increased very significantly, because His experience of the duration of the transfiguration presented in the Bible appears not to have lasted a very long time. But for the disciples, who were with him and for their level of consciousness, it must have lasted a very long time; otherwise it would be meaningless for them

to have suggested building tents for such a short time.

In summary, time appears to be relative to speed of travel, to the strength of the gravitational force and also to the level of consciousness. At the speed of light, time does not pass and stops existing. Consciousness is the presence of God. God-revelation then is the full expression of God's consciousness and at that level of consciousness time again does not pass, therefore can not exist. Hence, both Light and Consciousness are eternal. But man says that the only eternal is God. Based on this, both Light and Consciousness represent God. Did not the disciple John say?

**“...God is Light...”** (1 John 1:5)

As the light of the sun is always present and it is the world that turns away and causes the darkness of the night, in the same way the Light of God is always there and it is man that turns away from it and plunges himself into ignorance.

As time is relative to the level of consciousness, in the same way the level of consciousness, or perhaps it may be more appropriate to say the level of ignorance expressed by the individual, is relative to his outlook and way of life and not dependent on the whim of God as most people seem to think.

## **Consciousness and God-revelation**

Consciousness is the sign of God's presence. In the Bible it is written:

**“...God is Light...”** (1 John 1:5)

Light is not visible, but its reflection is visible (see chapter titled “Anatomy”). According to the Bible, since God is Light, then it is logical to say that God is invisible and it is impossible to see God. But because we are able to see the reflection of the light, then we should also be able to see the reflection of God. Man in his ignorance does not realize that everything represents God. When we look at an object, we say we see the object. The reality is that we only

see the light that is reflected by the object, and that reflected light hits the retina of the eye producing an electrical current that is transmitted to the brain and we visualize that object within our brains. It is not the object that has entered our brain. In the same way, when we see the world, nature and all of humanity, we do not realize that they all represent God's Light and all that we see is nothing but the reflection, the expression of His Light and they all exist only in our consciousness. But when we look around, one wonders as to how many people we see that have realized this truth. Light represents energy. Light is capable of having many expressions. We see the universe thanks to the visible light that has a specific frequency. Even the different colors of the visible light vary in their frequencies from each other. If the visible light only had one single frequency we would not be able to see anything or distinguish them one from the other. In the same way within nature and humanity everything and every individual has its unique frequencies. It is thanks to this difference in frequency that we are able to see the creation. Each individual himself determines the frequency of the energy forming him through his thoughts, words and deeds. And in turn, the frequency of his energy determines his level of consciousness. This is the meaning of self-preparation for the "spiritual path". The higher the level of consciousness, the greater becomes the realization of the unity (singularity) of the apparent multiplicity. It is impossible for man to see God objectively. When the level of consciousness reaches its pinnacle, he becomes one with God's Light, because in fact, from the onset he was nothing but that Light to start with. Not that man sees God's Light, but he becomes that Light. In fact it is also wrong to say "becomes". Because becoming one with the Light is only a realization of what he truly was to start with. There is nothing to become, there is no place to go to. Then it

becomes logical to say that God revelation within the person is also relative to the level of consciousness of the individual.

**O Searcher of secrets, I have sinned against you, willingly and inadvertently, knowingly and unknowingly. Grant forgiveness unto me a sinner; since from my birth through the holy baptism, until this day, I have sinned before you Lord, with all my senses and in all the members of my body. Have mercy upon your creatures, and on me, a manifold sinner.**





## **A MOTHER**

**A mother is,  
The presence of God on earth.  
A mother is,  
The means of God revelation.  
A mother is,  
The example of extreme sacrifice.  
A mother is,  
A silo of God's love.  
A mother is,  
The embodiment of forgiveness.  
A mother is,  
The pinnacle of patience.  
A mother is,  
The expression of perseverance.  
A mother is,  
The individual's first teacher.  
A mother is,  
The collection of all divine properties.**

**V.S.**

## **EPILOGUE**

**To wake again from the heaviness of sleep  
into alert wakefulness and soul-renewing cheerfulness  
to stand before you  
raising my prayerful voice in harmony with the  
heavenly choirs of praise with the fragrance of faith,  
to you in heaven, all blessed king.**

Prayer 12 - St. Gregory of Narek

The completion of this book, “Universal Laws”, for me represents the end of a course, but the beginning of a journey. Time, matter and bodies are all illusions. Situations and events come and go. We understand this reality much better when we watch time-lapse photography of a flower blooming, see its beauty and then watch it wilt and die. In the world everything also has the same course, only the time intervals vary. Everything is subject to the same impermanence. Especially for us, the destruction of the cathedrals and monasteries of Western Armenia, where only a few stones remain, is a contemporary example. The cause of destruction is not important, only the fact that everything in time gets destroyed.

If in the universe everything had been impermanent, then we would not have any concept of impermanence. Imagine everything in the world as being blue. Would we know what blue was, or would we be able to differentiate things and see them? It is only through comparison and differentiation that we are able to see things and comprehend them. We know the blue color, because we are able to compare it with the other colors. In the same way we are aware of impermanence, because “permanence, immortality and eternity” is our being. To embrace the impermanent is the will of our “Egos”, but our aim should be to find and embrace the source of Life. Man thinks that to find the source of Life, there is a place that one should go, or that there is something one should be doing or becoming,



ignorant that It is his being. All he needs is the realization of this truth. This journey is not horizontal, but rather vertical to the depth of his own being. All of nature proceeds with a perfect harmony of singularity. It is only man that creates suffering. If man does not interfere with the progression of nature, he will become aware of unimaginable beauty, gaiety, loveliness, joy, purity and sanctity of life.

**"Consider how the lilies grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you, O you of little faith!"** (Luke 12:27-28)

In the same way if man does not interfere in the course of his life, he would also become aware of the bliss of his Being.

It is through man that nature becomes aware of itself. All it takes is for us to be "awake". Surrendering is the result of this awakening and it is to go with the flow of life rather than to change the "flow". Undoubtedly the "Ego" considers such an approach as weakness. When we surrender to the flow of life, our actions become more important than their results, and also the quality of our actions become more important than the number of actions we perform. This represents living in the present, in the now. The present is eternal. When all our actions are carried out with such an approach, it is impossible for us not to experience an internal transformation. When we talk about transformation, man always tries to implement transformation by changing what is outside of him, his environment. This last approach has always failed and will always fail in the future as well. Sometimes life's blow, such as illness or an accident shakes us to the core and brings us to the realization of the truth. That level of "shaking" is needed for real change to occur. It has to be an internal change within and not an external one.

It is not possible to train and learn to act in a “God pleasing” way, but it automatically occurs when we realize the internal transformation and start acting consciously.

Each individual should strive for this internal transformation. Our view of the world appears to be based on duality. When we promote separateness, there can not be love. God is the Being of each individual, hence wherever we are so is God also there. God is love, then why does not love flow from us to all? When the idea of separateness disappears and we see and understand the singularity, the oneness of all, then it is impossible for love not to flow from us to all. This in itself is a sign for us that we have succeeded in realizing at least some degree of internal transformation. Therefore there are signs that guide us in this direction. Nightmares are the agents to “wake” us up. Dreams are born from our “energy bodies”. Anxiety, pressures, nervousness, panic, terror and anger are all various expressions of fear, but we usually are not aware of the fear hidden behind them. All the fears that cause nightmares in our dreams are also the causes of all paranoia and phobias as well as other illnesses during our waking hours. Hope and trust get rid of fears.

After the above summary, there is only one thing left for me to do and that is to implement in my own life all that I have learned during the preparation of my three books. If I fail, I would have wasted my time. As I had indicated in the previous two books as well, I do not pretend to be an expert in this field. In these three books, I presented my understanding of the spiritual life and all the teachings of Jesus. It is very much possible, that they may not be representative of some of the writings in Paul’s letters, especially when their superficial meanings are considered. Intellectual understanding may be exciting, but it is useless if we also do not live our lives accordingly. Intellectual understanding is the first step in the spiritual path. The second step is worship. Worship is not performing rituals. It

is to love God to such an extent that to be with Him should supersede the attachments we have to our loved ones and to all worldly pursuits. Did not Jesus say: “I came to divide”?

**“Do you think I came to bring peace on earth? No, I tell you, but division.” (Luke 12:51)**

The third step is to get ready for the “wedding”. This is the practical part, where we fix our daily lives and develop a suitable lifestyle. If through the picture of duality, we can see and understand singularity, we realize that we are one with everybody and with everything. We also understand that wherever we are, God is also there. If we have prepared ourselves appropriately, then the love of God flows through us to all. After all God is Love. Because the whole of the creation represents God’s “body”, then our love also becomes love towards God. All else just become beliefs that have nothing to do with our experiences. They cause more harm and damage to us and to others, rather than any good.

In this vein, I deem it appropriate to present a short story. In the third chapter “What are the Human Characteristics?” of my first book “From Light to Light”, I had presented three different individuals with differing characteristics, one an intellectual man, the second an emotional man and the third the physical man. In this story also there are three God fearing individuals, each with a different characteristic from the others, all devoted serving God in their own way and all three with the yearning to “see”, experience God and to this end they have dedicated their lives. One, who is the physical individual, during his entire life he worships God through service by being compassionate and by helping others whoever they may be. The second, an emotional individual, constantly worships God through prayers and rituals. The third one, the intellectual individual worships God by trying to understand the teachings of the bible, finding the hidden message and reconciling it with the known science and tries to experience

God through knowledge. One day it so happens that these three individuals were traveling in the same direction through some wilderness. It also so happened that a torrential rain started. As they were looking for shelter, the individual with the emotional characteristic remembered that there was an old abandoned monastery near by and they could find shelter there. They all ran to the monastery to find that it was in ruins and all the walls had collapsed. The only part still standing was the dome on four pillars above where the altar had been. In the center of the dome on the ground there was a cross standing. The only dry place was a very small circle in the immediate vicinity of the cross. They all ran there with the cross between them and huddled together to escape the rain. Suddenly a bright light filled the dome and Jesus Christ appeared to them. They immediately fell on their knees and prostrated. As they subsequently got up, they asked Jesus as to why He had decided to appear at such a time, when they were not decent, drenched from top to bottom and dirty with mud all over; therefore they did not consider themselves ready and worthy to receive Him. Jesus answered: "This is the first time I find you embracing each other".

If we truly aspire to realize God-revelation within ourselves, we need to gather appropriate knowledge, so that we know the best way to act and make the action an expression of ultimate Love and yearning. Every person's purpose in life is to light the "lamp" of Christ within. The vessel of this "lamp" is God worship and the oil in the vessel is Love. The "wick" is the calm mind and the bright flame the individual's "Self-knowledge". If all of humanity succeeds to realize this, then in a macrocosmic level the "lamp" of Christ also appears. The world becomes the vessel of the "Lamp" and the waters of all the oceans the oil. The sun becomes its bright flame.

\* \* \*

Fountain of immortality, cause the tears of repentance to flow from my heart, like those of Mary Magdalene, so that, before I depart this world, I may wash away the sins of my soul. Have mercy upon your creatures, and on me, a manifold sinner.



A man's steps are directed by the  
Lord. How then can anyone  
understand  
his own way?  
(Proverbs 20:24)



## **-VIII- ADDENDUM**

- |          |                             |
|----------|-----------------------------|
| <b>A</b> | - If                        |
| <b>B</b> | - At the Feet of the Master |
| <b>C</b> | - The Sugar                 |
| <b>D</b> | - The Wise Old Man          |
| <b>E</b> | - The Wise Man              |
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## IF

If you can keep your head when all about you  
Are losing theirs and blaming it on you,  
If you can trust yourself when all men doubt you,  
But make allowance for their doubting too;  
If you can wait and not be tired by waiting,  
Or being lied about, don't deal in lies,  
Or being hated, don't give way to hating,  
And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your master;  
If you can think—and not make thoughts your aim;  
If you can meet with Triumph and Disaster  
And treat those two impostors just the same;  
If you can bear to hear the truth you've spoken  
Twisted by knaves to make a trap for fools,  
Or watch the things you gave your life to, broken,  
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings  
And risk it on one turn of pitch-and-toss,  
And lose, and start again at your beginnings  
And never breathe a word about your loss;  
If you can force your heart and nerve and sinew  
To serve your turn long after they are gone,  
And so hold on when there is nothing in you  
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,  
Or walk with Kings—nor lose the common touch,  
If neither foes nor loving friends can hurt you,  
If all men count with you, but none too much;  
If you can fill the unforgiving minute  
With sixty seconds' worth of distance run,  
Yours is the Earth and everything that's in it,  
And—which is more—you'll be a Man, my son!

**RUDYARD KIPLING**



## POPULAR EXPRESSIONS AND PROVERBS

**Envy, first destroys you, and also alienates you  
from your friends.**

\* \* \*

**The most ridiculous desire, is to be loved by  
everyone.**

\* \* \*

**Crocodile tears are not a sign of sorrow, but  
rather of cunning.**

\* \* \*

**If you want others to praise you, do not praise  
yourself.**

\* \* \*

**Laziness progresses slowly, but becomes a  
disease without cure.**

\* \* \*

**Any gem has a price, but a good advice is  
priceless.**

\* \* \*

**Sometimes running is useless, one should start on  
time.**

\* \* \*



# **AT THE FEET OF THE MASTER**

By  
**J. KRISHNAMURTI**

**From the unreal lead me to the Real.  
From darkness lead me to Light.  
From death lead me to Immortality.**

## FOREWORD

THESE are not my words; they are the words of the Master who taught me. Without Him I could have done nothing, but through His help I have set my feet upon the Path. You also desire to enter the same Path, so the words which He spoke to me will help you also, if you will obey them. It is not enough to say that they are true and beautiful; a man who wishes to succeed must do exactly what is said. To look at food and say that it is good will not satisfy a starving man; he must put forth his hand and eat. So to hear the Master's words is not enough; you must do what He says, attending to every word, taking every hint. If a hint is not taken, if a word is missed, it is lost forever; for He does not speak twice.

Four qualifications there are for this pathway:

- 1-Discrimination
- 2-Desirelessness
- 3-Good conduct
- 4-Love

What the Master has said to me on each of these I shall try to tell you.



## **AT THE FEET OF THE MASTER**

### **TO THOSE WHO KNOCK**

#### **I-Discrimination**

THE first of these Qualifications is Discrimination; and this is usually taken as the discrimination between the real and the unreal which leads men to enter the Path. It is this, but is also much more; and it is to be practiced, not only at the beginning of the Path, but at every step of it every day until the end. You enter the Path because you have learnt that on it alone can be found those things which are worth gaining. Men who do not know, work to gain wealth and power, but these are at most for one life only, and therefore unreal. There are greater things than these- things which are real and lasting; when you have once seen these, you desire those others no more.

In all the world there are only two kinds of people- those who know, and those who do not know; and this knowledge is the thing which matters. What religion a man holds, to what race he belongs- these things are not important; the really important thing is this knowledge- the knowledge of God's plan for men. For God has a plan and that plan is evolution. When once a man has seen that and really knows it, he cannot help working for it and making himself one with it, because it is so glorious, so beautiful. So, because he knows, he is on God's side, standing for good and resisting evil, working for evolution and not for selfishness.

If he is on God's side he is one of us, and it does not matter in the least whether he calls himself a Hindu, or a Buddhist, a Christian or a Muslim, whether he is an Indian or an Englishman, a Chinese or a Russian Those who are on His side know why they are here and what they should do, and

they are trying to do it; all the others do not yet know what they should do, and so they often act foolishly, and try to invent ways for themselves which they think will be pleasant for themselves, not understanding that all are one, and that therefore only what the One wills can ever be really pleasant for any one. They are following the unreal instead of the real. Until they learn to distinguish between these two, they have not ranged themselves on God's side, and so this discrimination is the first step.

But even when the choice is made, you must still remember that of the real and the unreal there are many varieties; and discrimination must still be made between the right and the wrong, the important and the unimportant, the useful and the useless, the true and the false, the selfish and the unselfish.

Between the right and wrong it should not be difficult to choose, for those who wish to follow the Master have already decided to take the right at all costs. But the body and the man are two, and the man's will is not always what the body wishes. When your body wishes something, stop and think whether *you* really wish it. For *you* are God, and you will only what God wills; but you must dig deep down into yourself to find the God within you, and listen to His voice, which is *your* voice. Do not mistake your bodies for yourself—neither the physical body, nor the astral, nor the mental. Each one of them will pretend to be the Self, in order to gain what it wants. But you must know them all, and know yourself as their master.

When there is work that must be done, the physical body wants to rest, to go out walking, to eat and drink; and the man who does not know says to himself: "I want to do these things, and I must do them." But the man who knows says: "This that wants is *not* I, and it must wait awhile." Often

when there is an opportunity to help someone, the body feels: "How much trouble it will be for me; let someone else do it." But the man replies to his body: "You shall not hinder me in doing good work."

The body is your animal- the horse upon which you ride. Therefore you must treat it well, and take good care of it; you must not overwork it, you must feed it properly on pure food and drink only, and keep it strictly clean always, even from the minutest speck of dirt. For without a perfectly clean and healthy body you cannot do the arduous work of preparation, you cannot bear its ceaseless strain. But it must always be you who controls that body, not it that controls you.

The astral body has *its* desires- dozens of them; it wants you to be angry, to say sharp words, to feel jealous, to be greedy for money, to envy other people their possessions, to yield yourself to depression. All these things it wants, and many more, not because it wishes to harm you, but because it likes violent vibrations, and likes to change them constantly. But *you* want none of these things, and therefore you must discriminate between your wants and your body's.

Your mental body wishes to think itself proudly separate, to think much of itself and little of others. Even when you have turned it away from worldly things, it still tries to calculate for self, to make you think of your own progress, instead of thinking of the Master's work and of helping others. When you meditate, it will try to make you think of the many different things which *it* wants instead of the one thing which you want. You are not this mind, but it is yours to use; so here again discrimination is necessary. You must watch unceasingly, or you will fail.

Between right and wrong, Occultism knows no compromise. At whatever apparent cost, that which is right you must do, that which is wrong you must not do, no matter

what the ignorant may think or say. You must study deeply the hidden laws of Nature, and when you know them arrange your life according to them, using always reason and common sense.

You must discriminate between the important and the unimportant. Firm as a rock where right and wrong are concerned, yield always to others in things which do not matter. For you must be always gentle and kindly, reasonable and accommodating, leaving to others the same full liberty which you need for yourself.

Try to see what is worth doing: and remember that you must not judge by the size of the thing. A small thing which is directly useful in the Master's work is far better worth doing than a large thing which the world would call good. You must distinguish not only the useful from the useless, but the more useful from the less useful. To feed the poor is a good and noble and useful work; yet to feed their souls is nobler and more useful than to feed their bodies. Any rich man can feed the body, but only those who know can feed the soul. If you know, it is your duty to help others to know.

However wise you may be already, on this Path you have much to learn; so much that here also there must be discrimination, and you must think carefully what is worth learning. All knowledge is useful, and one day you will have all knowledge; but while you have only part, take care that it is the most useful part. God is Wisdom as well as Love; and the more wisdom you have the more you can manifest of Him. Study then, but study first that which will most help you to help others. Work patiently at your studies, not that men may think you wise, not even that you may have the happiness of being wise, but because only the wise man can be wisely helpful. However much you wish to help, if you are ignorant you may do more harm than good.



You must distinguish between truth and falsehood; you must learn to be true all through, in thought and word and deed.

In thought first; and that is not easy, for there are in the world many untrue thoughts, many foolish superstitions, and no one who is enslaved by them can make progress. Therefore you must not hold a thought just because many other people hold it, nor because it has been believed for centuries, nor because it is written in some book which men think sacred; you must think of the matter for yourself and judge for yourself whether it is reasonable. Remember that though a thousand men agree upon a subject, if they know nothing about that subject their opinion is of no value. He who would walk upon the Path must learn to think for himself, for superstition is one of the greatest evils in the world, one of the fetters from which you must utterly free yourself.

Your thought about others must be true; you must not think of them what you do not know. Do not suppose that they are always thinking of you. If a man does something which you think will harm you, or says something which you think applies to you, do not think at once: "He meant to injure me." Most probably he never thought of you at all, for each soul has its own troubles and its thoughts turn chiefly around itself. If a man speak angrily to you, do not think: "He hates me, he wishes to wound me." Probably someone or something else has made him angry, and because he happens to meet you he turns his anger upon you. He is acting foolishly, for all anger is foolish, but you must not therefore think untruly of him.

When you become a pupil of the Master, you may always try the truth of your thought by laying it beside His. For the pupil is one with his Master, and he needs only to put

back his thought into the Master's thought to see at once whether it agrees. If it does not, it is wrong, and he changes it instantly, for the Master's thought is perfect, because He knows all. Those who are not yet accepted by Him cannot do quite this; but they may greatly help themselves by stopping often to think: "What would the Master think about this? What would the Master say or do under these circumstances?" For you must never do or say or think what you cannot imagine the Master as doing or saying or thinking.

You must be true in speech too- accurate and without exaggeration. Never attribute motives to another; only his Master knows his thoughts, and he may be acting from reasons which have never entered your mind. If you hear a story against anyone, do not repeat it; it may not be true, and even if it is, it is kinder to say nothing. Think well before speaking, lest you should fall into inaccuracy.

Be true in action; never pretend to be other than you are, for all pretense is a hindrance to the pure light of truth, which should shine through you as sunlight shines through clear glass.

You must discriminate between the selfish and the unselfish. For selfishness has many forms, and when you think you have finally killed it in one of them, it arises in another as strongly as ever. But by degrees you will become so full of thought for the helping of others that there will be no room, no time, for any thought about yourself.

You must discriminate in yet another way. Learn to distinguish the God in everyone and everything, no matter how evil he or it may appear on the surface. You can help your brother through that which you have in common with him, and that is the Divine Life; learn how to arouse that in him, learn how to appeal to that in him; so shall you save your brother from wrong.

## **AT THE FEET OF THE MASTER**

### **II-Desirelessness**

There are many for whom the Qualification of Desirelessness is a difficult one, for they feel that they are their desires-that if their distinctive desires, their likings and dislikings, are taken away from them, there will be no self left. But these are only they who have not seen the Master; in the light of His holy Presence all desires dies, but the desire to be like Him. Yet before you have the happiness of meeting Him face to face, you may attain Desirelessness if you will. Discrimination has already shown you that the things which most men desire, such as wealth and power, are not worth having; when this is really felt, not merely said, all desire for them ceases.

Thus far all is simple; it needs only that you should understand. But there are some who forsake the pursuit of earthly aims only in order to gain heaven, or to attain personal liberation from rebirth; into this error you must not fall. If you have forgotten self altogether, you cannot be thinking when that self should be set free, or what kind of heaven it shall have. Remember that *all* selfish desire binds, however high may be its objects, and until you have got rid of it you are not wholly free to devote yourself to the work of the Master.

When all desires for self are gone, there may still be a desire to see the result of your work. If you help anybody, you want to see how much you have helped him; perhaps even you want him to see it too, and to be grateful. But this is still desire, and also want of trust. When you pour out your strength to help, there must be a result, whether you can see it or not; if you know the Law you know this must be so. So you must do right for the sake of the right, not in the hope of

reward; you must work for the sake of the work, not in the hope of seeing the result; you must give yourself to the service of the world because you love it, and cannot help giving yourself to it.

Have no desire for psychic powers; they will come when the Master knows that it is best for you to have them. To force them too soon often brings in its train much trouble; often their possessor is misled by deceitful nature-spirits, or becomes conceited and thinks he cannot make a mistake; and in any case the time and strength that it takes to gain them might be spent in work for others. They will come in the course of development- they *must* come; and if the Master sees that it would be useful for you to have them sooner, He will tell you how to unfold them safely. Until then, you are better without them.

You must guard, too, against certain small desires which are common in daily life. Never wish to shine, or to appear clever; have no desire to speak. It is well to speak little; better still to say nothing, unless you are quite sure that what you wish to say is true, kind and helpful. Before speaking think carefully whether what you are going to say has those three qualities; if it has not, do not say it.

It is well to get used even now to thinking carefully before speaking; for when you reach Initiation you must watch every word, lest you should tell what must not be told. Much common talk is unnecessary and foolish; when it is gossip, it is wicked. So be accustomed to listen rather than to talk; do not offer opinions unless directly asked for them. One statement of the Qualifications gives them thus; to know, to dare, to will, and to be silent; and the last of the four is the hardest of them all.

Another common desire which you must sternly repress is the wish to meddle in other men's business. What another

man does or says or believes is no affair of yours, and you must learn to let him absolutely alone. He has full right to free thought and speech and action, so long as he does not interfere with anyone else. You yourself claim the freedom to do what you think proper; you must allow the same freedom to him, and when he exercises it you have no right to talk about him.

If you think he is doing wrong, and you can contrive an opportunity of privately and very politely telling him why you think so, it is possible that you may convince him; but there are many cases in which even that would be an improper interference. On no account must you go and gossip to some third person about the matter, for that is an extremely wicked action.

If you see a case of cruelty to a child or an animal, it is your duty to interfere. If you see anyone breaking the law of the country, you should inform the authorities. If you are placed in charge of another person in order to teach him, it may become your duty gently to tell him of his faults. Except in such cases, mind your own business, and learn the virtue of silence.



## **AT THE FEET OF THE MASTER**

### **III-Good conduct**

The Six points of Conduct which are specially required are given by the Master as:

1. **Self-control as to the Mind.**
2. **Self-control in Action.**
3. **Tolerance.**
4. **Cheerfulness.**
5. **One-pointedness.**
- 6- **Confidence.**

[ I know some of these are often translated differently, as are the names of the Qualifications; but in all cases I am using the names which the Master Himself employed when explaining them to me.]

#### **1- Self-control as to the Mind.**

The Qualification of Desirelessness shows that the astral body must be controlled; this shows the same thing as to the mental body. It means control of temper, so that you may feel no anger or impatience; of the mind itself, so that the thought may always be calm and unruffled; and (through the mind) of the nerves, so that they may be as little irritable as possible. This last is difficult, because when you try to prepare yourself for the Path, you cannot help making your body more sensitive, so that its nerves are easily disturbed by a sound or a shock, and feel any pressure acutely; but you must do your best.

The calm mind means also courage, so that you may face without fear the trials and difficulties of the Path; it

means also steadiness, so that you may make light of the troubles which come into everyone's life, and avoid the incessant worry over little things in which many people spend most of their time. The Master teaches that it does not matter in the least what happens to a man from the outside; sorrows, troubles, sicknesses, losses, - all these must be as nothing to him, and must not be allowed to affect the calmness of his mind. They are the result of past actions, and when they come you must bear them cheerfully, remembering that all evil is transitory, and that your duty is to remain always joyous and serene. They belong to your previous lives, not to this; you cannot alter them, so it is useless to trouble about them. Think rather of what you are doing now, which will make the events of your next life, for that you *can* alter.

Never allow yourself to feel sad or depressed. Depression is wrong, because it infects others and makes their lives harder, which you have no right to do. Therefore if ever it comes to you, throw it off at once.

In yet another way you must control your thought; you must not let it wander. Whatever you are doing, fix your thought upon it, that it may be perfectly done; do not let your mind be idle, but keep good thoughts always in the background of it, ready to come forward the moment it is free.

Use your thought-power every day for good purposes; be a force in the direction of evolution. Think each day of some one whom you know to be in sorrow, or suffering, or in need of help, and pour out loving thoughts upon him.

Hold back your mind from pride, for pride comes only from ignorance. The man who does not know thinks that he is great, that he has done this or that great thing; the wise

man knows that only God is great, and that all good work is done by God alone.

## **2- Self-control in Action.**

If your thought is what it should be, you will have little trouble with your action. Yet remember that, to be useful to mankind, thought must result in action. There must be no laziness, but constant activity in good work. But it must be your own duty that you do- not another man's, unless with his permission and by way of helping him. Leave every man to do his own work in his own way; be always ready to offer help where it is needed, but never interfere. For many people the most difficult thing in the world to learn is to mind their own business; but that is exactly what you must do.

Because you try to take up higher work, you must not forget your ordinary duties, for until they are done you are not free for other service. You should undertake no new worldly duties; but those which you have already taken upon you, you must perfectly fulfill- all clear and reasonable duties which you yourself recognize, that is, not imaginary duties which others try to impose upon you. If you are to be His, you must do ordinary work better than others, not worse; because you must do that also for His sake.

## **3- Tolerance**

You must feel perfect tolerance for all, and a hearty interest in the beliefs of those of another religion, just as much as in your own. For their religion is a path to the higher, just as yours is. And to help all, you must understand all.

But in order to gain this perfect tolerance, you must yourself first be free from bigotry and superstition. You must learn that no ceremonies are necessary; else you will think yourself somehow better than those who do not perform



them. Yet you must not condemn others who still cling to ceremonies. Let them do as they will; only they must not interfere with you who know the truth- they must not try to force upon you that which you have outgrown. Make allowance for everything; be kindly towards everything.

Now that your eyes are opened, some of your old beliefs, your old ceremonies, may seem to you absurd, perhaps, indeed, they really are so. Yet though you can no longer take part in them, respect them for the sake of those good souls to whom they are still important. They have their place, they have their use; they are like those double lines which guided you as child to write straight and evenly, until you learned to write far better and more freely without them. There was a time when you needed them; but now that time is past.

A great Teacher once wrote: "When I was a child, I spake as a child, I understood as a child, I thought as a child; but when I became a man I put away childish things." Yet he who has forgotten his childhood and lost sympathy with the children is not the man who can teach them or help them. So look kindly, gently, tolerantly upon all; but upon all alike, Buddhist or Hindu, Jain or Jew, Christian or Muslim.

#### **4- Cheerfulness.**

You must bear your karma cheerfully, whatever it may be, taking it as an honour that suffering comes to you, because it shows that the Lords of Karma think you worth helping. However hard it is, be thankful that it is no worse. Remember that you are of but little use to the Master until your evil karma is worked out, and you are free. By offering yourself to Him, you have asked that your karma may be hurried, and so now in one or two lives you work through what otherwise might have been spread over a hundred. But in order to make the best out of it, you must bear it cheerfully, gladly.

Yet another point, you must give up all feeling of possession. Karma may take from you the things which you like best- even the people whom you love most. Even then you must be cheerful- ready to part with anything and everything. Often the Master needs to pour out His strength upon others through His servant; He cannot do that if the servant yields to depression. So cheerfulness must be the rule.

### **5. One-pointedness.**

The one thing that you must set before you, is to do the Master's work. Whatever else may come in your way to do, that at least you must never forget. Yet nothing else *can* come in your way, for all helpful, unselfish work is the Master's work, and you must do it for His sake. And you must give all your attention to each piece as you do it, so that it may be your very best. The same Teacher also wrote: "Whatsoever ye do, do it *heartily*, as to the Lord, and not unto men." Think how you would do a piece of work if you knew that the Master was coming at once to look at it; just in that way you must do all your work. Those who know most will know all that that verse means. And there is another like it, much older: "Whatsoever thy hand findeth to do, do it with thy might."

One-pointedness means, too, that nothing shall ever turn you, even for a moment, from the Path upon which you have entered. No temptations, no worldly pleasures, no worldly affections even, must ever draw you aside. For you yourself must become one with the Path; it must be so much part of your nature that you follow it without needing to think of it, and cannot turn aside. You, the Monad, have decided it; to break away from it would be to break away from yourself.

## 6- Confidence.

You must trust your Master; you must trust yourself. If you have seen the Master, you will trust Him to the uttermost, through many lives and deaths. If you have not yet seen Him, you must still try to realize Him, and trust Him, because if you do not, even He cannot help you. Unless there is perfect trust, there cannot be the perfect flow of love and power.

You must trust yourself. You say you know yourself too well? If you feel so, you do *not* know yourself; you know only the weak outer husk, which has fallen often into the mire. But *you*- the real you- you are a spark of God's own fire, and God, who is Almighty, is in you, and because of that there is nothing that you cannot do if you will. Say to yourself: "What man has done, man can do. I am a man, yet also God in man; I can do this thing, and I will." For your will must be like tempered steel, if you would tread the Path.



## **AT THE FEET OF THE MASTER**

### **IV-Love**

Of all the Qualifications, Love is the most important, for if it is strong enough in a man, it forces him to acquire all the rest, and all the rest without it would never be sufficient. Often it is translated as an intense desire for liberation from the round of births and deaths, and for union with God. But to put it in that way sounds selfish, and gives only part of the meaning. It is not so much desire as *will*, resolve, determination. To produce its result, this resolve must fill your whole nature, so as to leave no room for any other feeling. It is indeed the will to be one with God, not in order that you may escape from weariness and suffering, but in order that because of your deep love for Him you may act with Him and as He does. Because He is Love, you, if you would become one with Him, must be filled with perfect unselfishness and love also.

In daily life this means two things; first, that you shall be careful to do no hurt to any living thing; second, that you shall always be watching for an opportunity to help.

First, to do no hurt. Three sins there are which work more harm than all else in the world- gossip, cruelty, and superstition- because they are sins against love. Against these three the man who would fill his heart with the love of God must watch ceaselessly.

See what gossip does. It begins with evil thought, and that in itself is a crime. For in everyone and in everything there is good; in everyone and in everything there is evil. Either of these we can strengthen by thinking of it, and in this way we can help or hinder evolution; we can do the will of the Logos or we can resist Him. If you think of the evil in

another, you are doing at the same time three wicked things:

(1) You are filling your neighborhood with evil thought instead of with good thought, and so you are adding to the sorrow of the world.

(2) If there is in that man the evil which you think, you are strengthening it and feeding it; and so you are making your brother worse instead of better. But generally the evil is not there, and you have only fancied it; and then your wicked thought tempts your brother to do wrong, for if he is not yet perfect you may make him that which you have thought him.

(3) You fill your own mind with evil thoughts instead of good; and so you hinder your own growth, and make yourself, for those who can see, an ugly and painful object instead of a beautiful and lovable one.

Not content with having done all this harm to himself and to his victim, the gossip tries with all his might to make other men partners in his crime. Eagerly he tells his wicked tale to them, hoping that they will believe it; and then they join with him in pouring evil thought upon the poor sufferer. And this goes on day after day, and is done not by one man but by thousands. Do you begin to see how base, how terrible a sin this is? You must avoid it altogether. Never speak ill of any one; refuse to listen when any one else speaks ill of another, but gently say: "Perhaps this is not true, and even if it is, it is kinder not to speak of it."

Then as to cruelty, this is of two kinds, intentional and unintentional. Intentional cruelty is purposely to give pain to another living being; and that is the greatest of all sins- the work of a devil rather than a man. You would say that no man could do such a thing; but men have done it often, and are daily doing it now. The inquisitors did it; many religious people did it in the name of their religion. Vivisectors do it;

many schoolmasters do it habitually. All these people try to excuse their brutality by saying that it is the custom; but a crime does not cease to be a crime because many commit it. Karma takes no account of custom; and the karma of cruelty is the most terrible of all. In India at least there can be no excuse for such customs, for the duty of harmlessness is well-known to all. The fate of the cruel must fall also upon all who go out intentionally to kill God's creatures, and call it "sport."

Such things as these you would not do, I know; and for the sake of the love of God, when opportunity offers, you will speak clearly against them. But there is a cruelty in speech as well as in act; and a man who says a word with the intention to wound another is guilty of this crime. That too, you would not do; but sometimes a careless word does as much harm as a malicious one. So you must be on your guard against unintentional cruelty.

It comes usually from thoughtlessness. A man is so filled with greed and avarice that he never even thinks of the suffering which he causes to others by paying too little, or by half-starving his wife and children. Another thinks only of his own lust, and cares little how many souls and bodies he ruins in satisfying it. Just to save himself a few minutes' trouble, a man does not pay his workmen on the proper day, thinking nothing of the difficulties he brings upon them. So much suffering is caused just by carelessness- by forgetting to think how an action will affect others. But karma never forgets, and it takes no account of the fact that men forget. If you wish to enter the Path, you must think of the consequences of what you do, lest you should be guilty of thoughtless cruelty.

Superstition is another mighty evil, and has caused much terrible cruelty. The man who is a slave to it despises others

who are wiser, tries to force them to do as he does. Think of the awful slaughter produced by the superstition that animals should be sacrificed, and by the still more cruel superstition that man needs flesh for food. Think of the treatment which superstition has meted out to the depressed classes in our beloved India, and see in that how this evil quality can breed heartless cruelty even among those who know the duty of brotherhood. Many crimes have men committed in the name of the God of Love, moved by this nightmare of superstition; be very careful therefore that no slightest trace of it remains in you.

These three great crimes you must avoid, for they are fatal to all progress, because they sin against love. But not only must you thus refrain from evil; you must be active in doing good. You must be so filled with the intense desire of service that you are ever on the watch to render it to all around you- not to man alone, but even to animals and plants. You must render it in small things every day, that the habit may be formed, so that you may not miss the rare opportunity when the great thing offers itself to be done. For if you yearn to be one with God, it is not for your own sake; it is that you may be a channel through which His love may flow to reach your fellow-men.

He who is on the Path exists not for himself, but for others; he has forgotten himself, in order that he may serve them. He is as a pen in the hand of God, through which His thought may flow, and find for itself an expression down here, which without a pen it could not have. Yet at the same time he is also a living plume of fire, raying out upon the world the Divine Love which fills his heart.

The wisdom which enables you to help, the will which directs the wisdom, the love which inspires the will- these are your qualifications. Will, Wisdom and Love are three aspects

of the Logos; and you, who wish to enroll yourselves to serve Him, must show forth these aspects in the world.

**Waiting the word of the Master, Watching the Hidden Light; Listening to catch His Orders In the very midst of the fight Seeing His slightest signal Across the head of the throng; Hearing His faintest whisper Above earth's loudest song.**







## THE SUGAR

One day, during school, the first grade teacher asked the students the following question: “Who is God?”

A student puts up his hand and says: “God is our father; He has created the world and the seas and all that exists there. He has also created us as His children.

The teacher expecting to hear from others varying answers, asks the following: “How do you know that God exists, since you have never seen God?”

All the students were silent.

A small boy named Peter with some trepidation puts up his hand and says: “My mother says that God is like the sugar in the milk that I drink every morning. I do not see it, but without it the milk would not be so tasty. God is present and He is always with us, we do not see Him, but without Him our lives would also be tasteless.”

The teacher smiles and says: “Peter, you are so right and I learned so much from you. Now I know that God is our “sugar” and He is present with us every day to make our lives “tasty”. Today you reminded me what I had known but forgotten.”

The teacher was so surprised and impressed by the answer that he congratulates the student.

The virtue is, not knowing this truth only intellectually, but to have had the experience of it in our lives. There are many beliefs but the sweetness of God’s presence is found nowhere not even in the sugar.

Do not forget to have a life full of tenderness and full of sweetness.

Corina  
Translated from French



## THE WISE OLD MAN

A ninety-two year old man, who recently had lost his wife of seventy years, is forced to abandon his house and live in a nursing home. In presentable attire he goes to the nursing home and after a long wait in the reception room, he is told that his room is ready. A nurse accompanies him to his room. Leaning on his cane and advancing slowly towards the elevator, the nurse describes his room to him. She says that there is a window, but instead of a drape, there is an old newspaper covering the window.

The old man, with the enthusiasm of a little child receiving a new toy answers: "I find that very pleasing".

The nurse says: "Sir, you have not seen the room yet. We will get there shortly".

He answers: "There is no need to see. I already have chosen to be pleased, I will love the room and that is not dependant on the furniture or the decorations. It is dependent of me and of my decision. In my soul I decided that my room

is going to be very pleasing for me. In the same way when I wake up every morning, I make the same decision. I have the freedom to choose. I can stay in bed all day long and count my difficulties and shortcomings, all the parts of my body that do not work as they used to, or I can get out of bed and give thanks to God for all the parts that still work. Every day is a gift; as long as I can open my eyes I will concentrate on the new day as well as on all those happy times that I lived throughout my life. Old age is like a bank account. All that we have put there throughout our lives we will receive back at the end. Therefore I advise you to always put happiness in your account, so that your memories will also be happy ones. I am grateful to you for putting happiness in my account and will add more in the future as well.”

## THE WISE MAN

It is said that during the past century, an American tourist went to Cairo to seek a famous wise man. The tourist becomes surprised when he sees the old man living in a small shack full of books. He only had a bed, a table and a bench for furniture.

The tourist asks: “Where is your furniture?”

The wise man in turns asks him: “Where are yours?”

- “Mine?” says the tourist surprised and continues: “I am just a traveler, I am just passing through, I am here temporarily.”

- “Same with me” says the wise man, “the life on earth is also temporary, I am also just passing through. But many forget live as if they will be here forever and forget how to be happy.”

- “The value of life is not in its duration, but in its intensity. Just because of this we have unforgettable moments, incomprehensible events and exceptional people.”

- “Do you know? God is not going to ask the make of

your car, but will ask how many persons you gave rides to.”

- God is not going to ask the square footage of your house, but will ask how many persons you sheltered there.”

- God will not ask the name of your tailor, but will ask how many persons you clothed.”

- God will not ask how much money you have earned, but will ask whether you sold your soul to earn that money.”

- God will not ask what diplomas you received, but will ask whether you performed your duties and responsibilities fully and impeccably.”

- God will not ask as to how many friends you have, but will ask as to how many persons consider you as their friend.”

- God will not ask in which district you were living, but will ask what your relationship was with your neighbors.”

- God is not going to look at the color of your skin, but He will look for inner purity, the lack of sins.”

- God will not ask as to why you delayed your salvation, but simply He will gladly take you to your eternal home.”

## **REQUIREMENTS FOR HAPPINESS**

A: Get rid of all sorts of hatred from your heart.

B: Get rid of all preoccupations from your mind.

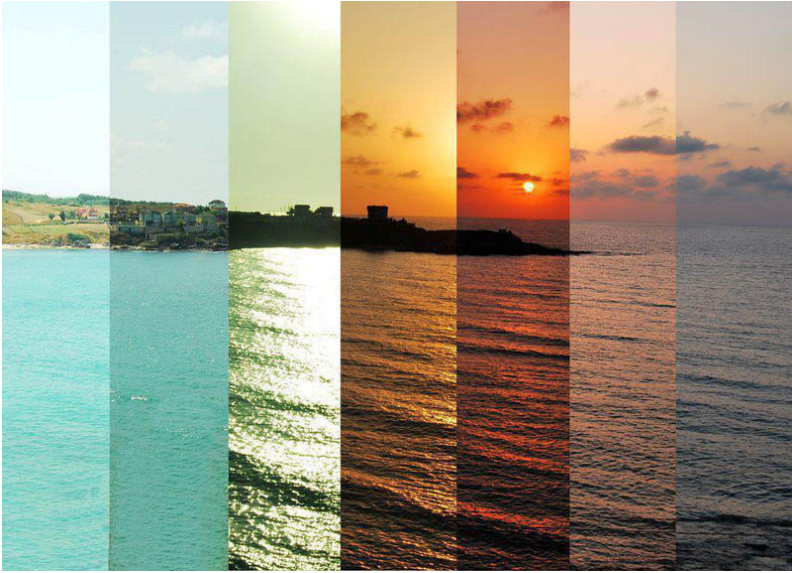
C: Live a simple life.

D: Give generously.

E: Expect little.

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It is not right to say that good people go to heaven, instead wherever good people go there becomes heaven. (Osho)



**Experience is a gem priceless**

**When compared all other  
treasures are meaningless**

**Mainly because to procure**

**Requires a long life and a lot of  
effort for sure**

## WHO IS GOD?

Everyone knows the meaning of inertia. The definition is identical both in science and in Shruti. According to Shruti an inert body is one which is activated only by an external force and never by itself. In Science, the definition is that an inert body is one which continues to stay in a state of rest or of a uniform motion along a straight line, unless impressed upon by an external force. It cannot change its direction or speed without the application of an external force. For example, a stone remains immovable as long as a boy using some force doesn't throw it. Hence we say that the stone is inert. Further, even the force is also inert because either its point of application or its direction or magnitude is not determined by itself. It is determined by an animated body. That is the reason why science measures forces in terms of horsepower. The animation in the boy, which is responsible for the movement of a stone, has features which are very much opposite to the features of the stone. Like the inert body it doesn't depend upon something else for its motivation. That is why the boy applies the force out of his free will. There is no second motivating force for his desire. This doesn't mean, however, that the boy's body is itself animate. That too, is of course inert. But the animate soul within the body can move the body. make it run and make it rotate by its own will. This implies that the source of all activity in an inert body is an animate free will. Similarly, behind every activity seen in inert, nature, lies a soul with free will and this is God. It certainly exists, though one may not see it. There is no rule that everything that exists has to be seen. The intelligence of a scientist is invisible. Also we cannot say that whatever is seen should exist. We may see water at a distance in the hot Sun, but there would be no water. It could be just a mirage. Therefore, we have to accept the existence of an Intelligent God without the condition that we should be able to see Him. For example, inert air moves from one place to another and cause for it may be the pressure difference between

the two places. There could be another cause for this pressure difference, and the ultimate cause for the blowing of wind cannot be inert. It has to be Intelligence with free will. This Intelligence is Vayu Devata. He is invisible, but has to be there. Similarly, for the rotation of the inert earth the root cause will have to be an intelligence. It is Vasundhara. She is not seen but certainly exists. We may say that air is the body of Vayudevata and earth is the body of Vasundhara. Therefore, Gods have existence, which can be proved scientifically. They are not imaginations of uncivilized human beings.

In this way the relation between inert bodies and animated intelligence is clear. One should not show obstinacy in recognizing this relationship. In fact, to deny this relationship would be unscientific. Therefore, it is possible to give a definition of God as follows: **GOD IS HE, WHO IS RESPONSIBLE FOR ALL THOSE THINGS FOR WHICH NONE OF US IS RESPONSIBLE.** For example, when someone asks how you are able to get water in your house through taps, you pat yourself on the chest and say, “I have built an overhead tank”. So, you are responsible for this upward flow of water to the overhead tank. But when rivers flow from high hills, why don’t you recognize that the hills are overhead tanks? Who is responsible for this ‘overhead tank’? Take another example. The scientist does cloud-seeding and causes rain. No one else without this intelligence can cause rain in that way. It means, that to cause rain from clouds, there is a need for a specific intelligence. When it rains naturally, how can one deny that a similar role is played by a much bigger intelligence? Therefore, behind every activity in an inert system, there should certainly be an invisible animate intelligence. But one can see the scientist causing the rain during cloud-seeding. How is it that you don’t see anyone when it is raining naturally? What you see in cloud-seeding is the scientist’s inert body – that is not responsible for raining, because, the same person, before acquiring this intelligence, could not have caused the rain. So, obviously, the intelligence

that is ultimately responsible for causing the rain is invisible. Moreover, if you deny this intelligence for the reason it is invisible and you attribute it to an inert force, the force is also not visible. In fact, however much one may symbolize it and make calculations with it, the concept of force is mysteriously complicated. In the words of the famous scientist Laplace: “The nature of that singular modification by means of which a body is transferred from one place to another is now, and always will be, unknown. It is denoted by the name Force.” It does not mean that the concept of force itself has to be denied for that reason. It only means that you have to posit an intelligence for operating this force which is also inert in the sense that it’s three parameters viz., the point of application, the direction and the magnitude are not decided by itself. That is why the Shastra attributes an invisible Devata for every activity. Indeed! It is this Devata, which is the mystery behind the force.

An interesting anecdote in the life of Isaac Newton illustrates this point clearly. He had a friend who did not believe in God. He always asserted that the universe and its activities do not imply any God. Once Newton sat by the side of a marvelous model of the Solar System in his laboratory and was absorbed in the thought of the planetary motion. At that time, his friend entered and started gazing at the model with great curiosity. After sometime he asked Newton, “Who made this?” Even without lifting his head, Newton replied, “Nobody!” The friend was peeved at the reply. Raising his voice, he asked, “Are you kidding? Such a wonderful model that is working fine and you say that no one has made it?” To this Newton said, “My dear friend, if no one is necessary to create the original solar system, do you mean to say that someone is necessary to build a trivial model of it?”

Ramapathi Rao K.







**If you are depressed  
You are living in the past**

**If you are worried and anxious  
You are living in the future**

**If you are at peace and tranquil  
You are living in the present.**

## THE PRESENT AGE

An ascetic during a lengthy travel passes through several villages. One of the villages was so beautiful, surrounded by rich farms and expensive homes. He is surprised to see many beggars in the village square. In another village that he passed through, he saw some children playing in the street. They were constantly using foul language and even were rude to their mothers and behaved very selfishly. While passing through the third village he heard beautiful hymns and found a beautiful small church where a service was being conducted. He also took part in the service. At the conclusion as he was leaving, he saw that they are demanding payment from the congregation. Passing through the forth village he witnessed people constantly quarreling. They were argumentative and were trying to outsmart each other. He finally reached his hut and thus ended his journey. Tired and exhausted he fell asleep sitting on a chair. In his sleep he had a dream.

In his dream he went to heaven and talked with God. He asked God the reason for the present-day behavior of humanity. God took a bow and sent four arrows flying in all four directions and told him to go and collect the arrows and bring them back. The ascetic first went to the east and found the arrow. As he picked up the arrow, he heard a very sweet voice. He turned back and saw a cuckoo was singing hymns in a very spellbinding voice but was also eating flesh of a live rabbit which was in great pain. He was very surprised to see such a gory act by such a divine bird ...he left the place immediately. Then he went to the west and found the arrow from a place where five wells were situated, the four wells were surrounding a single well. The four wells were overflowing with very sweet water as if they were not able to hold water and surprisingly the well in the middle of these four overflowing wells was completely empty. He was also puzzled at this sight. Next he went south and as he was returning after picking up the arrow, he stopped at a place where a cow was about to give birth. After giving birth, the

cow started licking the calf but continued to lick it even after the calf was clean. With great difficulty people were able to separate them and by that time the calf was injured badly. He was puzzled by the behavior of such a calm animal. Finally in the north, he picked the arrow which had fallen near a mountain and saw a big boulder falling, the boulder was crushing the rocks and big trees on his way down, but the same boulder was stopped by a small plant. He was also amazed at this sight. He returned all four arrows back to God and asks the meanings of these incidents.

God smiled and started explaining: "In the present age the priests will have very sweet voice and will also have great knowledge but they will exploit devotees the same way the cuckoo was doing with the rabbit. In this age, the poor will live among the rich. Those who are rich will have an enormous amount of wealth which will actually overflow but they will not offer a single penny to the poor, the same as the four wells that were overflowing with water but did not leave a single drop of water for the empty well. In this age parents will love their children so much that their love will actually spoil them and will destroy their lives similar to the love shown by the cow to her newborn calf. In the present-age people will fall in terms of character like the boulder from the mountain and they will not be stopped by anyone at the end, only the name of God will be able to hold them from doom like the little plant held the boulder from further fall." The ascetic suddenly woke up from his sleep and started meditation.

Let's try to understand the meaning...



## THE MAGIC BANK ACCOUNT

Imagine that you had won the Following \*PRIZE\* in a contest:

Each morning your bank would deposit \$86,400 in your private account for your use. However, this prize has Rules:

The set of Rules:

1. Everything that you didn't spend during each day would be taken away from you.
2. You may not simply transfer money into some other account.
3. You may only spend It.
4. Each morning upon awakening, the bank opens your account with another \$86,400 for that Day.
5. The bank can end the game without warning; at any time, it can say, "Game Over!" It can close the account, and you will not receive a new one.

### What would you personally Do?

You would buy anything and Everything you wanted right? Not only for yourself, but for all the people you love and care for. Even for people you don't know, because you couldn't possibly spend it all on yourself, right? You would try to spend every penny, and use it all, because you knew it would be replenished in the morning, right?

### ACTUALLY, This GAME is REAL ...

Shocked ??? YES!

Each of us is already a winner of this \*PRIZE\*.

We just can't seem to see it.

### The PRIZE is \*TIME\*

1. Each morning we awaken to receive 86,400 seconds as a gift of Life.
2. And when we go to sleep at Night, any remaining time is not credited to us.

3. What we haven't used up that day is forever lost.
4. Yesterday is forever gone.
5. Each morning the account is refilled, but the bank can dissolve your account at any time  
WITHOUT WARNING...

**SO, what will YOU do with your 86,400 seconds?**

Those seconds are worth so much more than the same amount in dollars. Think about it and remember to enjoy every second of your life, because time races by so much quicker than you think.

**So take care of yourself,  
be Happy,  
love deeply  
and enjoy life!**

**Here's wishing you a wonderful and a beautiful day.**

**Start spending....**

**"DON'T COMPLAIN ABOUT PROBLEMS...!"  
SOME PEOPLE DON'T GET THE PRIVILEGE!**

THE AUTHOR IS NOT KNOWN.



# SEVEN CRUCIAL LESSONS

## people often learn too late in life

NICOLAS COLE, INC.



Life lessons are full of wisdom because they often have to be learned the hard way. However, the hardest part about that process is realizing that sometimes not every opportunity lasts forever. You finally "get it" long after the fact. If possible, it's best to learn these things sooner rather than later.

### **1. If you want to "do what you love," you have to work three times as hard as everyone else.**

Most people do not get to spend their lives doing whatever it is they love. Instead, they do what they are told they should do, or what their parents or town or friends or peers suggest that they do. Or they simply pursue nothing close to their heart at all. But if you want to "do what you love," you need to see that as a privilege, not an expectation. Those people are not the majority. So if that's what you truly want, you have to put in the work *now*.

## **2. Beneath anger is always fear.**

As the wise Yoda says, "Fear is the path to the dark side. Fear leads to anger, anger leads to hate, hate leads to suffering." Whenever we suffer, especially for long periods of time, at first we believe it is because of something outside of us — something we hate. And if we make it past that emotion, we find below that hate is a rumble of anger, and certainly something we have held on to for far too long. But beneath all of that is always fear, a fear of loss, a fear of vulnerability, a fear of letting go. But if you can get to the point of acknowledging the fear, you will see its lighthearted shadow, compassion. And you will be able to move forward.

## **3. Our everyday habits form our future selves.**

What you do today is one more action toward who you will be tomorrow. When that action is replicated over the course of a week, you begin to scratch the surface of change. When that action is replicated over the course of a month, you begin to notice a slight difference. When that action replicated over the course of a year, or two years, or five years, you may no longer recognize yourself — you will have changed, in that particular way, completely. Do not underestimate the power of each and every small habit, replicated over time. For good or bad, your habits determine who you will ultimately become.

## **4. Your emotions take practice.**

When we think about practice, we often talk in terms of skill. You practice the piano, or you practice playing hockey. But the thing is, who you are emotionally also takes practice. You can practice humility, you can

practice forgiveness. You can practice self-awareness and humor, just as easily as you can practice anger, resentment, drama, and conflict. Who you are, emotionally, is a reflection of the things you consciously (or unconsciously) practice. You were not "born" upset. You have merely practiced that emotion far more than you have, say, joy.

### **5. Everyone has his or her own agenda.**

This is quite a cliché phrase, and is often said in a negative context. But I am using it differently: It is worth acknowledging that, at the end of the day, we all must provide for ourselves. We all have our own dreams, goals, aspirations, families, close friends, and significant others, and we all want the same fundamental things.

There are those you can trust, of course, but the best way to keep yourself rooted and at ease is to know that each and every person has his or her own agenda. You cannot control others. You cannot expect them to put you before themselves. And trying to do so may work for a period of time, but eventually, the truth will rise to the surface. Instead, make it a point to address and help others move toward their own dreams, as you request their help in moving toward yours. The relationship will more smoothly move in the right direction this way.

### **6. Achievement will never be as fulfilling as the journey.**

It is one thing to set a goal and enlist the help of others to see its achievement through. It is entirely another to sacrifice your own well-being, and the well-being of those around you, for that goal and its achievement. The high at the end is never worth the emotional strain that takes place to get there. If you are not able to enjoy the journey with those around you,



then the end goal will become meaningless.

## **7. Working hard and laughter are not mutually exclusive.**

Building on the previous point, I never understood why people feel that laughing means not taking the matter at hand seriously. The best ideas come through ease. The best flow happens in moments of joy. The human connection begins with laughter and to laugh while working or solving a problem is to be open to new possibilities. Some people never learn this — they become grumpy and old. But life is about having fun. And to have fun does not mean, by default, that you are not "getting anything done." On the contrary, you can have fun and get more done than you ever thought imaginable.



## GOD and MAN

A man dies...

When he realizes that he has died,  
he sees God coming towards him with a briefcase in hand.  
The following conversation takes place between God and the  
man:

**God** – My son it is time to go.

**Man** – So soon, I still have a lot of unfinished plans.

**God** – I am so sorry, but it is time to go.

**Man** – What do you have in that briefcase?

**God** – Everything, that belongs to you.

**Man** – Everything that belonged to me, my money, my  
furniture, my clothing ... ?

**God** – No they never belonged to you, they belong to the  
world.

**Man** – Then it must be my souvenirs, memories.

**God** – No! They belong to the time.

**Man** – Then, is it my knowledge and abilities?

**God** – No, they relate to the situations.

**Man** – Is it my friends and my acquaintances?

**God** – No my son, they belong to the path you were  
walking.

**Man** – My wife and my children?

**God** – No! They belonged to your heart.

**Man** – Then it must be my body.

**God** – No! No! That belongs to the earth.

**Man** – Then I am positive it must be my soul.

**God** – You make a big mistake my son, it belongs to me.

The man becomes teary, and with great  
trepidation takes the briefcase from God  
and opens it.

The briefcase was empty.

The man depressed with the tears running  
down both cheeks, gives the briefcase  
back to God.

**Man** – Did I not own anything then?

**God** – That is true none of those things you mentioned  
were yours.

**Man** – Then did I not own anything at all?

**God** – The moments, the moments you lived were yours.

**Life is only a moment**  
**Live each moment fully**  
**Love every single moment**  
**Enjoy and be happy every moment.**



## INVOCATIONS

From the point of Light within the mind of God  
Let light stream forth into the minds of men.  
Let Light descend on Earth.

From the point of Love within the Heart of God  
Let love stream forth into the hearts of men.  
May Christ return to Earth.

From the centre where the Will of God is known  
Let purpose guide the little wills of men.  
The purpose which Masters know and serve.

From the centre which we call the race of men  
Let the Plan of Love and Light work out.  
And may it seal the door where evil dwells.

Let Light and Love and Power restore the Plan on Earth.

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### Invocation of the Master

O Thou Who givest sustenance to the universe,  
From Whom all things proceed,  
To Whom all things return,  
Unveil to us the face of the true Spiritual Sun  
Hidden by a disc of golden Light  
That we may know the Truth and do our whole duty  
As we journey to Thy sacred feet.

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## **Affirmation of the Disciple**

I am a point of light within a greater Light.  
I am a strand of loving energy within the stream of Love  
divine.  
I am a point of sacrificial Fire, focused within the fiery Will  
of God  
And thus I stand  
I am a way by which men may achieve.  
I am a source of strength, enabling them to stand.  
I am a beam of light, shining upon their way.  
And thus I stand.  
And standing thus, revolve  
And tread this way the ways of men,  
And know the ways of God.  
And thus I stand.

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## **The Mantram of Unification**

The souls of men are one and I am one with them.  
I seek to love, not hate;  
I seek to serve and not exact due service;  
I seek to heal, not hurt.  
  
Let pain bring due reward of light and love.  
Let the soul control the outer form, and life, and all events,  
And bring to light the Love  
That underlies the happenings of the time.  
  
Let vision come and insight.  
Let the future stand revealed.  
Let inner union demonstrate and outer cleavages be gone.  
Let love prevail.  
Let all men love.

## Prayer

O benign spirit of love, perfect solvent for all that is inharmonious and impure, this day I offer myself to your service.

Make of me a more perfect instrument that I may become worthy to transmit through the dense matter in which I am embodied some particle of divine Christ spirit to my environment.

If I do anything or think anything that is contrary to the spirit of truth and harmony, may you, my true Self whose dwelling place is my heart, sound out a note within my brain which may so vibrate through my being that I, here, recognize its warning and am recalled to obey the purposes of my Soul.

When I forget you during this day in the stress of living, recall yourself to my wandering mind so that I may make contact with you again.

May love be my only guide this day; may all my acts be gestures of praise and gratitude, my thoughts be messengers creating in my environment beauty and joy and peace.

Bless my endeavors. Guide my steps. Inspire and strengthen me in my resolutions.

Help me to equip myself for wider service.

I offer this day to you, O, Lord of Life. Fill my Soul with light and possess utterly both It and me.



**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;**

